

## The Facts

- 71% of older adults in the Saskatoon Health Region are not active enough for health benefits. (Fast Consulting, 2008)
- People with physical limitations and chronic conditions can benefit the most from being physically active.
- Many falls and chronic health conditions such as high blood pressure and heart disease can be prevented by participating in regular physical activity.
- It is never too late to start; older adults have the MOST to gain!
- Participating regularly in a **Forever...in motion** program can improve your endurance, strength, balance, and flexibility as well as encourage a healthy lifestyle.



*“If exercise could be packaged into a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”*

- Robert N. Butler, M.D.



### *Our Vision*

*Healthiest people  
Healthiest communities  
Exceptional service*

For more information about the **Forever...in motion** program, **Forever...in motion** groups in your community or how to start a group, please contact:

Within Saskatoon Health region contact:  
Community Older Adult  
Phone: (306)655-2286  
or (306)655-2285

Outside the Saskatoon Health Region contact:  
Saskatchewan Parks and Recreation Association  
Phone: 1 (800)563-2555



Saskatchewan  
Parks and Recreation  
Association

[www.in-motion.ca](http://www.in-motion.ca)


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# Forever... in motion



*A Physical Activity Program for  
Older Adults (50+)*



Forever...  
 **in motion**<sup>™</sup>  
*Physical Activity - do it for life!*

# Physical Activity

## The Health Benefits:

- Decreases the effects of aging
- Builds stronger bones and muscles
- Reduces the risk of falling
- Delays and prevents chronic diseases
- Reduces the risk of heart disease and stroke
- Improves joint and muscle flexibility
- Lowers blood pressure
- Controls weight
- Lowers cholesterol
- Improves balance and strength
- Helps control swelling and pain caused by arthritis
- Can help prevent osteoporosis
- Enhances sleep
- Reduces anxiety and depression
- Helps people to remain at home, independent and self-reliant



# What is Forever...in motion?

Our mission is to improve and/or maintain the health of older adults living in the community through physical activity and education.

- Started in 2002 by the Saskatoon Health Region as a way to make physical activity opportunities available for older adults living in the community.
- In 2011, Saskatchewan Parks and Recreation Association adopted the **Forever...in motion** model to roll out the program provincially.
- **Forever...in motion** groups are located in seniors' housing, community centres, churches, condominiums, and seniors' centres and are free or low-cost.
- In 2014, over 95 **Forever...in motion** sites exist within the Saskatoon Health Region. Expansion continues at a rapid rate within the region and provincially.
- The program varies at each site depending on the participants, but can range from 30-60 minutes in length and from 1 to 5 days per week. Exercises can be performed seated or standing.
- Often there are opportunities to socialize as well.

*Now that I am walking, it is amazing how much better I feel. It has proven to me how important walking is to my health. When I exercise, I know I am making my body strong, but it has also made my mind strong."*

-Older Adult Participant

# Forever...in motion Leader Training

- Groups are led by peer volunteer leaders or staff who have taken the **Forever...in motion** leader training. This training includes: information on how to lead safe exercise programs for older adults, chronic conditions and preventing falls as well as lots of practical hands-on experience.
- **Forever...in motion** volunteers are men and women from the community, who have taken the **Forever...in motion** leader training and are primarily older adults (50+). All volunteers are registered with the Saskatoon Health Region.
- **Forever...in motion** is always looking for new leaders. To find out more on how to become a peer leader, please contact us.



## Canada's Physical Activity Guidelines

- **Forever...in motion**, encourages sites to follow Canada's Physical Activity Guidelines for older adults to accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week. [www.csep.ca/guidelines](http://www.csep.ca/guidelines)
- Our **Forever...in motion** recommendation:
  1. Endurance exercises (4-7 days/wk)
  2. Strength exercises (2-4 days/wk)
  3. Balance exercises (daily)
  4. Flexibility exercises (daily)