



20 Years Old and Still Going Strong!

By: Kimberly Willison, Senior Recreation Therapist

In 2002 **Forever...in motion** was created as a Health Promotion strategy supported by the former Saskatoon Health Region (SHR). It's mission; to improve and/or maintain the health of Older Adults living in the community through support, education, evaluation, partnerships and the promotion of healthy lifestyles.

It started as a master's thesis, with 8 pilot sites. This proved that a physical activity program that was low or no cost, led primarily by Older Adult volunteer leaders and conveniently located in senior housing, churches and community centres, was what was best to improve the health of Older Adults.

In 2012, SHR partnered with Saskatchewan Parks and Recreation Association (SPRA) to help roll out **Forever...in motion** provincially. We have grown immensely over the past 20 years with the Saskatoon team having supported over 135 sites, Regina over 85 sites and SPRA supporting sites throughout the rest of Saskatchewan.

But the **Forever...in motion** program wouldn't be what it is today without the **HUNDREDS** of dedicated leaders that take the training, prepare lessons and lead the **AMAZING** classes they do. Together we are helping people lead healthy, active lifestyles. I truly believe that we are improving the lives of Older Adults in Saskatchewan, reducing falls and helping people live longer, independent lifestyles.

(Continued on Page 2)

What's Inside?

2 Active Aging Week

3 Maintaining A Clean
and Safe Exercise
Space

4 Aging Gracefully

5 New Forever...in
motion Leaders

20 Years Old and Still Going Strong Continued

So thank-you to our incredible FIM leaders, thank-you to all our fantastic participants...here's to another 20 years!!!



Our 15th Anniversary Celebration

Tell us about a Forever...in *motion* leader that is doing a great job!

Active Aging week is October 3 - 9, 2022 and we wanted to do something fun to celebrate aging and promote the benefits of a healthy life all at the same time!

This year we decided to run a little contest called “Tell us about a **Forever...in *motion*** leader that is doing a great job”. We want participants (and leaders too) to send us an email to tell us about the good things that our amazing FIM leaders are up to. Both the leader and the person sending the email will then be entered into a draw for some awesome FIM gifts!

All you have to do is send us an email with the following information:

- Name of leader
- Your name
- Tell us something great about the leader!



The contest will be open from October 3 - 17 and entries can be emailed to:

Foreverinmotion@saskhealthauthority.ca

Maintaining a Clean and Safe Exercise Space This Fall

By Crystal Wright, Health Educator

Many groups are fortunate to use a variety of equipment to enhance their classes. Weights, resistance bands, exercise balls, drum sticks and pool noodles are some examples. With cold and flu season upon us, it is important to keep all the equipment clean, and do our very best to keep our selves and our participants safe and healthy.

It is advisable to wipe down items, such as weights and exercise balls, after each class. However, items such as resistance bands are less easy to clean. Groups may want to consider having each participant bring their own equipment and labeling them for each participant. Each participant can then use their ‘own’ items when they come to exercise.

Good hand hygiene continues to be one of the best ways to stop the spread of germs. We would recommend encouraging participants to use Alcohol Based Hand Rub (ABHR) or wash their hands with soap and water prior to the start of class and again when leaving. Hand washing and hand sanitizing posters can be downloaded from the Germ Smart website at https://www.saskatoonhealthregion.ca/locations_services/Services/Germ-Smart/Pages/GermSmart_posters.aspx. Feel free to put these posters up as a reminder to everyone using the facility.



(Continued on Page 5)



Aging Gracefully - Finding Time for Balance

By Cheryl Lehne, Senior Physical Therapist

Balance exercises are a big part of fall prevention, but many may not know how to incorporate these balance exercises into their already busy lives (or exercise routines). The good news is that balance exercises do not need to be an entirely separate exercise program all the time, they can be incorporated in to your daily functional activities as well as into your current exercise routine.

The recommendation for balance exercise is 10 minutes per day, however, those 10 minutes do not have to be done all at once. They can be spread out in to short increments throughout your day. You can work on your balance while standing in the line at the grocery store; while washing your dishes at the kitchen sink; or while brushing your teeth. For example, try changing your base of support while doing these activities - stand with your feet close together, or take a large step forward in stride stance, or stand with one foot directly in front of the other in a tandem stance (heel to toe), or stand on one leg. Decreasing your hand support will also challenge your balance while performing these activities, decrease from two hands to one hand or no hands.

Balance exercises do not have to take a lot of your time, but the time you do take will be well worth it if it prevents an injury due to a fall.

For more information, please contact:
Cheryl Lehne, Senior Physical Therapist
Community Fall Prevention and Balance Education Lead
cheryl.lehne@saskhealthauthority.ca

Phone: 306-655-3418

This program is within Saskatoon and area only at this time



Maintaining a Clean and Safe Exercise Space This Fall Continued

It is also a good idea to inspect equipment regularly. As the old saying goes: “An ounce of prevention is worth a pound of cure.” Inspecting your equipment and your workout space is really important. Be sure to replace anything that is cracked or damaged to avoid injury. If participants need bands, they can be purchased from the **Forever...in motion** team at the Community Health Centre in Market Mall. Leaders can also purchase bands to have on hand to sell to participants as needed. The cost is \$5/band or \$20/for 5 bands. You are welcome to pop by, or call 306-844-4080 to arrange a time for pick up. Weights can be purchased at most major stores such as Canadian Tire and Walmart. Always feel welcome to reach out to the **Forever...in motion** team if you have any questions regarding equipment, cleaning, and hygiene practices. Here’s to a germ-smart and safe fall season!

Forever...in motion Leaders!



Warman Leader Training



Resources and Events to be Aware of ...



Forever...in motion Leader Training

Saskatoon & Area:

- **Saskatoon** - September 22, 27, 29, October 6, 11, 2022 - Bethany Manor
- **Rural** - October 13, 17, 19, 24, 26, 2022 - Watrous Civic Centre

Please contact Brenda at (306) 655-2454 or brenda.chomyn@saskhealthauthority.ca to register or for more information.

Regina & Area:

- September 8, 15, 22, 29 at 11:00 a.m. - 5:00 p.m.
- November 8, 15, 22, 29 at 11:00 a.m. - 5:00 p.m.

Both trainings are held at South Leisure Centre (170 Sunset Drive) in Regina. Please contact Marisol at (306) 766-7163 or marisol.molinasmith@saskhealthauthority.ca for more information.

SPRA Training:

- September 12, 14, 19, 21, 26 at 1:00 - 4:00 p.m. in Lloydminster
- October 4, 11, 18, 25 at 9:00 a.m. - 3:00 p.m. in North Battleford

Please contact Kelsey at (306) 780-9219 or kmichaluk@spra.sk.ca for more information.

SPRA's FIM Grant will also be opening up for applications on September 19 (closes November 15). Eligible expenses include costs associated with hosting training, facility rentals and equipment. For the application and brochure go to: <https://www.spra.sk.ca/funding/spra-grants/>

Promotional Items

To purchase a pedometer, t-shirt, circuit, or exercise bands, please contact the Community Older Adult Team located at the Community Health Centre in Market Mall at 306-844-4080. Or contact Brenda at 306-655-2454.

Saskatchewan Health Authority (SHA), in partnership with Saskatchewan Parks and Recreation Association, provides **Forever...in motion** as a health promotion strategy that strives to improve the health of Older Adults living in community.

For more information about **Forever...in motion** in your region contact:

Saskatoon & area:

- Kimberly Willison (306) 844-4081 or Kimberly.willison@saskhealthauthority.ca

Regina & area:

- Marisol Molina Smith (306) 766-7163 or Marisol.molinasmith@saskhealthauthority.ca

Regions outside Saskatoon and Regina:

- Kelsey Michaluk (306) 780-9219 or kmichaluk@spra.sk.ca



Saskatchewan
Health Authority



Saskatchewan
Parks and Recreation
Association