

## 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:**  
**Phone: 306-766-7200**



Saskatchewan  
Parks and Recreation  
Association

**All other areas:**  
**Saskatchewan Parks and  
Recreation Association**  
**Phone: 1-800-563-2555**  
**www.spra.sk.ca**



saskhealthauthority.ca

# Forever...



*Physical Activity - do it for life!*

**A Physical Activity Program  
for Older Adults (50+)**



**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?

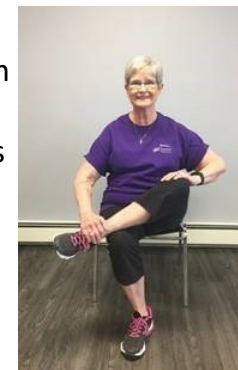
Our mission is to improve and/or maintain the health of older adults living in the community through physical activity and education.

- 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.
- In 2012, Saskatchewan Parks and Recreation Association partnered with the former Saskatoon Health Region to roll out the **Forever...in motion** program provincially.
- **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](http://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)