



Forever...*in motion* - Knowing the Benefits of Physical Activity

Do you believe in the benefits of physical activity, enjoy being active and socializing with others? Why not participate in the **Forever...*in motion*** program in your community?

Did you know?

- In 2011, over 60% of Saskatchewan seniors were classified as inactive in their leisure time. These inactive older adults were unable to realize the health benefits of active living. (Source: Statistics Canada)
- People with physical limitations and chronic conditions can benefit the most of being physically active. Chronic health conditions and falls can be prevented by participating in regular physical activity.
- Recreational experiences involving physical activity facilitates the maintenance of healthy body weights, which in turn reduces health care costs.

Benefits of being Physically Active:

- Decreases the effects of aging
- Builds stronger bones and muscles
- Reduces the risk of falling
- Delays and prevents chronic diseases
- Improves joint and muscle flexibility
- Lowers blood pressure
- Controls weight
- Lowers cholesterol
- Reduces the risk of heart disease and stroke
- Improves balance and strength
- Can help prevent osteoporosis
- Enhances sleep
- Reduces anxiety and depression
- Helps people remain at home, be independent and self-reliant
- Helps control swelling and pain caused by arthritis

What is Forever...*in motion* and how can it help?

- **Forever...*in motion*** is a Saskatchewan Parks and Recreation Association (SPRA) initiative that helps older adults become physically active through volunteer led physical activity groups.
- The goal of the program is to improve and/or maintain the health of older adults living in the community through education and physical activity
- Programs are primarily located in seniors' housing, community centres, churches, condominiums, and leisure centres.
- **Forever...*in motion*** programs encourage at least 150 minutes per week of physical activity as stated in the Canadian Physical Activity Guidelines for Older Adults.

- Your community can determine how many days per week and what time the programs are to be offered
- Programs typically vary between 30 to 60 minutes, from 1 to 5 days per week
- **Forever...in motion** programs include a cardiovascular, muscular strength, balance and flexibility component
- The programs are primarily for older adults (aged 50+) and targeted for both men and women
- Program groups are led by peer volunteer leaders or staff who have taken the **Forever...in motion** leader training. The training includes information on: how to lead safe exercise programs for older adults, preventing falls, and leaders obtain lots of practical hands-on experience

Testimonials:

"When I exercise, I know I am making my body strong, but it also made my mind strong too"
-**Forever...in motion** Participant

"Forever...in motion provided the training, resources, and expertise so can provide a balanced and safe program to include fitness for all levels of abilities. I feel many of our seniors would not exercise without this program. We all know how important exercise is to our health."
-Lorraine, Volunteer leader

"I've enjoyed the pace, especially with the music. The other exercises are gentle and easy to do. My balance has improved a great deal and I've especially noticed this when I do other exercises in a class that I attend. What a great asset to the community!"
-**Forever...in motion** Participant

For More information:

Please contact the SPRA office at:

Phone: (306) 780-9231

Toll Free: 1-800-563-2555

Email: fitness@spra.sk.ca

Visit: www.spra.sk.ca/foreverinmotion