

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:
#55-2325 Preston Avenue
Saskatoon, SK S7J 2G2
Phone: 306-844-4080
www.in-motion.ca

Regina and area:
Phone: 306-766-7200
www.rqhealth.ca/Forever-in-motion



Saskatchewan
Parks and Recreation
Association

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



saskhealthauthority.ca

Forever...



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



Healthy People, Healthy Saskatchewan

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 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)