

The Facts

- Being physically active reduces your risk of falling by 40%.
- People with physical limitations and chronic conditions can benefit from being physically active.
- Being physically active on a regular basis can prevent, delay onset, or help manage the symptoms of many chronic health conditions, such as high blood pressure, heart disease, arthritis, diabetes, etc.
- 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.

Forever...



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

Saskatoon and area:
Phone: (306)844-4080
www.in-motion.ca

Regina and area:
Phone: (306)766-7370
www.rqhealth.ca/Forever-in-motion

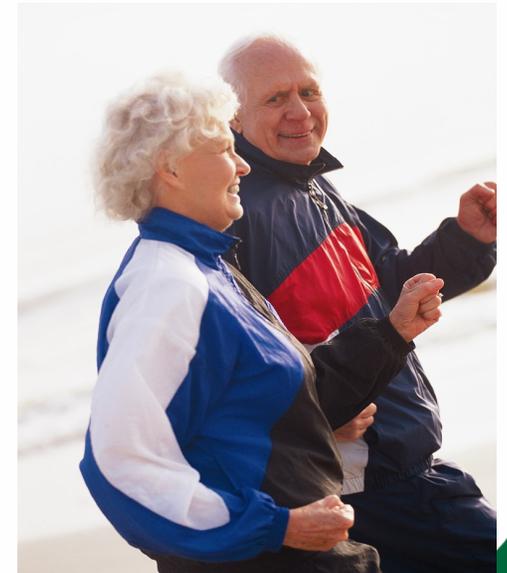
All other areas:
Saskatchewan Parks and Recreation Association
Phone: 1(800)563-2555
www.spra.sk.ca



saskhealthauthority.ca

Saskatchewan Parks and Recreation Association

Forever...



A Physical Activity Program
for Older Adults (50+)



Saskatchewan
Health Authority

Physical Activity

Potential Health Benefits:

- Decreases the effects of aging
- Builds stronger bones and muscles
- Improves balance and strength
- 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
- Helps control swelling and pain caused by arthritis
- Helps prevent osteoporosis
- Enhances sleep
- Reduces anxiety and depression
- Helps people to remain at home, independent and self-reliant
- Research continues to prove physical activity is just as important for our brain as it is for our heart

“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

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 former Saskatoon Health Region as a way to make physical activity opportunities available for older adults living in the community.
- In 2012, Saskatchewan Parks and Recreation Association partnered with the former Saskatoon Health Region to roll out the **Forever...in motion** program provincially.
- **Forever...in motion** groups are located primarily in seniors' housing, community centres, churches, condominiums, and seniors' centres and are free or low-cost.
- The program varies at each site and can range from 30-60 minutes in length, and from 1 to 5 days per week. Exercises can be performed seated or standing.
- Socialization opportunities are strongly encouraged, both for their emotional and cognitive health benefits.



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+).
- **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
- 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)