



FUN Ideas for Your Forever...*in motion* Classes!

By Crystal Wright, Health Educator

It is important to avoid doing the 'same old' routine every class. Adding variety will stimulate different muscles, challenge the mind, and add interest. There are many ways to add extra fun to your **Forever...*in motion*** classes! Here are a few of our favourites:

Teeter Totter



Have partners face each other and hold on to the band. Partner A will start "down" in a squat position while pulling the band down. Partner B will start "up" with the band at eye level. Alternate back and forth, switching "up" and "down" positions as if on a teeter totter. Complete 10-12 repetitions. Performing exercises such as this will improve core strength and full body range of motion.

Balloon Badminton

A new twist on an old sport. Practice range of motion of both arms as well as hand-eye coordination by hitting the balloon back and forth to a partner, in a small group or between teams.

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FUN Ideas for Your Forever...in *motion* Classes Continued

Random Bounce Ball

Challenge your reaction time and hand-eye coordination by trying to bounce and catch a ball that goes any which way.



Ribbon Wands

Challenge your range of motion and creativity. Make varying patterns of beautiful activity by using only wrists, only elbows, only shoulders or any combination. Remember to alternate arms from time to time!



Bingo Card Challenges

Keep the fun going beyond class-time by challenging participants to complete a BINGO card filled with physical activity challenges; from taking the stairs, choosing a distant parking spot at the grocery store, and going for a walk with a friend. There are lots of ways to creatively encourage more movement (and of course, prizes for completed BINGO cards are usually good incentives).



Be creative (and safe) when incorporating new activities in your class.

As always, if you have any questions, please contact your nearest

Forever...in *motion* Team.

Most importantly, Have Fun!





Setting Goals for the New Year

By Catherine Shore, Health Educator

As we welcome the New Year, it is the perfect time to reflect on our health and wellness goals. Setting resolutions can be a powerful way to motivate ourselves to stay active and healthy. Here are some tips to help you set achievable goals for the year ahead:

1. **Be Specific:** Instead of a vague goal like “exercise more,” try something specific like “walk for 30 minutes, three times a week”. Specific goals are easier to track and achieve.
2. **Make it Measurable:** Ensure your goals have measurable outcomes. For example, “lose 5 pounds in two months” or “attend a fitness class twice a week “. This helps you see your progress and stay motivated.
3. **Set Realistic Goals:** It is important to set goals that are challenging, but also attainable. Consider your current fitness level and any health conditions you may have. Start small and gradually increase the intensity.
4. **Stay Positive:** Focus on what you can do rather than what you can't. Celebrate small victories along the way to keep your spirits high.
5. **Find a Buddy:** Having a friend or family member join you in your fitness journey can provide support and accountability. It is always more fun to exercise together!

Remember, the key to successful goal setting is to be patient and kind to yourself. Every step you take towards your goal is a step towards a healthier you.

Happy New Year and happy goal setting!





New Forever...in motion Leaders!



**Erindale Alliance Church
Leader Training**



**Luther Riverside Terrace
Leader Training**

Saskatchewan Cancer Agency is looking for Volunteer Participants!

Healthy Future Sask is a health research study that aims to answer questions about the causes of cancer and chronic disease by following the health of Saskatchewan residents for up to 50 years. **HFS is currently recruiting Saskatchewan residents aged 30 to 74 to participate in the study.** This research study is part of the Canadian Partnership for Tomorrow's Health, CanPath, the largest chronic disease research project in Canadian history. This massive collection will form a high-quality, highly secure data pool that can be used in research studies for decades. The information provided by volunteer participants will help researchers find out how lifestyle, genetics, and environment influence the health of future generations to come, helping us understand and potentially change tomorrow's health together.

Sign up today at HealthyFutureSask.ca

Wishing you and your family a joyous, safe and active holiday season!

Merry Christmas and all the best in the New Year!

From the Saskatchewan Health Authority

Forever...in motion team





Winter Safety Tips



By: Sherri Wagenhoffer, Senior Physical Therapist

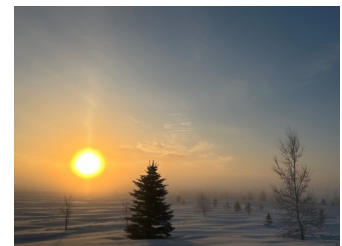


Winter has arrived! Now that the cold season is upon us in Saskatchewan, here are a few tips to improve your safety and reduce the risk of falls:

- If you are going outside to walk or exercise, dress appropriately and warmly for the cold weather.
- Wear proper footwear - shoes or boots should have a low heel and the sole should have a good rubber grip.
- Sit down when putting footwear on and off to decrease chances of a fall.
- Walk slowly and carefully - don't rush.
- Watch out for ridges of hard snow and icy patches when walking on sidewalks and driveways.
- Take small steps with your feet wider apart and toes turned slightly outwards for better balance.
- Avoid carrying items when walking on icy surfaces.
- Hold the handrail when using stairs.
- Get in and out of your vehicle carefully. Hold onto it to steady yourself and make sure both feet are firmly on the ground before standing up.
- Consider using a walking aid outdoors in winter for increased stability (e.g. a cane with an ice gripper pick, walking poles or a four wheeled walker).
- Only use a walking aid if it is properly fitted for your height by a physical therapist. Otherwise, if it is too low, it can result in forward bent posture, and increase your risk of falling.
- If it is bad weather or an extremely cold day, post-pone your planned outing/exercise for another day, if possible.

Remember: Staying active throughout the winter season is important to help maintain our leg strength, balance and coordination. This will significantly reduce our overall risk of a fall. Good luck staying safe and being active this winter!!

Sherri Wagenhoffer - Senior Physical Therapist
Staying on Your Feet Program
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Resources and Events to be Aware of ...



Forever...in motion Leader Training

Saskatoon & Area:

- **Saskatoon** - January 14, 16, 21, 23, 28, 2025 - Wolf Willow
- **Rural** - March 10, 14, 17, 21, 24, 2025 - Heritage Centre in Martensville.
- **Rural** - March 27, 2025 - Watrous Civic Centre
- **Rural** - April 1, 3, 2025 - Wynyard Civic Centre

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

Regina & Area:

- January 22, 29, February 5, 12, 19, 2025 - Location & time to be determined.
- March 6, 13, 20, 27, April 3, 2025 - Location & time to be determined.

Please contact Marisol Molina-Smith at (306) 766-7163 or Marisol.molinasmith@saskhealthauthority.ca for more information.

SPRA Training:

- To be determined

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
Marisol.molinasmith@saskhealthauthority.ca

Regions outside Saskatoon and Regina:

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

