



Forever...*in motion* Update



Enjoy Gardening This Summer

Gardening is a popular and rewarding activity for all age groups. It is also an excellent way to be more physically active in the summer months and to eat healthier including fresh fruits and vegetables. However, it is important to use good body mechanics when doing this activity so you don't strain your muscles, joints or heart. Here are some tips to get you into the garden patch:

Set priorities and plan

Before setting out in the garden it is important to give some thought not only to what you want to plant, but also how you can organize your tasks to save energy. The following hints may help you save your energy so you are less tired at the end of the day:

- Schedule your activities to get a balance of rest, light and heavier activity.
- Prioritize your "to do" list with urgent items then important jobs to follow.
- Plan your activities to avoid extra trips.
- When starting a project, collect all of the tools and equipment you will need before you begin your project. Take time to get a wheelbarrow to carry heavy objects rather than over-loading your heart or causing muscle aches.

Pace yourself

It is important to keep your "energy bank" as full as possible and to have activities to re-fill your energy reserve. The following are some ideas to assist you in keeping your energy reserve on full:

- Warm up your muscles by stretching before and after doing a heavier job to avoid injury.
- Pace yourself by alternating work with short, frequent rest breaks. (Continued on Page 3)



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Nibble Notes

By Theo Phillips, R.D.

Can Someone Please Tell Me What This Food Label Means?

If you are confused when reading a food label, you are not alone. However, when read correctly, the food label can provide a wealth of information. Let's break it down into sections:

- A. Nutrition Claims
- B. Nutrition Facts Panel
- C. Ingredient List

Nutrition claims

There are two types of nutrition claims:

- 1) **Nutrient content claims** tell you about one nutrient such as sodium, fat or sugar.
- 2) **Health claims** tell you how your diet can affect your health.



Nutrition Facts table

The Nutrition Facts table provides you with information on the Calories and 13 nutrients for the serving size shown.

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 70	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 17 g	6 %
Fibre 3 g	12 %
Sugars 14 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 0 %	Iron 4 %

Ingredient list

The ingredient list tells you what ingredients are in a packaged food.

Nutrition Claims: The front of the label can describe the product by stating "low in fat" or "no sugar added". Be cautious when interpreting these claims as they can often be misleading and used to make a product seem healthier than it actually is. Always double check claims using the Nutrition Facts Panel. (Continued on Page 3)

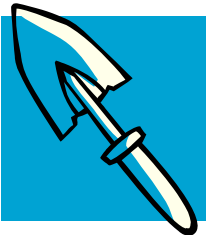
Nibble Notes (continued from Page 2)

Nutrition Facts Panel: You have hit the jackpot with this part of the label. It tells you how nutritious the food is. Use it to choose products that are higher in fibre, vitamins and minerals while being lower in fat, saturated/Trans fat and sodium.

LABEL TIP: Look at the % Daily Value on the right hand side of the Nutrition Facts Panel. Get that number UNDER 10% for sodium and fat and OVER 10% for fibre.

Ingredient List: Most people know that ingredients are listed by weight. Therefore, the first ingredient is present in the greatest amount. Try to limit products where fat, sugar or salt/sodium is listed as one of the first few ingredients.

Think of all of the foods you eat that come in a box, a bag or a can. Labels help us to understand what is in that package. Reading your labels will keep you feeling in charge of your intake and your health.



Enjoy Gardening This Summer (cont from Page 1)

- Spread your work over the week, take part in other less strenuous, yet enjoyable activities and give your body time to recharge by getting enough sleep and relaxation.

Positioning

How you stand or sit (position) yourself in your garden can make a difference in how you feel at the end of the day. Think about making the following adjustments:

- Try to avoid awkward positions by laying out your work area. Put heavier objects at waist-level and frequently used items between shoulder and hip-level.
- Avoid putting heavier objects, such as large containers in cupboards higher than shoulder-height.
- Change positions every 15 minutes. It may be helpful to use a timer to remind you when it is time for a change.
- Practice proper lifting by using the larger muscles in your legs and bending at the knees.
- Avoid bending from the back and do not twist your back when doing such activities as shoveling in the garden or picking up leaves.
- You might want to consider having a raised garden if bending over is difficult for you.
- Make sure to clean up when you are done so that you or others don't trip on the garden hose or other tools



Aging Gracefully – Staying On Your Feet this Summer

By Jo Ann Walker Johnston, Senior Physical Therapist

Now that summer is here, we begin to think about getting outside more and becoming more physically active. Being active can help to improve the balance and strength that we may have lost as a result of staying indoors over the long cold winter. Here are some ideas that might help to improve your balance and help you Stay On Your Feet:

- Choose to work towards developing a healthier lifestyle.
- Review your typical day including your diet, medications and level of physical activity and determine where changes need to be made.
- Discuss the lifestyle changes that you would like to make with your doctor and/or your physical, recreation or exercise therapist.
- Choose to get outdoors everyday and exercise; a good choice is to begin a walking program and incorporate stretches and some balance and strength exercises.
- Identify what your personal risk factors are for falls and consider a walking aid if your balance is poor.
- Find out more about “Urban Poling”, the latest fitness activity! Contact Kimberly @655-0829 for more information.
- Prepare for the next winter season by finding out how you can maintain your level of activity by continuing with a program indoors.
- Look for your nearest **Forever...in motion** site or **Staying on Your Feet** program to learn more about how you can reduce your risk of falling and gain better balance.
- Read the Active Ager Flyer insert in the fall newsletter to help you decide on a City of Saskatoon, Leisure services program that will work best for you.

For more information, contact:

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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 from 1:30—2:30 p.m. Watch for the City of Saskatoon Leisure Guide that will be delivered to your home in August for more information or contact Janet @655-7874.

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. It is also available on the in motion website www.in-motion.ca.

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

The 3rd edition of the **"A Taste of Time Cookbook"** is available through the Saskatoon Council on Aging. They are available for \$15 at the SCOA office.

The **Forever...in motion** physical activity circuit program will be available this fall. This circuit is designed to be used independently by participants when the leader is away or as an added activity. Please contact Kimberly @655-0829 for your free copy of this circuit.

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, phone 975-3121.

The **Diefenbaker Canada Centre** is offering free historical walking tours of the University of Saskatchewan campus every Wednesday and Sunday at 1:00 p.m. through the months of June, July and August. Join one of the trained student interpreters for a leisurely walking tour and explore over 100 years of growth and innovation. The 1 ½ hour walking tour leaves from the flag pole outside of the Diefenbaker Canada Centre at **1:00 p.m. sharp**. Please contact dief.centre@usask.ca or 966-8384 for more information or to reserve your spot.

Many of the **Forever...*in motion*** groups take a break over the summer but these groups are continuing over the summer:

Cosmo Seniors Center Contact: Linda @ 955-4363



Fairfield Seniors Center starting in August Contact: Emma @ 382-6443

YWCA Call 244-9440 for class times

Shaw Center (Monday, Fridays 11:00—noon) *Please note that this is an advanced class 975-7744

Emmanuel Baptist Church: Contact: Robin @ 477-1234

Forever...*in motion* at Fremai Tower

By Iris McAleese

About two years ago I was invited to lead a fitness class at Fremai Tower. Well, what a delight that is! The class begins in September and goes to the middle of June, Tuesday and Friday from 9:30 - 10:15. The class is usually 8 - 10 ladies. We are not a quiet group, although the ladies are very serious in their exercising..... laughter and lots of smiles are always part of the program. They are very fond of music from the 50's! Recently, the ladies chose mauve t-shirts, courtesy of ***in motion***, and they wear them every session and look wonderful! It is a joy and my pleasure to lead the Fremai class!



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
- * ParticipACTION

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

