

In motion Update



Health and Fitness Expo

FAMILY FUN WALK/RUN

To kick off the Health and Fitness Expo, bring your entire family out on April 2nd to participate in a 2.5km or 5km fun walk or run. The fun walk/run starts at 11:00am at Griffiths Stadium (next to the Field House). Register on line with the Running Room at www.runningroom.com or call **in motion** at 655-DO IT(3648). Registration fee is \$5.00 for adults, \$2.50 for seniors and children under 12 are free. The fee includes admission into the Expo, refreshments and a chance to win some great prizes.

What a great opportunity to get "in motion". See you there!

For more information about the Expo, visit:
www.healthandfitnessexpo.ca

Running Room
HEALTH & FITNESS
Expo 2005
A Greater Saskatoon Chamber of Commerce Event

presented by Magic 98/Hot 93FM/CJWW

Event Features ...

- Entertainment
- Fashion Show
- Koryo Taekwondo Demonstrations
- Hip Hop Aerobic Demonstrations
- Door Prizes and Giveaways
- Osteoporosis Clinic
- CPR Classes/First Aid
- Blood Pressure Clinic
- Simple Exercise For Work Or Home Seminars
- Product Seminars

SASKATOON FIELD HOUSE
April 2nd and 3rd

DOORS OPEN
Saturday – 11:00 a.m.-8:00 p.m.
Sunday – 11:00 a.m.-6:00 p.m.

Admission \$5.00 at the door
Children under 12 FREE
Seniors \$2.50

Greater Saskatoon Chamber of Commerce

Running Room
Running Room Inc. 2004

The Chamber
Greater Saskatoon Chamber of Commerce

WALKING ROOM
Walking Room Inc. 2004

CJWW
600

Magic 98.5
SASKATOON'S PERFECT SOUND

HOT 93FM
93.1

Supported by

PotashCorp
Helping Nature Provide

in motion
Physical Activity - do it for life!

Exhibitors List: www.healthandfitnessexpo.ca

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Great Ideas!

STRESS!!

Try some of these stress busters:

- Create a 2-sided handout with "One Thing You Can Do To Reduce Stress" on one side and on the other side have the employee write down their name. Draw for prizes, and post all the great ideas.
- Plan a series on one page faxes or emails on managing stress.
- People Kneading People. Bring in a certified massage therapist to give short massages throughout the day.



- Humorfest. Have people submit a joke or funny story and post each day for a week. (make sure they are appropriate for the workplace!)

Physical Activity for Employees with disABILITY

Do you have someone in your office with a disability? Don't let that stop you from including them in your **in motion** activities. The Active Living Alliance for Canadians with a Disability (ALACD) would like to remind you that adapting your **in motion** activities in your workplace is not as hard as you may think! To learn more about what the A.L.A.C.D. has to offer go online to <http://www.ala.ca/> today!

Nibble Notes from Val



Healthy Lifestyles Department
Public Health Services

MARCH IS NUTRITION MONTH

Dietitians of Canada have chosen “Go the Healthy Way” as the theme for their annual Nutrition Month campaign this March. Healthy eating, active living, and positive self esteem as important to our overall health and well being. Both healthy eating and physical activity help us reduce our risk for several chronic diseases including Type II diabetes, heart disease, stroke, osteoporosis and certain types of cancer. Healthy weights help us maintain positive self-esteem and feel good about ourselves and our body size.

Our work environment supports our efforts for healthy eating and activity. March is a great time to implement new ideas or revive old ones that you may not have offered for some time. Here are some ideas to share with staff and clients coming into your office.

Encourage staff to **Take the**

Healthy Way Challenge.... On line at

<http://www.dietitians.ca/english/frames.html>

Look for something new each week:

Crossword puzzles with clues for healthy living “on the go”

Scavenger hunts to credible web sites on healthy eating and being active.

EATracker for personalized feedback on your daily food intake and activity levels.

Email staff daily or weekly healthy eating tips and recipes available from http://www.dietitians.ca/english/tips/all_tips.html

Share the enclosed Nutrition Month fact sheets in your cafeteria or waiting rooms

Promote breakfast by offering a healthy breakfast special in the cafeteria or fruit and low fat, whole grain muffins at morning meetings.

Organize a fun walk or run to promote physical activity and healthy snacks.

Encourage use of stairs. Post arrows to stairs by the elevators. Challenge coworkers to climb Mount Logan. At 6050m, Mount Logan in the

Yukon is Canada’s tallest peak. Have employees track how many flights of stairs they climb each day. Determine how many steps in each flight of stairs. Mount Logon = 6050m = 19,848 feet. So 18 steps per flight is 1103 flights to climb.

Clip on a pedometer to track your steps. Working towards 10,000 steps a day will lead to a healthy active lifestyle. Check out the new resource on page 4.

Give out “Active Bucks” for purchasing healthy snack items to employees who participate in 30 minutes or more of activity 3 or more times each week.

Be sure to check out www.in-motion.ca for ideas on keeping active in our community.



This March
“Go the Healthy Way”

and

Put your staff on track to good health!

Submitted by Val Irvine, Public Health Nutritionist

New Resources

New Cafeteria Resources

Table Tents can be an effective way to bring Healthy Eating messages to your cafeteria. To order a set of 4 colorful table tents and to discuss how they might be used in your cafeteria call Val Irvine, Public Health Nutritionist at 655-4626.

Sample of Table Tent Card



Summer Active

SummerActive is a fun and easy way for you to take a first step towards regular physical activity! Beginning May 6 through June 20, look for SummerActive events and programs. It's perfect time to start improving your health through physical activity. It's easier than you think!



www.summeractive.canoe.ca

Seven Steps to Health



- 1.** Be a non-smoker and avoid second-hand smoke.
- 2.** Eat 5-10 servings of vegetables and fruit a day. Choose high fibre, lower fat foods, if you drink alcohol, limit your intake to 1-2 drinks a day.
- 3.** Be physically active on a regular basis: this will also help you maintain a healthy body weight.
- 4.** Protect yourself and your family from the sun. Reduce sun exposure between 11 a.m.—4 p.m. when the UV index is over 3. Check your skin regularly and report any changes to your doctor.
- 5.** Follow cancer screening guidelines. For women, discuss mammography, Pap tests and breast exams with a health professional. For men, discuss testicular exams and prostate screening with a health professional. Both men and women should also discuss screening for colon and rectal cancers.
- 6.** Visit your doctor or dentist if you notice any change in your normal state of health.
- 7.** Follow healthy and safety instructions at home and at work when using, storing and disposing of hazardous materials.

Canadian
Cancer
Society



Société
canadienne
du cancer

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**This newsletter is on
the Web!**

www.in-motion.ca

Look under News

*Physical Activity....DO
IT For Life!*

We've Got Some Great "Stuff"!

PEDOMETERS:

Cost: \$25.00 each



PEDOMETER RESOURCE KIT:

All the tools you will need to run a pedometer challenge in your community, school or work-place. Cost \$50.00



For more detailed information or to order any of these items, call **in motion** at 655-DO IT (3648) or visit our web site at www.in-motion.ca

Note, prices do not include GST. Discounts for bulk orders are available.

KEY CHAINS: Cost: \$3.00 each



WATER BOTTLES:

Polycarbonate (500ml).

Cost: \$8.00 each



Handle Water Bottle:

Cost: \$4.00 each



3rd Annual HIKE AND BIKE CHALLENGE

What a better way to improve your health and the environment!

The Hike and Bike Challenge is a week long challenge held in June, where you and your co-workers, friends and family choose the active way instead of a vehicle. Watch for more information coming in May.



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In motion is a health promotion strategy with a focus on physical activity. Its vision is that all the citizens of Saskatoon and region will include regular physical activity into their daily lives for health benefits. The intent of **in motion** is to ingrain understanding and behaviour change into the culture and fabric of our community.

In motion's founding partners include:

- * City of Saskatoon
- * University of Saskatchewan
- * ParticipACTION.

The **in motion** strategy is centered around 6 targeted strategies including:

- * Children & Youth
- * Older Adult
- * Workplace Wellness
- * Health Care Professional Referral
- * Primary Prevention of Diabetes
- * Inactive Adults