

The Facts

- Being physically active reduces your risk of having a fall 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** class can improve your endurance, strength, balance and flexibility, as well as encourage a healthy lifestyle.

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Metis People.

Contact Information

For more information about the **Forever...in motion** program please contact:

Saskatoon and area:

Community Health Center at Market Mall

#55-2325 Preston Avenue

Saskatoon, SK S7J 2G2

Phone: 306-844-4080

Email:

foreverinmotion@saskhealthauthority.ca

Regina and area:

Primary Health Care - Chronic Disease

Prevention and Management

2110 Hamilton Street

Regina, SK S4S 2E3

Phone: 306-766-7200

All other areas:

Saskatchewan Parks and

Recreation Association

Phone: 1-800-563-2555

www.spra.sk.ca



Saskatchewan
Parks and Recreation
Association



saskhealthauthority.ca

Forever...



Supporting healthy aging and independence through physical activity and fall prevention.



**Saskatchewan
Health Authority**

Healthy People, Healthy Saskatchewan

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

*“As a result of attending **Forever...in motion** classes regularly, I have more energy to do other activities. It is great to meet people who share an interest in exercising and staying fit as we age.”*

*Beverley Keyser, **Forever...in motion** Leader*

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.
- **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.



Becoming a Leader

- Classes are led by volunteer leaders from the community or staff who have taken the **Forever...in motion** leader training. This training includes: information on how to lead safe exercise classes for older adults, chronic conditions and preventing falls, as well as practical hands-on experience.
- Continued support is provided and includes leader gatherings, resources, newsletters and incentives.
- If you have a passion for helping others, enjoy physical activity and can commit to 1-2 hours/week, please contact us for more information about becoming a **Forever...in motion** leader.



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:
 - Endurance exercises (4-7 days/wk)
 - Strength exercises (2-4 days/wk)
 - Balance exercises (daily)
 - Flexibility exercises (daily)