



Staying on Track After a Setback

By Catherine Shore, Health Educator

Three to four months into the New Year, it's common to face challenges in sticking to our resolutions. If you've fallen off the wagon, don't worry - it's never too late to get back on track. Here are some strategies to help you regain your momentum:

1. **Reflect and Reassess:** Take a moment to reflect on what caused you to stray from your goals. Was it a busy schedule, lack of motivation, or something else? Understanding the reasons can help you address them effectively.
2. **Adjust Your Goals:** Sometimes, our initial goals may need tweaking. If a goal feels too daunting, break it down into smaller, more manageable steps. Adjusting your goals can make them more attainable and less overwhelming. For example, Health Canada recommends 150 minutes a week of physical activity. If that seems like too much, start with 10 - 20 minutes a day.
3. **Create a Routine:** Establishing a regular routine can help you stay consistent. Schedule your workouts or activities at the same time each day or week to build a habit. For me, working out right after work, before I go home, is the best time.
4. **Seek Support:** Don't hesitate to reach out for support. Whether it's a fitness group, a friend, or a family member, having someone to encourage you can make a big difference.
5. **Stay Positive and Persistent:** Setbacks are a natural part of any journey. Instead of focusing on what went wrong, concentrate on what you can do moving forward. Celebrate your progress, no matter how small, and keep pushing towards your goals. Be kind to yourself!

Remember, it's not about perfection but progress. Every effort you make brings you closer to a healthier, more active lifestyle. Keep moving forward, and you will achieve your goals in no time!

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Steady and Strong: Balance Challenges for FIM Classes

By: Catherine Shore, Health Educator

Challenging our balance helps prevent falls, improve mobility, strengthen muscles, enhance coordination, and support brain health. Here are some ways to challenge your balance during FIM Exercise classes:

1. Hand Position On Our Chairs:

- Place both hands on your chair for support.
- Place one hand on your chair.
- Place just our fingertips on your chair.
- Hover your hands above your chair.

2 Base of Support:

- First start with your feet hip width apart.
- Stand with feet closer together or touching to reduce stability.
- Stand on one foot. You could also use a “kickstand”- a light toe touch to the ground when the unsupported leg is lifted.
- Add an additional challenge by incorporating reciprocal arm movements.

3. Vision: (Start by lightly touching the chair for support)

- Find a stable object or point in front of you to look at. This will help you feel more stable.
- Look up, down, and side to side while maintaining balance, either with just your eyes or by turning your head.
- Close one eye.
- Close both eyes.

4. Incorporate Functional Movements:

- With both feet grounded, practice shifting weight from one foot to the other.
- Try placing one foot in front of the other and shifting weight forward and backwards.
- Include exercises that mimic daily activities, such as reaching for objects or stepping over obstacles: Examples include:
 - High knee step over a pool noodle (lateral or forward step).
 - Movement in your warm-up: traveling movements like grapevine or braiding, forward or backwards walking, heel-to-toe walking.
 - One legged balance.



Steady and Strong: Balance Challenges for FIM Classes Continued

Let your participants know that it is okay to feel a little shaky or unsteady - it is a sign that they are challenging their balance and making progress. Just remind them to be safe and touch their feet down or hold on to the chair at any time.



Picture of a Kickstand. One foot planted, and the other toes are lightly touching to support the base of support.

New Forever...in *motion* Leaders!



**Luther Heights Condensed
Leader Training**



**Wolf Willow
Leader Training**





Nutrition Tips for the Spring and Summer Months

By Karlee Schoff, LTC Dietitian

Nutrition plays a significant role in wellness and spring marks a new beginning for fresh and nutritious foods. Incorporating nutritious foods can help you prevent disease and keep your body working as it should. Here are ways to eat and be well this spring and summer:

1. **Drink enough fluids:** As we age, our body's natural cues to hydrate diminish, and it's especially important during hot summer days when dehydration risk increases. Drinking sufficient water helps prevent constipation, kidney stones and urinary tract infections.
2. **Eat your fruit and vegetables:** Fresh fruit and vegetables are abundant in the spring and summer. Aim to make them fill at least half of your plate. For example, a healthy balanced meal consists of filling 1/2 your plate with colorful fruits & vegetables, 1/4 of your plate with protein and the other 1/4 of your plate with starch or whole grains, plus a serving of milk (dairy or plant-based).
3. **Eat your protein:** Eating protein helps maintain muscle that tends to diminish in mass and strength as we age. As spring arrives and provides opportunity for more physical activity, adequate protein becomes even more crucial. Try to eat some protein with all your meals and snacks.
4. **Eat breakfast:** Starting your day with breakfast helps you get the right amount of nourishment for your body. This can be particularly crucial during the summer months, when you become more active as the days get longer. Options like oatmeal, whole grain toast with egg or avocado, or a protein-rich smoothie can provide the required nutrients.

Consult with your registered dietitian or physician before making significant changes to your diet, especially if you have chronic illness that may require more specific dietary requirements.





Aging Gracefully - Low Blood Pressure

By Sherri Wagenhoffer, Senior Physical Therapist



Have you ever felt light headed or dizzy when you stood up? This could be due to a medical condition called orthostatic (or postural) hypotension. In simpler words, it means low blood pressure.

Many older adults have orthostatic hypotension and experience a sudden drop in blood pressure when moving from a lying to sitting position, or from a sitting to standing position. It can be worse when first getting out of bed in the morning, or after sitting for a long time and then going to stand up.

This drop in blood pressure can cause any of the following symptoms: dizziness, light headedness, feeling faint or like passing out, and feeling weak or nauseous.

Here are some tips to improve your safety and decrease the risk of a fall:

- **Talk to your health care provider** - Your symptoms could be caused by a medical condition or a medication.
- **Don't rush! Slow down and take your time** - When getting out of bed in the morning, getting up at night or after sitting or lying down for some time. It's not worth it to rush to answer the phone or door, and fall!
- **Consider using a walking aid** - If you are a bit unsteady or your balance is off. Ensure a health care professional has measured you for the correct fit, so the cane or walker is safe to use.
- **Move a little before standing up** - Bend and straighten your elbows or march your legs up and down (10 times) to get the blood flowing.
- **Stand up slowly** - Wait until the dizziness passes before you start walking.
- **Eat a healthy diet** - To maintain blood sugar and so you don't feel weak.
- **Drink enough water** - So you don't get dehydrated, especially now that summer is coming!

The Staying On Your Feet program aims to reduce the risk of falling for seniors. To find out more, please contact Sherri Wagenhoffer at sherri.wagenhoffer@saskhealthauthority.ca or 306-655-3418.



Resources and Events to be Aware of ...



Forever...in motion Leader Training

Saskatoon & Area:

- **Saskatoon** - April 15, 17, 22, 24, 29, 2025 - Market Mall Shopping Centre
- **Saskatoon** - Condensed Training - May 7 & 9, 2025 - McClure United Church
- **Rural** - April 23, 25, 28, 30, May 5, 6 (Alternate) - Whitecap Dakota First Nation

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

Regina & Area:

- March 19, 26, April 2, 9, 16, 2025 - 9:00 a.m. - 3:30 p.m. - Green Fall Landing (3850 Green Fall Drive) in Regina. Please contact Marisol Molina-Smith at (306) 766-7163 or marisol.molinasmith@saskhealthauthority.ca for more information.

SPRA Training:

- SPRA will be hosting a virtual training - March 31, April 2, 7, 9, 14, 2025 @ 4:30 to 8:30 p.m.

Link to register <https://www.eventbrite.ca/e/foreverin-motion-leader-virtual-training-registration-1242317257359?aff=ebdsoporgprofile>

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



Saskatchewan Health Authority (SHA), in partnership with Saskatchewan Parks and Recreation Association, 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

Regina & area:

- Marisol Molina-Smith (306) 766-7163 or marisol.molinasmith@saskhealthauthority.ca

Regions outside Saskatoon and Regina:

- Kelsey Michaluk (306) 780-9219 or kmichaluk@spra.sk.ca



**Saskatchewan
Health Authority**



**Saskatchewan
Parks and Recreation
Association**