



The Five Components of Health and Wellness within Forever...in *motion*

1. Mental or Psychological

- When you exercise, your body releases endorphins, which are “feel good” hormones.
- Physical activity and mindfulness can decrease stress. Be aware of how you are feeling and if you need to take time to relax throughout your day.
- Stress can affect you in many negative ways. A few examples include: headache, muscle tension or pain, chest pain, fatigue, sleep problems, anxiety, restlessness, lack of motivation, irritability, social withdrawal, sadness or depression.

2. Physical

- The recommendation is for 150 minutes of moderate to vigorous physical activity per week in order to achieve health benefits. Eighty-five percent of Canadian adults are not active enough to achieve this.
- Falls can be devastating. However, an individual’s risk of falling decreases by 40% when they engage in regular physical activity.
- Two hours of walking per week can reduce your risk of stroke by 30%
- Seventy-five minutes of brisk walking per week can add almost two years onto your life.
- Four hours of walking each week can reduce your risk of hip fractures by up to 43%.
- Inactivity is as harmful to your health as smoking.
- Exercising five to six hours before going to bed can help regulate sleep patterns and ensure a better night’s sleep.

3. Cognitive

- Cognitive health refers to the health of your brain in terms of perception, attention, memory, judgment and reasoning.

Some fun ways to challenge your brain:

- Figure 8’s– place one arm out in front of you and draw a sideways figure 8 ten times, then switch directions and do it ten more times. Switch arms and repeat.
- Pat your head and rub your stomach. Switch hands.
- Thumb and pinky switch– palms facing towards you, make a fist. Stick your left pinky out and right thumb. Then at the same time, switch so your left thumb is out and your right pinky. Repeat back and forth, speeding up as you go.

4. Spiritual

- Often people associate mindfulness with spirituality. Spirituality does not necessarily mean religion, rather being in tune with one's body, mind and spirit.
- Spirituality often involves meditation, mindfulness, or psychological growth often done through meaningful activity.
- Spirituality is made up of who you are and what you believe in.

Examples of practising spirituality:

- Taking time for yourself
- Going out in nature
- Meditating
- Slowing down and being in the moment

5. Social

- Increasing socialization in **Forever...in motion** classes can help to decrease loneliness, isolation, depression and anxiety. As well, it can make the class more fun and enjoyable to attend.
- Include games to get to know each other better, make friends and decrease loneliness.
- Do noodle or ball exercises with your class and incorporate "get to know you" opportunities. (ie. Bounce the ball if you like gardening, raise the ball over your head if you like shopping, etc).
- Give participants the opportunity to have coffee and a healthy snack after their **Forever...in motion** exercise class, to increase socialization.



For more information and resources for older adults, contact Forever...in motion at
(306)844-4080
foreverinmotion@saskhealthauthority.ca



References

1. Mayo Foundation for Medical Education and Research. (2013). Mindfulness; Learning to Live in the moment . *Mayo Clinic: Special Report*, 1-8.
2. GC & Cie Marketing Solutions. (2013). *Marketing Business & Spirituality...How to Combine Both*. Retrieved from GC & Cie Marketing Solutions: <http://gccie.com/2013/04/gccie-marketing-business-and-spirituality/>
3. God Beauty Perfection Love: Synonyms-By: Peter. (2015). *16 Thoughts I felt compelled to write down one day in 2008*. Retrieved from God Beauty Perfection Love: Synonyms: <http://godbeautyperfectionlove.com/2009/04/10/16-thoughts-i-felt-compelled-to-write-down-one-day-in-2008>
4. Proactive Physical Therapy and Sportsmedicine, I. (2015). *Exercise for the Older Adult*. Retrieved from Pro Active Physical Therapy and Sports Medicine: <http://proactive4pt.com/exercise-older-adult/>