



Forever...*in motion* Update



Fall...*in motion*

Once again, fall is just around the corner and it's time to say goodbye to the last lazy days of summer. Summer is a great time to visit with family, enjoy the lake and be outdoors. Often though, it gets us out of the routine of being physically active. Fall can be a great time to start a new fitness class, volunteer or become more involved in the community. Kimberly has researched some of the community events that are happening this fall that might spark your interest:

- Join us for the 12th annual **Fall...*in motion*** and 4th **Ginormous Walk** on Friday, September 30 in Saskatoon at **12:00 noon** at the Amphitheatre at River Landing. Residents of the Saskatoon Health Region are encouraged to participate in at least 30 minutes of physical activity and then register your activity through the ***in motion*** website (www.in-motion.ca) making a declaration that they will stay physically active for the month of October.
- The Saskatoon Council on Aging (SCOA), Saskatchewan Senior Fitness and **Forever...*in motion*** are partners in sponsoring the Senior's Walk that will be held during Seniors Week on September 28 from 9:30—10:30 a.m. Meet at the Legion Hall (former Pensioner and Pioneers Pavilion), 606 Spadina Crescent W. at 9:00 to register although pre-registration is preferred. Contact SCOA @ 652-2255 for more information. Cost is \$3.00 which includes a refreshment at the end of the walk.
- **Parkinson's - 8th Annual Parkinson Super Walk.**
Date: Sunday, September 11th - 1:30pm
Location: Meewasin Park North
- **Alzheimer's Society - Coffee Break Kick off**
Date: September 15th
Location: Host one yourself to raise funds for Alzheimer's
- **Brain Injury - Walk-a-Thon**
Date: Saturday, September 10th - 10:30am
Location: Saskatoon Field House (continued on Page 6)



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Nibble Notes

By Theo Phillips, R.D. , Nutritionist, Public Health Services



Cutting back on sugar – important for everyone!

Sugar is a type of carbohydrate which provides our body with energy in the form of calories. Protein and fat also provide calories in our diet. Too many calories can contribute to weight gain and excess sugar may raise triglyceride levels which is negative to our heart health.

Sugar can be classified into two groups:

- a) **naturally-occurring sugars** found in fruit, milk or fruit juices
- b) **added sugars** like white sugar, brown sugar, honey, maple syrup, molasses, corn syrup, cane sugar, fruit juice concentrates (like apple or grape) high fructose corn syrup and icing sugar.

Despite what you may have heard, brown sugar and honey are not healthier forms of sugar. Each teaspoon of honey, molasses and different types of sugar provides 15 to 20 calories each. It offers sweetness and calories to foods while providing few other nutrients. Therefore, we need to start watching and reducing all sources of sugar.

The amount of sugar in some foods can be surprising. Here are some examples:

- A fruit bran muffin from a coffee shop can contain over 340 calories and 25 grams of sugar. Surprisingly, an apple fritter donut has less calories (300 calories) and 16 grams of sugar.
- Some cans of brown beans in tomato sauce contain 18 grams of sugar per cup (that is about 4.5 teaspoons of sugar per cup).
- Cans of pop, iced tea or fruit punch contain a minimum of 8 teaspoons of

sugar and up to 12 teaspoons per 341 ml (that is 32 grams – 48 grams of sugar per can).

Therefore, it is a good idea to start watching how much sugar you are consuming and try to reduce sugar consumption where you can. Here are some tips on how to reduce your sugar intake:

1. **Read food labels.** Foods that have sucrose, sugar, liquid sugar, invert sugar, corn syrup, high fructose corn syrup, dextrin, glucose, sucrose, fructose all mean sugar. Choose these foods less often.
2. **Baking?** Reduce the sugar in a recipe by one third. Often you will not even notice the difference.
3. **Use flavour extracts** (i.e. vanilla, almond, etc) and spices when cooking to enhance flavours instead of adding sugar.
4. **Watch your beverages.** Fruit punches, cocktails, hot or cold sweetened coffees and pop contain a lot of sugar so use water and milk to quench your thirst.
5. **Snack on fresh fruit**, fruit packed in its own juices and vegetables more often than items like cookies, granola bars and baked goods.
6. **Choose cold cereals** or cereal bars that have less than 10 grams of sugar per serving and at least 2 grams of fibre (excluding products that have dried fruit added).

The steps to reduce sugar are simple but the impact can be important to your health. For more information on sugar and healthy recipes visit www.dietitians.ca



Put Life Back In Your Life!

LiveWell with Chronic Conditions is a **free** program offered by the Saskatoon Health Region for anyone with a chronic health condition such as Diabetes, Arthritis, M.S., Heart Disease, Lung Disease, Cancer, Depression, etc. Caregivers and support people will also benefit from attending this program. Two trained peer leaders meet with groups of up to 15 participants for 2 ½ hours, once a week for six consecutive weeks. Classes are fun as well as practical. You will learn self-management techniques that will help you understand and manage your chronic condition. For information on other class dates/locations or to register call **655-2655**.

Following is a list of program locations, times and dates. You might also want to consider hosting one in your building, in your **Forever...in motion** group or possibly become a volunteer.

Southeast Primary Health Center

Thursday 1:30—4:00 p.m. September 8—October 13, 2011

Resurrection Lutheran Church

Mondays 7:00—9:30 p.m. September 12—October 24, 2011

Field House

Tuesdays 12:30—3:00 p.m. September 13—October 18, 2011

Tuesdays 12:30—3:00 p.m. November 8—December 13, 2011

Shaw Civic Center

Saturdays 9:30—12:00 noon September 17—October 22, 2011

Edwards Family Center

Tuesdays 9:30—12:00 noon September 20—October 25, 2011

Community Clinic

Tuesdays 7:00—9:30 p.m. September 20—October 25, 2011

Luther Towers

Wednesdays 9:30—12:00 noon October 5—November 9, 2011

Nutana Park Mennonite Church

Wednesdays 7:00—9:30 p.m. October 12—November 16, 2011



Aging Gracefully – Balance Program

By Jo Ann Walker Johnston, Senior Physical Therapist

The more research looks into ways and reasons why older adults fall, the more we learn about how to improve balance. As we get older, our nerves and muscles become less responsive and so quick changes that are required for balance or balance reactions become more difficult. As a result the ability to catch oneself from a fall becomes more challenging over time.

One of the balance reactions that physiotherapists work on with individuals is the stepping response. The stepping response is a balance strategy that occurs when a person needs to take a step quickly to catch themselves from falling. Researchers have found that it is even more important to develop or maintain this response as the other response to breaking a fall is an outstretched arm which is more likely to fracture.

It is important to practise the stepping response to work on both strength and agility. If we think of the drills that athletes do to develop their speed and quickness with agility training we can get a sense of how we could improve our dynamic (moving) balance. This is all pretty straight forward but if our feet do not step out quick enough to help maintain our balance either to the front, side or backwards, we are likely to fall often causing a bruise, strain, sprain or even worse a fracture.

To improve our balance we do need to work on both strength and muscle training and practise movement patterns. These help to maintain speed, reaction time and muscle recruitment required for these normal balance reactions.

Agility training for the older adult is done slowly and over time to develop their pace and learn more complex patterns. Lots of repetition to enhance learning is important. Some of the training for agility to achieve better balance are:

- Side to side stepping is important for preventing hip fractures.
- Backward stepping will help as this is one of the first manoeuvres we lose.
- Forward crossovers and backward crossovers are important and necessary.
- Putting crossovers together into grapevine patterns to challenge the body.

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Resources and Events to be Aware of...

Interested in learning ways to *Stay On Your Feet* by improving your balance and your confidence? The City of Saskatoon in partnership with **Forever...in motion** and the Saskatoon Health Region will be offering the **Staying On Your Feet—Falls Prevention, Balance and Education** program starting September 12 at Lawson Civic Center Monday and Wednesdays from 1:30—2:30 p.m. Look for the program in the City of Saskatoon Leisure Guide that was delivered to your home in August. Contact Janet @655-7874 for more information.

The updated **Older Adult Physical Activity and Healthy Eating Resource Guide** (2011) is now available. Contact Brenda Chomyn @(306)655-8140 if you would like a free bound copy.

Forever...in motion Leadership Training: Are you interested in becoming a **Forever...in motion** volunteer or just want a refresher? The next session of **Forever...in motion Leadership Training** will be offered in September at Brantwood Estates, 3130 Louise Street on the following dates and times:

Dates: September 19, 23, 26, 30, October 3 10:00—3:00 p.m.

Cost: \$35.00

Contact: Brenda Chomyn @655-8140 for more information and to register

If you know someone with pre-diabetes, diabetes, high blood pressure, arthritis, increased body weight, and/or abnormal cholesterol levels, then First Step may be the program for them. **First Step** can improve your quality of life and help reduce your risk of developing future health concerns. The exercises are led by trained Exercise Therapists. **Saskatoon Field House**, Tues, Thurs: 8:00am-11:00am, 5:30pm-8:00pm Sat 9:00am-11:00am. For more information on the First Step Program, call 975-3121.

There are a number of classes and programs that are being offered through the Saskatoon Council on Aging including Wellness 101, New Relationships, Survival cooking for Men, Watercolor Made Easy, Computer and wood working. Contact SCOA @652-2255 to register.

Other community events:

Broadway Street Fair	September 19	10 a.m.—6 p.m.	Broadway Ave.
Christmas Craft Fair	October 14, 15		Western Development Museum
Woman's World	October 14—16		Credit Union Center
Reflections of Nature	October 21—23		Prairieland Park

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- Working on ladder drills which will ultimately help the body to move more quickly in many unexpected ways.

Please contact the Community Fall Prevention Project with any questions and/or requests for fall prevention education in the community and the ***Staying on Your Feet*** Program. We would be happy to offer this program for you and your group.



Contact: Contact: Jo Ann Walker Johnston
Community Fall Prevention Project
103 – 310 Idylwyld Drive North, Saskatoon
655-3418



Fall...*in motion* (cont from Page 1)

- **Schizophrenia Society - Walk for Schizophrenia**

Date: Sunday, September 18th - Registration 1:00 pm, Walk 1:45 p.m. Call 374-2224 to register.

Location: Diefenbaker Center, U of S campus

- **Ovarian Cancer - Walk of Hope**

Date: Sunday, September 11th - 10am

Location: Meewasin Park

- **Leukemia and Lymphoma Society of Canada - Light the Night Walk**

Date: Saturday, September 17 - 7pm

Location: Kiwanis Park

- **Arthritis Society - Jingle Bell Walk and Run**

Date: Sunday, November 20th

Location: Radisson Hotel

Do you want to learn Scottish Country Dancing, Longwise dancing, Virginia Reel, or other simple Circle Dances? If so, contact one of our **Forever...in motion** leaders, Mary Jean @665-0987 for more information.

In motion is a health promotion strategy with a focus on physical activity. Our vision is that all the citizens of Saskatoon Health Region will include regular physical activity into their daily lives to achieve health benefits.

In motion's founding partners include:

- * Saskatoon Health Region
- * City of Saskatoon
- * University of Saskatchewan

For more information on the Older Adult strategy, **Forever...in motion** contact Janet @655-7874.

