



Forever...in *motion* Update



It's Resolution Time!

By Kim Nicholls, Recreation Therapist

It is that time of year again, to look at what we want to accomplish in the next year and decide how we are going to do it. Have you made resolutions before? Did you keep them? Research suggests that while many people make resolutions, we aren't that good at keeping them. Here are six signs that you are not going to be able to keep your resolutions:

1. **It's super complicated or really vague;** The best thing you can do for your resolution is to keep it simple and stick with only making one or two. Make your resolution specific, realistic, achievable and reasonable.
2. **The resolution doesn't actually mean anything to you;** Make sure you are making the resolution based on what you want. It has to be meaningful to you otherwise you won't stick with it.
3. **You keep your resolution to yourself;** Sharing your resolution with others makes you more accountable. We are more likely to follow through with something if we know someone else might ask about it.
4. **You don't think you need rewards or a set time frame;** Rewards are often the motivation we need to continue. Building in some reasonable rewards will help keep you on track. Plan a time frame. Decide when you are going to do it by and keep to that timeline as much as you can.
5. **There is no room for setbacks;** Everyone gets sick, has a bad day, goes on vacation and needs time to rest. Remember these things when planning your timeframes and rewards. Leave a little wiggle room for yourself!
6. **You are recycling your old resolution;** Be honest with yourself. If you didn't stick with it last year, you probably aren't going to this year either! Good Luck!



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Brain Vitality!

By Char Welgush, Recreation Therapist



There is strong evidence that there are definitely things we can do to lower our risk of developing Alzheimer's disease or other forms of Dementia. Try the following life-style changes to help improve your brain's health and encourage wellness:

- 1) **Challenge yourself:** Try something new and wake up your brain! Learn a second language, take up chess or learn how to play a musical instrument. You are stimulating your brain and training it to receive messages in a new way.
- 2) **Be socially active:** This is key to keeping your brain happy. Engaging with family, friends and community is very important to wellbeing. As we are exposed to new ideas and conversations, fresh pathways are created in our brains. Social isolation and depression can impact an older adult's health as much as poor physical health.
- 3) **Follow a healthy diet:** The brain directs all of our organs and what we now know is that specific foods are better for the brain. Look for fruit and veggies with bright colors when making meals, and try to regularly include fish which is loaded with omega-3s.
- 4) **Stay physically active:** Your brain is a muscle just like your heart; physical activity is required for it to function properly. Exercise will get your heart rate up which increases blood flow to the brain, filling it with fresh oxygenated blood! It also encourages development of new neuropathways, which may reduce the impact of a stroke. The more neuropathways we start with, the better!
- 5) **Limit your stress levels:** Stress disrupts mood regulation and sleep, elevates blood pressure, increases stress hormones and feelings of depression. Too much stress could lead to chemical imbalances that damage the brain and other cells in the body.

Keeping your brain healthy includes all the components listed above. Find a way to challenge yourself, try something new, eat well and remain physically active. Stay in touch with friends, enjoy life and find a way to unwind at the end of the day whether it's with music, a book or even a leisurely walk to relax.



Creating a Walkability Program Plan to Suit Your Lifestyle & Keep You Motivated!

By Jenelle Fortier, Therapeutic Recreation Student



The purpose of a walkability program is for people to understand the benefits of walking and how accessible it is to walk to various locations in and around their neighbourhood rather than to drive. A walkability program should include; the distance and time to each location, maps that highlight the route of each location, and a walk score sheet to record points based on distance walked. Also, a walkability program plan should focus on suiting your lifestyle, meeting your needs, and keeping you motivated. Below, I have provided you with a few steps to get started on a walkability program for yourself or the people in your residence/facility to become more active and make walking a regular part of your day.

- Choose a few routes in and around your neighbourhood. Try to also include routes that you do not walk very often.
- Once you have chosen a few routes, go to Google Maps (<https://www.google.ca/maps/>) to calculate the time and distance to get to and from each route.
- Create a walk score sheet where you get a certain amount of points based on the distance that you walked each day. For example, each mile you walk = 4 points.

In order to stay motivated, have a little competition amongst your family or friends to see who can collect the most points. To challenge yourself to improve each week or month, come up with a few goals that you can work towards, such as walking a certain distance each day or accumulating a certain amount of points each day. Once you have accomplished your goals, reward yourself with whatever you choose to motivate you to keep walking. Good luck and have fun with it!



Congratulations to our new **Forever... in motion** Leaders from The Bentley and Wynyard trainings.





Aging Gracefully Walking on Ice!

By Melanie Weimer, Senior Physical Therapist

Well, it is that time of year again....WINTER! With winter comes snow and ice and along with that comes higher risk of falling. You know the ice is there, but do you know how to maneuver over ice to significantly reduce your risk of falling? There are a number of strategies a person can use to safely travel over slippery surfaces such as ice.

1. **Use an assistive device:** An assistive walking device such as a cane, urban walking poles, or a walker can provide you more support and reduce your risk of falling. Even if you do not normally use a walking aid to walk indoors, consider using one for outdoors during the winter. If using a cane, make sure to purchase an ice pick to attach to the end of your cane to provide more traction on the ice. If using urban poles, remove the rubber ends / booties to reveal the metal spike. This metal spike also provides more traction on slippery surfaces. If you use a cane indoors, consider using a more supportive walking aid for outdoors during the winter, such as urban walking poles or a four-wheeled walker.
2. **Wear appropriate footwear:** Not every winter boot is created equal. Make sure your winter footwear has good traction and is made up of a durable rubber material. If your sole is made up of a plastic material, the cold temperatures will cause it to harden and will no longer provide adequate grip. Consider purchasing foot grippers for your outdoor footwear. Foot grippers attach to your boots or shoes and have metal spikes to grip into the ice surface and provide more traction. However, remember that foot grippers can **NOT** be worn on indoor surfaces as they will cause you to slip. Make sure you have a place where you can sit down to put on and remove your foot grippers before exiting and entering your home or other buildings.
3. **Change the way you walk:** If you know there is ice on the path ahead, widen your stance and bend your knees a little to get a little lower to the ground and be more stable. Step with a flat foot rather than with your heel and shift your weight from side to side with each step. This method will provide you more stability and help to prevent slipping.
4. **If at all possible, avoid the slippery area:** If you can walk around the ice, then do so or take a different path entirely. Be aware of your surroundings and do not risk walking over ice if it is not necessary to do so.

I hope these few tips keep you on your feet this winter. Stay warm and stay safe!



Mystery Solved!

By Kereen Lazurko, Recreation Therapist

We will, from time to time, feature various sites in our newsletters. This time, I would like to feature Brenda - our right-hand lady! For those of you that have called into our office and spoken to the kindest, most patient and helpful person ever... the person you were talking to would have been Brenda Chomyn, our wonderful Administrative Assistant.

Brenda started in 2003 as the Admin Support for the Director of **in motion** and then made the transition to **Forever...in motion** and has been with us ever since. Lucky us! She is the anchor that stays in the office and keeps our department grounded while the rest of us run in one direction or another doing the "front line" work. Char, Kim, Kimberly and I are so fortunate that we get to go out into the community and work with such incredible people as you and, because WE are the ones that people see, we get the majority of the "pats on the back" for all the great benefits people are experiencing from participating in our **Forever...in motion** exercise groups. I would like to shift that pat on the back to another very deserving member of our team - Brenda! We couldn't do all that we do out in the community if we didn't have Brenda's amazing support back in the office. On behalf of our team, thank you Brenda for all you do and for the pleasant and professional manner in which you do it!!

For those of you that don't know the face behind the voice, this is what our awesome Brenda looks like - mystery solved:)



Wishing you and your family a joyous, safe and active holiday season!

Happy Holidays and all the best in the New Year!

From the Saskatoon Health Region

Forever...in motion team:

Kimberly Willison

Kereen Lazurko

Brenda Chomyn

Kim Nicholls

Char Welgush

Melanie Weimer





Resources and Events to be Aware of...

Forever...in motion Leader Training

Saskatoon - January 24, 27, 31, February 3, 7, 2017. February 10 as an alternate date should a class be cancelled. Training is being held at Bethany Manor, 211 Pinehouse Drive, Saskatoon.

Rural - To be determined.

Promotional Items

If you would like to purchase a pedometer, t-shirt, circuit, or exercise bands, please contact Brenda at (306) 655-2454 or brenda.chomyn@saskatoonhealthregion.ca

New **Forever...in motion** DVD available soon for \$15 - 45 and 60 minute exercise video featuring our own Kereen Lazurko and Kimberly Willison!!

SCOA Globe Walk

Again this year **Forever...in motion** is supporting the 50+ SCOA Globe Walk. Challenge yourself and others to participate in a fun winter exercise routine by joining the Globe Walk. Our goal this year ... walking the equivalent of 500,000 miles on our Space Station Orbiting Tour 2017! We will begin the walk in January, 2017 and continue counting our steps until April 30, 2017. Two thousand steps equals approximately 1 mile. You can stroll or roll, hike or bike, swim or gym and of course join a **Forever...in motion** group. For more information, contact Beth Hills at 306-652-0027 or globewalk@scoa.ca.

Website: <https://scoaglobewalk.net>

Staying On Your Feet Programming for Winter/Spring 2017

Villa Royale	January - April (1X week)
Elim Lodge	January - April (1X week)
* St. Volodymyr	January - April (2X week)
* McClure United Church	January - April (1X week)
* Open Sites	

For more information on the Staying On Your Feet program, please contact Melanie Weimer at 306-655-3418 .

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 Kimberly@306655-2286

