



Spring Cleaning, is it Just Household Chores or is it more?

By: Sabrina Logan, Recreation Therapist



“Spring: a lovely reminder of how beautiful change can truly be” (Author unknown).

Spring is known for fresh starts, so it’s no wonder why spring cleaning has become a yearly tradition for many of us. Although we may not be super eager to get to work, spring cleaning actually has many health benefits including: reducing allergies, increasing happiness and concentration and improving our physical health.

Let’s take a closer look at the components of physical activity and how household chores can be incorporated:

1. **Endurance:** Physical activities that increase your breathing and heart rate. Good for your heart, lungs, circulation and muscles. Endurance exercises should be completed 4 - 7 days/week.
 - Any household chores that would increase your heart rate in bouts of 10 minutes or more, such as: vacuuming, sweeping/mopping, washing walls & windows, raking.
2. **Strength:** Physical activities that challenge your muscles: help keep bones and muscles strong, reduce bone loss, and improve posture and balance. Strength exercises should be completed 2 - 4 days/week.
 - Household chores that would include aspects of strength include: vacuuming, moving furniture, setting up seasonal décor, carrying laundry and groceries, and any movement involving lifting your own body weight.

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3. **Balance:** Balance is the body's ability to maintain its center of mass within the body's base of support, and should be completed at least 2 - 4 days/week.
 - A few chores that aid in improving balance include: washing windows, dusting and wiping baseboards.
4. **Flexibility:** Helps to keep your joints healthy and maintain mobility, and if possible should be completed daily.
 - Gardening or pulling weeds, vacuuming, dusting, and washing and waxing the car are all great ways to work on our flexibility.

It is important to note that many household chores incorporate more than one component of physical activity. Household chores should not replace your physical exercise program, instead they will aid in well-rounded exercise activities.

Thank you, thank you, thank you to our amazing volunteers!

By Kim Nicholls, Recreation Therapist

Did you know that the **Forever...in motion** program has a whopping four hundred and eighty two volunteers? And that those volunteers lead one hundred and thirty seven sites (within the boundaries of the former Saskatoon Health Region) and helped an average of one thousand, six hundred and forty seven people last year alone? Can you say amazing?!?!

Eighty one percent of the people who responded in our 2019 survey told us that they exercise because of the availability of the **Forever...in motion** program and seventy four percent of our **Forever...in motion** participants have not had a fall in the last year. Our participants are stronger, have increased flexibility and improved balance.

Why is that? It all comes down to our amazing, talented, driven, fit, fabulous volunteers. Without them this program would not be what it is today. We have grown above and beyond our wildest expectations and we continue to grow based on the generosity of time and spirit of these amazing people.

Officially April 19 - 25, 2020 is our country's National Volunteer Week but don't wait until then to let your leader know how thankful you are for them. Tell them today, tell them tomorrow, tell them every day!

To our amazing volunteers we thank you; we are humbled by your service and look forward to continuing to work together through this amazing program.



March is Nutrition Month

By Seshni Naidoo, Regional Food Services Dietitian

March is Nutrition Month! This year's theme is **More than Food**, meaning, healthy eating habits are about more than just food. Dietitians want you to know that healthy eating is about so much more than food. How you eat is important too! It's about family, memories and emotions and how we enjoy food and the social connections that take place during mealtimes. It's about more time planning and preparing our meals and less time eating on the go. Canadians are spending more money than ever on highly processed foods and eating out. Some helpful tips for your healthy eating journey include:

- Cook more often. Cooking allows you to learn new skills and rely less on highly processed foods.
- Take time to eat. Healthy eating habits include taking the time to make food an important part of your life.
- Be mindful of your eating habits. Being mindful can help you be more conscious of the food you eat and your eating habits.
- When you involve children in cooking, you share important food skills and traditions with them.
- Eat meals with others. Enjoying healthy foods with family, friends, neighbours or co-workers is a great way to connect and add enjoyment to your life.
- Plan what you eat. Planning is a simple step that can make it possible to eat healthy, save money and cook more often.

Dietitians are an essential resource to Canadians looking for further information on nutrition and healthy eating.

For more information, and a free downloadable recipe booklet check out the nutrition month website: www.nutritionmonth2020.ca





Aging Gracefully - Everyday Use of Strength and Balance

By Cheryl Lehne, Senior Physical Therapist

Everyday activities can help you improve strength and balance. Common everyday tasks can help maintain your mobility while also challenging your strength and balance. Some ideas to improve your strength and balance everyday include sit to stand, cleaning, walking and gardening.

Sit to Standing: Getting in and out of a seated position can be difficult without good strength and balance. Going from standing to sitting (or vice versa) is a good activity to challenge your strength. Practice getting up from a regular arm chair without using your hands for stability. Practicing sitting to standing is key to increasing your confidence in maneuvering challenging tasks like getting in and out of the car, off the toilet, or off of low seats in offices or community settings.

Cleaning: Everyday activities like vacuuming, mopping or laundry are great ways to get your body moving. You can increase the intensity of your work by playing up-tempo music while you clean. This will help you speed up the rate of your activity, and you can sing or dance while you clean! Stretching while dusting, or squatting to put items away, are great ways to incorporate full body exercises. Cleaning is a full body work out, so be careful not to overdo it. You may have to work up to increasing the amount of cleaning you do at one time and prioritize the rooms you need to clean. Be safe with your movements.

Walking: Just walking over changing flooring, i.e. carpet to hardwood to sidewalks and asphalt, can be a challenge for your balance. Having good leg strength and balance can help you adjust to differences in steps, slopes, and ground inconsistencies. From checking the mailbox to walking your dog, to simply moving from one room to another, walking well is an important skill to maintain as you age. Don't be afraid to ask for help if you are losing confidence in walking, as something as simple as a walking aide can keep you independent longer.

Gardening: Spring is coming! Gardening is a great activity for incidental exercise, whether it's digging, planting or carrying watering pails. These activities give all major muscle groups a good workout - from your legs, buttocks, arms, abdominals and back. Strengthening these muscle groups helps you to avoid falls as they all work together to keep you balanced and on your feet.

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Aging Gracefully - Everyday Use of Strength and Balance Continued

If you are working outside, you will be absorbing vitamin D from the sun, which is important for bone health, but ensure you are wearing appropriate sunscreen and clothing.

Do you need to work on your strength and balance to prevent falls? Find your nearest **Forever...in motion** site and maintain a regular exercise regime.

Ask about the next Staying on Your Feet schedule by contacting Cheryl Lehne at 306-655-3418 or Cheryl.lehne@saskhealthauthority.ca

Resources:

- Stay On Your Feet, Western Australia Department of Health
- Staying On Your Feet, Saskatchewan Health Authority

New Forever...in motion Leaders!



Trinity Manor



Providence I



Genesee View





Resources and Events to be Aware of ...

Forever...in motion Leader Training

Saskatoon - McClure United Church - April 21, 22, 24, 28, May 1, 2020

Rural - Bellevue - March 18, 20, 25, 27 & April 1, 2020

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

Promotional Items

To purchase a 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
- Sabrina Logan - 306-844-4083 or sabrina.logan@saskhealthauthority.ca

Staying On Your Feet Programming for Spring/ Summer 2020

- Villa Royale April 6 - June 29 (1X Week)
- *Community Health Centre - Market Mall March 30 - June 29 (1X Week)
- * Rainbow 50 April 7 - June 9 (1X Week)
- St. Volodymyr Villa April 8 - June 24 (1X Week)
- Luther Tower April 9 - June 25 (1X Week)

*Open Site

For more information on the Staying On Your Feet program, please contact Cheryl Lehne at 306-655-3418.

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:

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

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

