

# Forever...in *motion*

## Home Fitness and Leisure Resource Guide



This resource guide was designed by the Recreation Therapists with the Forever...in *motion*-Community Older Adult team, with the Saskatchewan Health Authority.

*"Healthy People, Healthy Saskatchewan"*

A lot has changed within the last month, and continues to change on a daily basis due to the COVID-19 virus. With rules and regulations in place to practice physical (social) distancing, we are now finding ourselves at home and perhaps looking for new ways to stay physically active, and keep our minds stimulated. Listed in this guide are a few references and resources that you can take advantage of, to exercise the mind, body and soul.

Here are some tips and tricks on how to access the online resources listed in the guide:

- Remember if you are trying to use the links provided you will need access to Wi-Fi.
- To access a particular link you will need to hover the cursor (arrow) directly over the provided link in the text. You will then be able to click on the link and be redirected to that specific website.

channel, geared specifically towards older

adults <https://www.youtube.com/watch?v=3y9CAgop2pQ>

Check out additional [Canadian Physical Activity Guidelines](#) for all other age groups.

**Example:** By clicking the website address, or “hyperlink”, which will be highlighted in blue – you will be re-directed to that website

- If you have tried to click on the link and you are not being redirected you can try pressing and holding the “Ctrl” button on your keyboard, at the same time clicking the link with your cursor.
- If you are still having difficulties clicking on the link, you can also highlight the text, copy and paste into your internet browser search bar and be redirected that way.

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## Physical Health Information and Resources

According to the Canadian Physical Activity Guidelines, older adults aged 65+ require 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.

Below are some great options to keep you active at home, but, before you start, remember these tips to ensure you are engaging in a class that meets your needs: watch the video in its entirety before you begin, always have a chair/couch back/counter handy to use for balance, be safe and have fun with it! If it's not fun, you aren't going to want to do it!

1. Check out additional [Canadian Physical Activity Guidelines](#) for all other age groups.
2. ParticipACTION has a great website that is very easy to navigate that you can access from your computer as well as an app that can download. They have tips, videos and information about how to get active. Their app also lets you track your physical activity. Check out [www.participaction.com](http://www.participaction.com) for more information.
3. Winnipeg...in *motion* offers a free full length [exercise video](#) on their YouTube channel, geared specifically towards older adults.
4. The [YMCA](#) has exercise videos online, ranging in all different areas. They have 4 videos specific to older adults (look under the category tab at the top), but there are many others to try out as well.

## 5. Seven Tips for Staying Active During a Pandemic:

- Get into a routine
- Find connection
- Try something new
- Pick and choose what works for you
- Make movement a household activity
- Break up sitting
- Reach out for help

## Why Physical Activity for the Brain

- Physical activity creates and stimulates connections and growth among your brain's cell networks:
  - It increases blood volume
  - Regulates fuel
  - Encourages neuronal activity and neurogenesis
  - Physical activity is good for your brain because it increases blood circulation and the oxygen and glucose that reach your brain.
  - Movement and exercise increase breathing and heart rate so that more blood flows to the brain, enhancing energy production and waste removal.
- Good moves to include in your workout:
  - Unilateral movements: use one limb in isolation of the other limb (i.e. reciprocal bicep curl, cross-county ski, etc.)
  - Bilateral movements: use both limbs in unison (i.e. regular bicep curl, low-impact jumping jacks, etc.)

- Unusual movements: These are movements that we don't do on a regular basis that will make our mind have to work a little harder (i.e. jacks legs/cross country arms, etc.).
- Mind Body Connection: These are things that make you think a little harder, making the brain create more neuropathways to execute the exercises (i.e. 1-2-3 tap, square dancing, skipping, etc.).
- Dual tasking: Doing more than one task at a time but trying to concentrate on both (i.e. throwing a ball in the air while walking, balancing on a stability ball while counting backwards by 7's).
- Neurobic:
  - **Involve one or more of your senses in a unique way.** You can challenge your brain to use different senses to do basic activities of daily living.
  - **Engage your attention.** Do something different or go somewhere that you don't normally. Try new recipes or a new type of food.
  - **Break a routine activity in an unexpected, novel way.**
- Reaction: working our body's ability to react (i.e. sports, fitness classes [online], wall pushups [dropping into the wall], "walk around the clock" exercise, bouncing a ball, etc.).



# Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

## Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

### Being active for at least **150 minutes per week** can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

### Pick a time. Pick a place. Make a plan and move more!

- ☒ Join a community urban poling or mall walking group.
- ☒ Go for a brisk walk around the block after lunch.
- ☒ Take a dance class in the afternoon.
- ☒ Train for and participate in a run or walk for charity!

- ☒ Take up a favourite sport again.
- ☒ Be active with the family! Plan to have "active reunions".
- ☒ Go for a nature hike on the weekend.
- ☒ Take the dog for a walk after dinner.

**Now is the time. Walk, run,  
or wheel, and embrace life.**



## Social Engagement Tips

Social support can play an integral role in our lives, especially during a time such as this when our interactions with others may be limited. Maintaining these connections is crucial to our mental well-being, reducing stress, warding off anxiety and depression and, positively impacting our physical and cognitive health. Here are a few suggestions to maintain social connection while practicing physical distancing:

1. Hold a friend accountable when keeping physically active, check in or challenge each other to remain active while isolating.
2. Call, Facetime or Skype with friends and family on the phone or computer.
3. Remember when we used to write letters to our loved ones? Now is a great time to start back up again, write a handwritten letter to send in the mail.

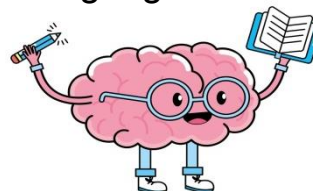




## Intellectual Stimulation

We know it is important to keep our bodies physically active and healthy, but it is just as important to engage the brain and keep it stimulated. There are unlimited amounts of things we can do to keep our brains working:

1. [Readers Digest Canada](#)- Free Word Games, Puzzles, Card Games, Quizzes and more.
2. Take a virtual tour of the [Smithsonian museum](#).
3. Visit [Ripley's Aquariums](#) at home and enjoy live feeds, and educational materials.
4. Listen to a podcast: A podcast is a spoken word digital audio file that can be listened to on any digital device (phone, computer, laptop, tablet, etc.). If you are listening on your iPhone you will be able to download the Apple Podcasts app, if you have an Android phone you can download the Google Podcasts app. If you are using a laptop or computer there are many online Podcast platforms such as: <https://www.tunein.com/podcasts/> or <https://www.theguardian.com/podcasts>.
5. Another place to find inspiration and ideas worth spreading is on [www.ted.com](http://www.ted.com).  
Ted Talks are influential videos from expert speakers on a variety of topics ranging from five minutes to over an hour. There is a search engine for different categories if you are looking for something specific and if you sign up for an account they will tailor talks for you to listen to based on your preferences. You can learn something new and give yourself some very good food for thought!
6. Challenge your brain by learning a new language or learn to play a new musical instrument.



### Learn a new language

- Research shows that learning a second language has many health benefits for the brain, such as: intelligence, memory, concentration, lowering risks of brain aging, dementia and Alzheimer's Disease. It gives your brain a good workout and makes it stronger.
- There are various apps you can get to assist in learning a new language. One of the best known is [Duolingo](https://www.duolingo.com). It is free, can be used on a smartphone or computer and is easy to navigate.

### Learn to play an instrument

- Research has proven that learning to play an instrument has many cognitive benefits. Some of these include: enhanced verbal memory, spatial reasoning and literacy skills. It also makes you use both sides of your brain, which strengthens memory power. Other possible benefits include: strengthening bonds with others, improving memory and reading skills, playing music makes you happy, increases blood flow in your brain, can help to reduce stress and depression, and will help to pass the time.
  - There are many online tutorials for learning various instruments; here are two of our favourites: <https://yousician.com> and <https://www.ultimate-guitar.com>. As far as the instrument itself, if you don't already own the instrument you would like to learn to play, Amazon or another online retailer would be a great place to look.
7. Get your brain moving with the **Forever...in motion** word search below. Answers found at the back of the resource guide!

## Forever...in *motion*

Find all the words hidden in the across, down, diagonally and backwards.

S F D R N H L E O M O V I N G A F T H D T A  
S T S N Y T I L I B I X E L F A N E E A J R  
E R I T A I O K D S T H G I E W E N S E E L  
N B N D R M O G S I E H S A B A L A N C E E  
L T R C S E I E N I U W M A R C H I N G D A  
L S H E L F N Y W T E N P N W N S O I S R E  
E T K O A T H G I A S S A A S S N E P A S I  
W R T I I T R N T I R G O A E U O M C A T E  
F E E F L H H N Y H O N I R M R E V E R O F  
U T E A D E M E A Y N D P N Y A B I A N N E  
N C E R H A N E P R P H A O M G L I F T D N  
E H L M P R T U B I N G F N H O N I T N O L  
O I R D H E E O T H R H H E N O T E T N E L  
N N I N O I T A M R O F S N A R T I O B S A  
E G U L A C I S Y H P A L S F T Y H O C S A  
E E E S I C R E X E B O W O R K O U T N N T

BALANCE

BREATHE

EXERCISE

FITNESS

FLEXIBILITY

FOREVER

FUN

HEALTHY

INMOTION

LIFT

MARCHING

PHYSICAL

PRESS

STRENGTH

STRETCHING

SWEAT

TRAIN

TRANSFORMATION

TUBING

WEIGHTS

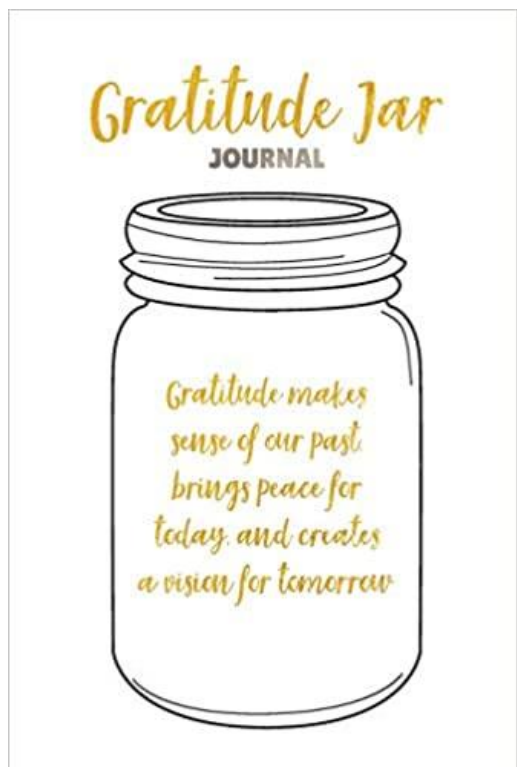
WELLNESS

WORKOUT

YOGA

## Spiritual Resources

1. Free Meditation YouTube Videos—there are countless free videos online. Here are a few for you to try:
  - a. [5 Minute Meditation](#)
  - b. [10 Minute Mindfulness Meditation](#)
2. Social Distancing Nature Walk: take time out of your day and go for a walk (weather and health permitting) and engage all five bodily senses if possible. What can you hear, smell, see, touch or taste (that's a tough one)?
3. [Chair Yoga—Yoga for Seniors](#) (Yoga with Adriene- YouTube: 17.24 minutes).
4. [Yoga for Seniors—Slow and Gentle Yoga](#) (Yoga with Adriene- YouTube: 28.35 minutes).
5. Start a Gratitude Journal (see page 13). A Gratitude Journal is simply a tool to keep track of the good things in life. No matter how difficult life can sometimes be, there is always something to feel grateful for. A second option is a Gratitude Jar. Write one positive thing on a small piece of paper each day, and watch the jar fill up with all the wonderful things we have in our lives.



## Gratitude Journal Template

TheJoyWithin.org

Instructions: Write down 3-5 things you are grateful for. Try to write a few sentences for each entry, rather than a bulleted list.

### 1. What was the best thing that happened in the last 24 hours?

This could be as simple as enjoying a few moments of sunshine or cooking a delicious, healthy meal.

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### 2. Who is someone you are thankful to have in your life?

Think of someone who cares about you and shows you how they care through small actions: a simple phone call, birthday card, or even just a smile.

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### 3. What is the most important thing in your life, right now?

Describe something that is going well for you: maybe your family is doing well, or you have vibrant, radiant health. Pick one thing and write several details.

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4. What is something you take for granted in everyday life?

If you live in a developed country, you probably have running, portable water. You use it every day to drink, clean, shower, use the bathroom, cook, etc. Feel into how lucky you are to live somewhere that has instant access to clean water.

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5. Describe a current or recent memory of nature: a nice view, plant or animal.

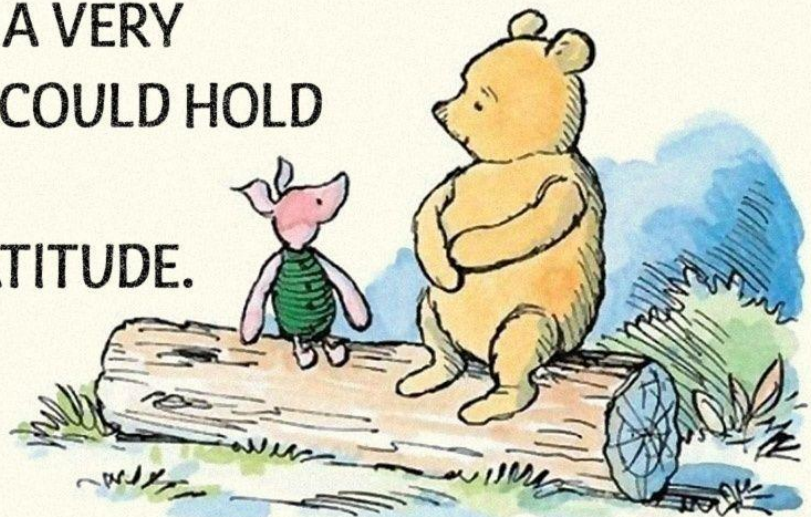
What flowers are in bloom in your neighborhood? Did you pass any adorable dogs recently, or see a bird outside the window?

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PIGLET NOTICED THAT EVEN  
THOUGH HE HAD A VERY  
SMALL HEART, IT COULD HOLD  
A RATHER LARGE  
AMOUNT OF GRATITUDE.

A.A. MILNE





## Emotional Well-Being

Smiling makes us feel better. It can raise our spirits and make our problems and worries seem smaller, if not go away altogether. There is also science to back it up, and it doesn't seem to matter if your smile occurs naturally or not. Even a forced smile resulted in more positive feelings when completing a stressful task. As a result, some psychologists suggest that forcing a smile may be a good way to help manage stress.

Laughter has even more potential benefits. Laughter elicits a physiological response that likely results in the release of hormones called endorphins. Some people refer to these as the “happy hormones”, which act as pain suppressers and make you feel better.

Below are a few suggestions for ways to help express ourselves during these times and help boost our mood. A little laughter and a little fun can go a long way:

1. [Tutorial Painting](#) with the Art Sherpa (Free online YouTube Tutorials).
2. Listen to your favourite music or put on a concert/ show in your living room.

YouTube provides a large variety of musical concerts, orchestras, performances and more. Here are a few of our top picks:

- a. [Andre Rieu](#)
- b. [The Three Tenors](#)
- c. 60 minute special- [Cirque du Soleil](#)



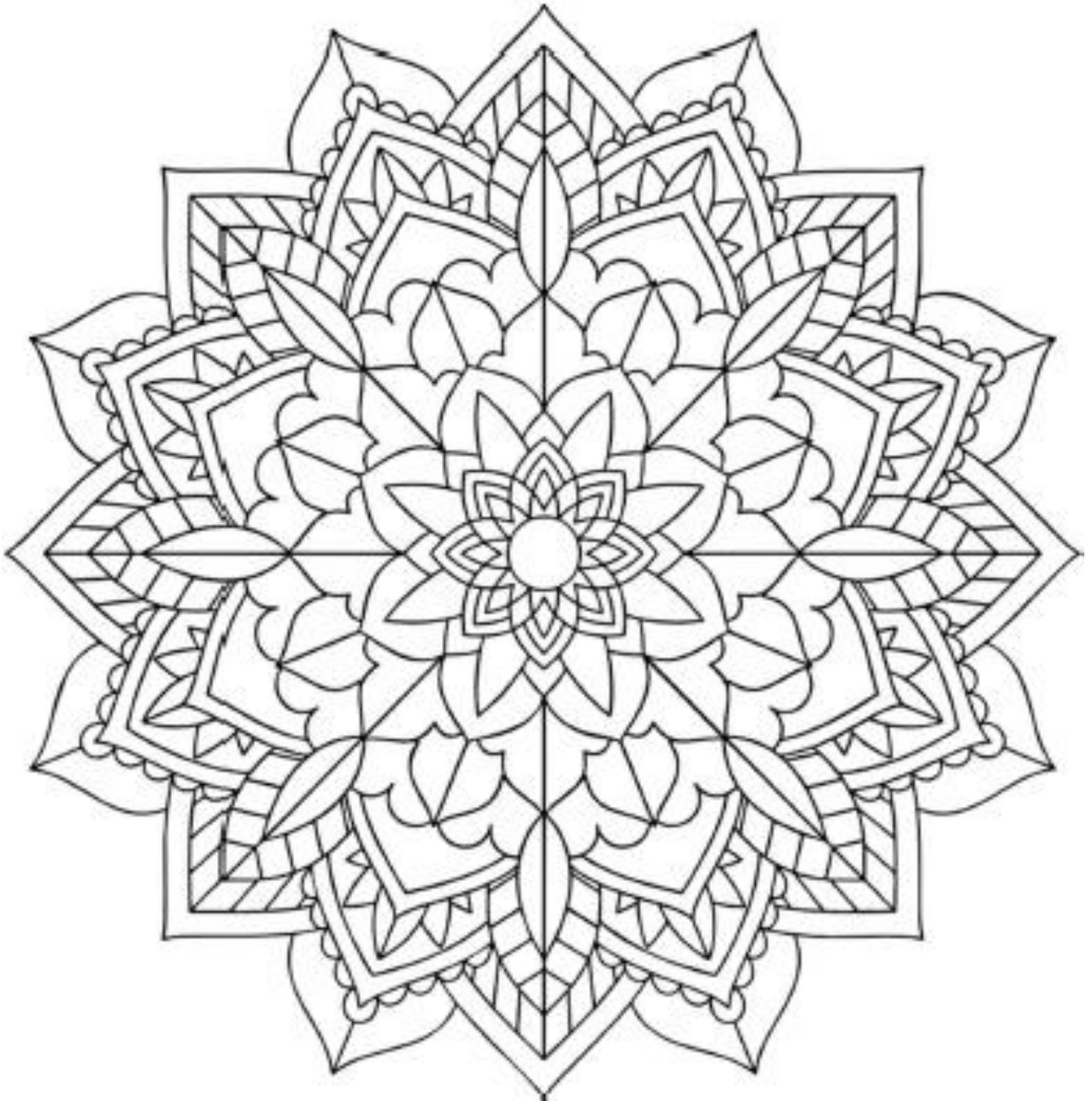
3. Watch funny and adorable videos on YouTube, or silly videos of family and grandchildren, to help boost your mood!



4. There are many positive benefits to colouring. It is a great way to reduce stress and anxiety, improve fine motor skills, improve sleep, improve focus and of course to have fun! There are many free printable colouring sheets available online. We have provided you with three to try here, have fun!











## Emotional Well-Being Continued...

5. Read or tell a few jokes. Here's one of our recent favourites:



### **"My Self-Isolation Quarantine Diary":**

Day 1 – I Can Do This!! Got enough food and wine to last a month!

Day 2 – Opening my 8th bottle of wine. I fear wine supplies might not last.

Day 3 – Strawberries: some have 210 seeds, some have 235 seeds. Who knew??

Day 4 – 8:00pm. Removed my day pajamas and put on my night pajamas.

Day 5 – Today, I tried to make hand sanitizer. It came out as Jello shots!!

Day 6 – I get to take the garbage out. I'm SO excited; I can't decide what to wear.

Day 7 – Laughing way too much at my own jokes!!

Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have NO clue how this place is still in business.

Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going bar hopping.

Day 10 – Struck up a conversation with a spider today. Seems nice. He's a "web designer".

Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14 – Watched the birds fight over a worm. The Cardinals led the Blue Jays 3-1.

Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?

## Sleep Hygiene

Sleep is very important to our health and overall well-being. Getting enough sleep plays an integral role in better mental health, physical health, quality of life and safety. With changes to our daily routines due to COVID-19, it is important to maintain good sleep hygiene (habits and practices that are conducive to sleeping well on a regular basis). The following are some tips to help you improve the quantity and quality of your sleep:

1. Try to keep the same wake/sleep schedule every day... even on weekends.
2. Be physically active!
3. Try to have a regular “downtime” routine to ensure you are calm and relaxed before heading to bed. This routine should include avoiding blue light emitting electronics (example: cell phones, televisions, computers, etc.), at least one hour before bedtime.
4. Avoid alcohol and caffeine at least six hours before bedtime.
5. Try relaxation techniques such as progressive relaxation and breathing exercises.

## Food and Nutrition

Nutrition is crucial when taking care of ourselves and plays an important role in leading a healthy lifestyle. Here are a few tips to eating healthy during COVID-19, provided by the WHO- Euro website and Mimi Lodoen- Healthy Workplace Educator at Saskatchewan Health Authority:

**Make a plan; buy only what you need** –When shopping for your family, be sure to make a plan before you go to the grocery store. Panic buying behaviour may have negative consequences, such as an increase in food prices, overconsumption of food and an unequal distribution of products. Assess what you already have at home and plan your intake. This way you can avoid food waste and allow others to access the food they need.

**Avoid the junk food aisle** –It is also very important to limit the amount of junk food and snacks during this time. When we are isolating at home, we tend to watch more TV and feel the need to snack out of boredom. Use this resource guide to find other ways to occupy your time.

**Try new recipes and foods** – This is a great time to cook some nutritious meals that you maybe haven't had time for in the past. If fresh vegetables and fruits aren't as readily available, purchase frozen or canned. Avoid the processed foods such as pre-made lasagna, burritos, pizzas, etc. Cook from scratch whenever possible!

Here are a few other great nutrition tips and resources you can access from home:

1. [Canada's Food Guide](#) online provides some great new recipe ideas that you can try at home.
2. [Eat Well Saskatchewan](#) is a free service connecting Saskatchewan residents to a Registered Dietitian.



### 3. Foods to boost your immune system:

- a. Some types of seafood offer immune boosting **Omega-3 Fatty Acids**.  
Examples include: salmon, sardines, herring, and mackerel.
- b. Healthy proteins bolster disease fighting white blood cells. Try oysters, poultry, beef, lamb and low-fat cheese. Choose lean protein options if possible.
- c. Dark chocolate- **Magnesium** may strengthen antibodies to fend off disease and illnesses.
- d. Citrus and leafy greens provide **Vitamin C**, a key nutrient for good immunity. Vitamin C can be found in: oranges, lemons, strawberries, blueberries, tomatoes, broccoli, leafy greens (i.e. Kale), and bell peppers.
- e. Nuts and seeds supply immunity supportive **Vitamin E, Selenium and Magnesium**. Brazil nuts, almonds, sunflower seeds, walnuts and pecans are all great sources of these nutrients, just remember they are high in calories. One handful is all you need.
- f. Garlic and onions contain potential **antiviral properties**.
- g. Yogurt aids in good gut health, which may positively affect immunity.

Source: Millard, Elizabeth, Medically Reviewed by Kelly Kennedy, RD, (Last updated April 02, 2020).



## Canada's food guide

# Eat well. Live well.

## Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

**Eat protein foods**

Make water  
your drink  
of choice

Choose whole grain foods

Discover your food guide at

**Canada.ca/FoodGuide**



**Canada's  
food guide**

# Eat well. Live well.

Healthy eating is more than the foods you eat



**Be mindful of your eating habits**



**Cook more often**



**Enjoy your food**



**Eat meals with others**



**Use food labels**



**Limit foods high in sodium,  
sugars or saturated fat**



**Be aware of food marketing**

## COVID-19 Resources

- [Mental Health and COVID-19](#)
- [Information Regarding COVID-19 in Canada](#)
- [Saskatchewan Health Authority COVID-19 Updates](#)

Tip: To keep stress under control, limit how often you are checking COVID-19 updates to no more than two times a day. Also, ensure you are using reliable sites such as the links we have included in this document.

## Additional Resources

- [Activity Resource Booklet](#) (Designed by Jennifer Jorgenson, Recreation Therapist- CTRS).
- Best [Free Brain Training](#) apps for 2018: Top picks to keep your mind fighting fit.
- Check out the [in motion](#) website for more information on the **Forever...in motion** program.

### Forever...in motion

Find all the words hidden in the across, down, and diagonally, with backwards.

```

S           M O V I N G
S   S   Y T I L I B I X E L F
E       T           S T H G I E W
N B       R           S       S   B A L A N C E
L   R       E   E           W M A R C H I N G
L S   E       N Y       E           S
E T       A T H G   A       A       S
W R       I T       T       G       E           T
F E   F L   H       H O   I R   R E V E R O F
U T   A       E   Y       P N           A
N C E           M       L I F T
H           T U B I N G           O N
I           T
N   N O I T A M R O F S N A R T I
G   L A C I S Y H P           O
E S I C R E X E       W O R K O U T N
  
```

BALANCE  
BREATHE  
EXERCISE  
FITNESS  
FLEXIBILITY

FOREVER  
FUN  
HEALTHY  
INMOTION  
LIFT

MARCHING  
MOVING  
PHYSICAL  
PRESS  
STRENGTH

STRETCHING  
SWEAT  
TRAIN  
TRANSFORMATION  
TUBING

WEIGHTS  
WELLNESS  
WORKOUT  
YOGA

play more word search on [brainzilla.com/word-search](http://brainzilla.com/word-search)