



Restore your Relationship with Nature this Summer!

By: Crystal Wright, Health Educator

Nature provides a wonderful array of health benefits. Nature supplies us with the basics such as the air we breathe, the water we drink, and the food we eat, yet it also enhances our wellbeing in several other ways.

Physical activity in green spaces can be linked to better moods, decreased chance of depression, reduced stress, and increased cognitive function. Recent research showed that nature-based activity therapies decreased depression and anxiety and enhanced older adults overall experience. The greatest benefits were seen after 8-12 weeks of regular outdoor activity. The activities included; community gardening, walking outdoors, exercising outdoors, and creating nature based arts and crafts.

Here are a few ways to increase your connection to nature this summer:

1. Plan a safe outdoor hike. From Saskatchewan provincial park trails, to the Saskatoon Meewasin trails, there are many great options!
2. Move a **Forever...in motion** exercise group outdoors. It's great to exercise as a group outdoors, or you can watch our Face Book Live classes outdoors; there is a new class every Tuesday at 10:30 a.m.! Also, according to the Saskatchewan Research Council, Saskatchewan is Canada's sunniest province....Why not soak up some beautiful summer sun while you exercise?

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3. Join a community garden group. Not only does this allow for some great physical activity, but it can also increase your social connectedness, and as a bonus, you get to enjoy fresh produce!

Aim to include 2-3 hours of moderate-intensity activity each week, which can be broken down into 10 min, 20 min, or any manageable amount of time. Choose activities that you enjoy, and listen to your body. Along with the physical benefits of spending time in nature, you just might feel a restorative effect on your emotional and cognitive health as well.

I'd like my workout 'to go' please!

By Kereen Lazurko, Recreation Therapist

With summer around the corner, many of us will be doing some travelling, even if it's just to the lake. Carrying around weights just isn't practical and we don't always remember to toss an exercise band into our bag. Under these circumstances, the best solution for strength training is...body weight exercises and whatever items you have handy. Following is a small sampling of exercises you can try out, depending on your functioning level and what you have available in your environment. As always, please listen to your body and keep safety top priority. Please see the attached exercise handouts for visual and written descriptions of many of these exercises plus more.

1. Back:
 - A. Bird Dog (mat or sturdy chair): B. Superman (mat)
2. Chest:
 - A. Pushups (wall, back of sturdy chair, kitchen counter, etc.)
3. Shoulders:
 - A. Lateral or Front Raises (water bottles, soup cans, etc.)
4. Triceps:
 - A. Triceps Dip (park bench, stairs, sturdy chair, etc.)
5. Biceps:
 - A. Bicep Curls (water bottles, soups cans, etc.)
6. Core:
 - A. Seated Ab Crunch: B. Functional Abs
7. Legs:
 - A. Squats: B. Toe/Heel Raises



Drink Up!

By Seshni Naidoo, Regional Food Services Dietitian

Drink water often! Older adults are at even higher risk of becoming dehydrated and many do not drink enough fluids. We need to drink whether or not we feel thirsty because our sense of thirst becomes a less reliable indicator as we age.

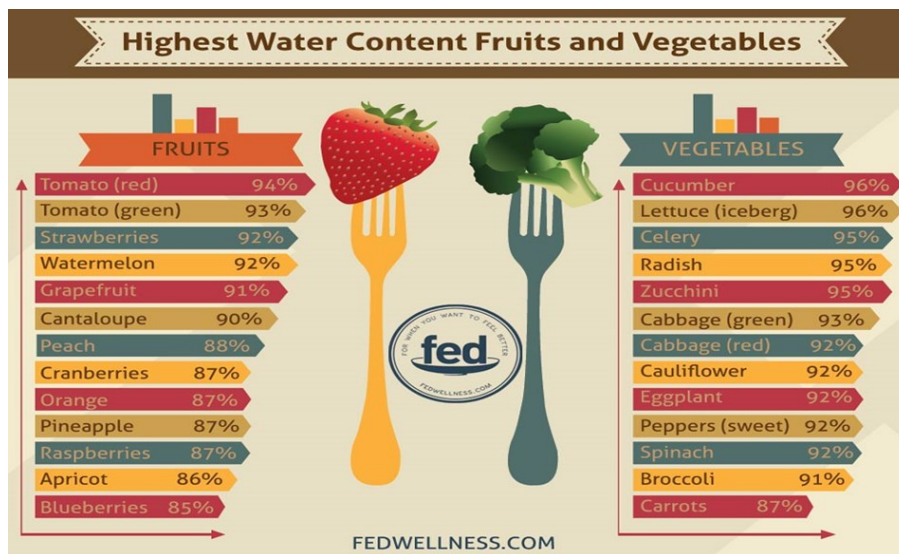
Dehydration can increase the risk of falling as it causes dizziness and confusion, leading to a loss of balance. When you are well hydrated, it helps with skin integrity, kidney function, urinary tract health, bowel regularity, digestion, regulating body temperature and concentration.

Staying hydrated becomes even more important during the summer when it is hot and your body is losing even more water. Try to aim for 9-12 cups of fluid each day. Fluid can include water, milk, juice, soup, coffee/tea and even food such as fruits and vegetables!

Here are some tips to increase your hydration:

- ◆ Start and end your day with a glass of water.
- ◆ Have a drink with your meals.
- ◆ Keep a bottle or glass of fluid nearby.
- ◆ Afternoon tea or coffee is a great idea!
- ◆ Get creative with your drinks-infuse your water with fruits such as lime, orange slices, mint or cucumber.
- ◆ Remember it's not just water that can help improve your hydration!

The picture below shows how much fluid can be found in fruits and vegetables.





Aging Gracefully - Spring has Sprung Time to Plant Some Seeds!

By Cheryl Lehne, Senior Physical Therapist

Time to plant some seeds for success - success for the ability to become more active and fit; success for better balance, strength and less chance of falling.

Now that the warmer weather is finally upon us, we begin to think about the opportunity of getting outside and becoming more active. This can help us regain strength and balance we may have lost as a result of staying indoors over the long cold winter. Living in Saskatchewan can be a challenge to remain active in the winter, and spring brings with it the inspiration of physical activity.

Below are some pointers to become more active again and to enjoy a healthier lifestyle, build strength and improve our balance:

- Choose to begin to get outdoors everyday and exercise - a good choice is to begin a walking program.
- Be sure to keep yourself safe from falling - do you need to consider a walking aid?
- Find out about “Urban Poling”, the latest fitness activity that keeps you walking safely and increases your fitness, while maintaining good posture.
- Prepare for rainy days on how you can maintain your level of activity at an indoor program.
- Review your typical day including your diet, including hydration, and level of physical activity to determine where changes can be made.
- Discuss changes of your lifestyle with your doctor and/or your physical, recreational or exercise therapist.
- Make a conscious choice to make some changes to your life in striving towards a healthier lifestyle.

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



Keep safety a priority during exercise!

- ★ Always use a chair for balance if you feel unsteady
- ★ Create a trip-free area for exercise; ensure pathways are clear
- ★ Be aware that some flooring creates a greater hazard (such as slippery floors or high pile carpet). Adjust your steps accordingly!
- ★ Wear supportive shoes when exercising
- ★ Pay close attention to what you are doing
- ★ Feel welcome to slow down movements; please don't rush!
- ★ Always sit down and take a rest whenever you need it

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New Forever...in motion Leaders!



Trinity Manor



Humboldt



Ebenezer Baptist Church



Resources and Events to be Aware of ...



Forever...in motion Leader Training

Saskatoon - September, 2022. Dates and location to be determined

Rural - Warman - Legends Complex - July 19, 21, 26, 28, 2022

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

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.

Community Older Adult Team - Contact Information

- Kimberly Willison - 306-844-4081 or kimberly.willison@saskhealthauthority.ca
- Kereen Lazurko - 306-844-4082 or kereen.lazurko@saskhealthauthority.ca
- Kim Nicholls - 306-844-4083 or kim.nicholls@saskhealthauthority.ca
- Crystal Wright - 306-844-4083 or crystal.wright@saskhealthauthority.ca
- Brenda Chomyn - 306-655-2454 or brenda.chomyn@saskhealthauthority.ca

Forever...in motion 20th Anniversary!!

Did you know that 2022 is **Forever...in motion's** 20th Anniversary? **Forever...in motion** started in 2002 as a Health Promotion Initiative to improve the health and wellness of Older Adults in Saskatchewan. Give yourself AND your **Forever...in motion** leader a pat on the back for being part of a program that has been running for 2 decades!!



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:

- * Saskatchewan Health Authority
- * City of Saskatoon
- * ParticipACTION
- * University of Saskatchewan

For more information on the Older Adult strategy, **Forever...in motion** contact Kimberly@306.844.4081

