



## Spring Clean Your Fitness Routine

By: Crystal Wright, Health Educator

Spring offers us many wonders; baby animals greeting the world, birds returning from winter flights, greenery and flowers start to appear, and we can enjoy moderate temperatures with longer days of sunshine. It can also be a season where we consider refreshing and growing in our own routines.

Physical activity leaders, as well as physical activity participants, should always take time to reflect on their workouts, and spring is a great season to do this. An article by “Ace Fitness” suggests asking yourself a few questions to see if your workout could use a little spring cleaning;

1. Does my workout bring me joy?
2. Do I look forward to the next workout?
3. Do I feel benefits from the exercise?



If you answer ‘no’ to any of these questions, it might be time to switch things up. The **Forever...in motion** Team continues to bring new ideas to exercise classes on our Facebook page. Check out any of the saved videos for new exercise class ideas at <https://www.facebook.com/groups/716435232463229>

Physical activity has the potential to bring us great joy, keep us looking forward to the next session, and bring us multiple health and wellness benefits. Take a moment this spring to make sure your workouts are fresh and fun! If not, spring clean your exercise routine!

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## Keeping the Spring in Your Step!

By: Crystal Wright, Health Educator

How often do you examine your shoes? They are the foundation of our walking and mobility, and an important component in fall prevention. Proper footwear can assist in injury prevention and help us keep a little spring in our step, so let's examine what to look for in good footwear.

**Choose shoes with firm, slip resistant soles.** It might feel extravagant, but get rid of shoes that have worn out tread.

**Choose shoes with laces or velcro.** Laces or velcro help form the shoe around the foot, and provide support on the sides and top of the feet. Slippers and flip-flops are not good to exercise in because they typically do not provide enough support, and in fact, can be dangerous if they unexpectedly slip off.

**Choose shoes with ankle support.** Ankle support can provide extra security and prevent ankle fatigue. In the event of a fall, the ankle support can help prevent injury to the ankle. A low cut canvas style shoe might be convenient to slip your foot into, but for exercise or walking, choose a slightly higher collar.

**Perhaps most importantly, choose shoes that are comfortable and feel like they fit properly.** A proper fit means there is some room to wiggle your toes, yet the foot feels secure, cushioned, and supported. Shoes should not feel heavy or cumbersome.

Overall, footwear is an important part of the foundation in which we begin our movement. Proper footwear provides protection, helps us maintain our balance and posture during physical activity, aids in fall prevention, and can help prevent conditions such as bunions, plantar fasciitis, and calluses. Take a good look at your shoes, and make sure they are offering you all that you need!





## Let's Talk About Fibre!

By: Karissa Weber, Dietitian

As we age, our nutritional needs, appetite and even food habits can change. We may be eating less, we may be eating more, we may be missing key nutrients in our diet especially if variety is lacking. This is why eating a well-balanced diet is important to stay healthy and fibre is a nutrient that we could all use more of.

### Fibre can help to:

- ◆ Keep your bowels regular
- ◆ Lower your cholesterol
- ◆ Control your blood glucose (blood sugar)



### What types of fibre are there?

- ◆ Insoluble fibre - this type of fibre helps keep you regular.
- ◆ Soluble fibre - this type of fibre helps to lower your cholesterol and control blood glucose.

### How much fibre do I need?

Males over 50 years of age need 30 grams of fibre per day and Females over 50 years of age need 21 grams of fibre per day.

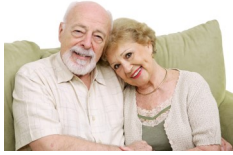
- ◆ Start your day with a high fibre cereal that has 4 grams of fibre per serving or more, or a bran muffin
- ◆ Have a vegetable or fruit at every meal and snack
- ◆ Choose whole vegetables and fruits instead of juice

### High source of fibre foods (at least 4 grams of fibre per serving):

- ◆ Green peas
- ◆ Baked potato with skin
- ◆ Berries
- ◆ All bran flakes, all bran buds, raisin bran, fibre one cereal

### Take home messages:

- ◆ Be sure to drink plenty of water as you add more fibre to your diet. This will help keep fibre moving through your digestive tract.
- ◆ Small changes throughout our day=meeting our fibre needs easily.



## Aging Gracefully - Falls and Multiple Medications

By Cheryl Lehne, Senior Physical Therapist

It has been well researched that a consequence of taking multiple medications in older adults is an increased risk for falls. Medications can increase the risk of falling through sedative effects, impaired balance, decreased reaction times, lowering of blood pressure and a variety of other mechanisms. Drugs such as antidepressants, opiate analgesics, i.e. morphine, anti-hypertensives (lower blood pressure), sedatives, muscle relaxants, and others, have been associated with changes in mobility and falls.

Older adults take roughly three times as many medications as their younger counterparts. They are the greatest consumers of prescribed and over the counter medications. The potential for an adverse reaction significantly increases when three or more medications are prescribed.

Medication management should be ongoing and reviewed periodically to optimize health. Older adults are strongly encouraged to meet with their health care professional directly responsible for prescribing and filling both prescription and non-prescription medications. Optimizing medication management is another step towards decreasing the number of falls-related hospitalizations in Saskatchewan.

In addition, falls prevention and a healthy lifestyle always incorporate non - pharmacological approaches such as walking, regular exercise with both strength and balance components, getting adequate sleep, smoking cessation, and dietary changes! Such lifestyle choices are an easily accessible route to better health and happier lives!

For more information, please contact:

Cheryl Lehne, Senior Physical Therapist

Staying on Your Feet - Falls Prevention and Balance Education Program

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## Forever...in *motion* Grant - Second Intake

The SPRA **Forever...in *motion*** Grant supports SPRA members in implementing a **Forever...in *motion*** program. The application deadline for this grant is April 10, 2023. For more information visit the SPRA website at: <https://www.spra.sk.ca/funding/our-grants>



### Forever...in *motion* Leaders!



Domremy Leader Training



Elim Lodge Leader Training





## Resources and Events to be Aware of ...



### Forever...in motion Leader Training

#### Saskatoon & Area:

- Saskatoon - April 24, 26, May 1, 3, 8, 2023 - Scott Forget
- Saskatoon - Condensed Training - April 27, May 4, 2023 - Villa Royale
- Rural - Please notify Kereen (306-844-4082) or Brenda (306-655-2454) on interest so we know what area(s) to focus on.

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

#### Regina & Area:

- April 4, 11, 18, 25 May 2 at 11:00 a.m. - 4:30 p.m. Training is held at Southland Mall, 2964 Gordon Rd - SPOT in Regina, SK.
- May 3 & 4 at 9:00 a.m. - 6:00 p.m. in Grenfell, SK.
- May 25 & June 1 at 8:00 a.m. - 4:30 p.m. (Staff FIM) in Regina, SK.

Please contact Marisol at (306) 766-7163 or [marisol.molinasmith@saskhealthauthority.ca](mailto:marisol.molinasmith@saskhealthauthority.ca) for more information.

#### SPRA Training:

- SPRA has a virtual Leader training scheduled for April 14, 15, 21 & 22 : <https://www.eventbrite.ca/e/foreverin-motion-leader-training-registration-516757514637?aff=ebdsoporgprofile>

Please contact Kelsey at (306) 780-9219 or [kmichaluk@spra.sk.ca](mailto:kmichaluk@spra.sk.ca) for more information.

Saskatchewan Health Authority (SHA), in partnership with Saskatchewan Parks and Recreation Association (SPRA), provides **Forever...in motion** as a health promotion strategy that strives to improve the health of Older Adults living in community.

For more information about **Forever...in motion** in your region contact:

#### Saskatoon & area:

- Kimberly Willison (306) 844-4081 or [Kimberly.willison@saskhealthauthority.ca](mailto:Kimberly.willison@saskhealthauthority.ca)

#### Regina & area:

- Marisol Molina Smith (306) 766-7163 or [Mari-sol.molinasmith@saskhealthauthority.ca](mailto:Mari-sol.molinasmith@saskhealthauthority.ca)

#### Regions outside Saskatoon and Regina:

- Kelsey Michaluk (306) 780-9219 or [kmichaluk@spra.sk.ca](mailto:kmichaluk@spra.sk.ca)



**Saskatchewan  
Health Authority**



**Saskatchewan  
Parks and Recreation  
Association**