



How Do I Bring Mindfulness Into My Physical Activity?

By Crystal Wright, Health Educator

Mindfulness occurs when we are fully present, and when we are placing our attention and focus on how the body feels. It is always available, whether through meditations and body scans, or mindful moment practices like taking time to pause and breathe when the phone rings instead of rushing to answer it. Mindfulness helps us put some space between ourselves and our reactions. Here are a few suggestions on how to incorporate mindfulness into your exercise routine:

1. **Pause and consider your purpose.** What would you like to achieve by practicing mindful movement? Is it to train your mind to focus? To learn to navigate emotions? Consider your intention for exercise, too. Is it to live longer or have more energy? This twofold motivation can help get you up and out, and keep you going.
2. **Focus.** To bring mindfulness into exercise, don't listen to your favorite playlist, talk on the phone, read a magazine, or watch TV. Be fully present where you are: in a park, on the treadmill, or in your favorite **Forever...in motion** physical activity group.
3. **Tap in to your 5 senses.** Open your awareness by thinking about what you see, hear, feel, taste and smell. Bring your attention to your physical experience. What are your senses discovering?
4. **Exercise kindness.** Notice the quality of your thinking during workouts: Can you appreciate your current ability, speed, and endurance just as they are? If you work out in an in-person or virtual group, can you let go of the "comparing mind" and instead thank yourself for showing up for this healthy activity?

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- 5. **Use your breath as a cue to challenge yourself more or ease up as necessary.** Your in-hale or exhale can be an anchor of attention while exercising. Observe the tempo of your breath as you work harder and as you cool down. Be sure to follow your breath, as it is a very important guide to determine how hard you should be working.

Our minds often get carried away in thought. That’s why mindfulness is the practice of returning, again and again, to the present moment. Be kind to your wandering mind. Don’t judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back. That’s the practice. It’s often been said that it’s very simple, but it’s not necessarily easy. The work is to just keep doing it.

Forever...in motion Leaders!



Watrous Leader Training



Bethany Manor Leader Training





Fall 2022 Leader Nominations

By Amanda Volk, Health Educator

In our fall newsletter we asked participants to nominate their favorite **Forever...in motion** leader. We were blown away by all of the nominations and all of the wonderful things participants had to say about their leader. Here are just a few of the many we received:

- ★ Bev Ferner - *She makes participants feel relaxed and comfortable and go at their own pace.*
- ★ Diane Kondraituk - *She is so aware of the health and wellness provided to everyone from the **Forever...in motion** class.*
- ★ Dianne Romphf - *She has taken on the leadership role and keeps us all in line.*
- ★ Kathy Lynn (Melfort) - *She is a true driving force in making sure they get and remain active.*
- ★ Marjorie Manson (Melfort) - *She is doing a fantastic job and connects with participants in such a wonderful way.*
- ★ Val Choo-Foo (Swift Current) - *Her love and passion for community and staying active is always evident and has never slowed down.*
- ★ Laura Herasymiuk (Regina) - *She brings laughter to the session and helps people feel comfortable and relaxed.*
- ★ Alice Wilson - *She leads the class with great enthusiasm and joy.*
- ★ Charlotte Triffo - *She never misses a day and her class has great variety, covering all areas of the body.*
- ★ Arnie Nichols - *All my muscles are very happy and thankful for his classes.*
- ★ Delee Farrow - *Her skill, knowledge & humor have been the key to having a successful group.*
- ★ Joan Gartner & Mary Weigel (Candle Lake) - *They are enthusiastic, understanding, accommodating to the group's needs, and welcoming to new members.*
- ★ Margareth Peterson - *She keeps us engaged by always bringing new ideas to class.*

Thank you to ALL of our amazing leaders and those that took the time to nominate (there are simply too many of you to list). Without your dedication to the **Forever...in motion** exercise classes, this program would not exist. We are so thankful that you continue to take the time out of your day to lead a wonderful exercise session for your peers. Whether you have 2 people attending or 20, you are making an impact on someone's life and that is the most rewarding gift of all! **Forever...in motion** staff would like to thank you again from the bottom of our hearts... THANK-YOU!!!



Needed: New Forever...in *motion* Leaders

By Kereen Lazurko, Recreation Therapist

With the cold winter creeping in, and the tendency for us to want to hibernate during this time, it's nice to have that regularly scheduled outing to get us up and about. We have incredible leaders organizing, planning and leading these **Forever...in motion** groups but several are needing and looking for help. Many have been leading classes for a long time and, for whatever reason, are needing to switch their priority to something else. Some of our groups are at risk of shutting down, others have been unable to start up again since being shut down for COVID. It's time for some of our participants to step up and do their part in leading classes! There is no previous experience required. We provide the training and support to help you ease into this new role successfully. In many cases, you also have the benefit of the existing leader(s) there to help mentor you.

Whether you have never led an exercise class or have been leading for a while, please watch for and consider registering for an upcoming leader training course (see back page). Here is a quote we received from one of our recent refreshers: "Initially I enrolled in this course to make sure we had enough people, as this is a refresher course for me. However, I found that it has reinforced my knowledge. I will feel more confident when leading a class." Note: If the scheduled dates don't work for you or if no dates are given (i.e. rural), please still contact our office to notify us of your interest in training.

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

Happy Holidays and all the best in the New Year!

From the Saskatchewan Health Authority

Forever...in motion team:

Kimberly Willison

Kereen Lazurko

Brenda Chomyn

Amanda Volk

Crystal Wright

Cheryl Lehne





Aging Gracefully - Vision and Fall Prevention

By Cheryl Lehne, Senior Physical Therapist

It may be surprising, but vision loss is NOT a normal part of aging. Certainly as you age, you have a greater chance of developing age-related eye diseases and conditions. However, if you become aware of changes to your vision, it is very important to visit your doctor and/or optometrist to have these changes investigated. Early detection and treatment is crucial to helping you preserve your sight.

Vision loss can increase your risk of falling and is very important to talk about as it can significantly challenge your everyday activities and impact one's independence. Older adults with low vision are 2.5 times more likely to fall and up to 30% of older adults have visual impairment. Vision plays an important and vital role in aiding our sensory and vestibular systems which is important for balance.

Some vision changes that occur with age are normal, i.e. decreased ability to focus, problems with depth perception, increased sensitivity to light, increased time to adjust to light from dark and vice versa, dryness, etc. Some abnormal changes could be: losing vision, bumping into things, difficulty with driving, seeing flashes or quick movements in the corner of your eye. It is these changes that we need to make sure we have assessed as soon as possible.

It is important to see your optometrist to have regular eye exams; yearly exams if you have diabetes. Also, some good questions to ask are: Are you at a higher risk for eye disease? What changes can you expect? What can you do to maintain or correct your vision? Could any of the medications you are taking cause visual impairment?

For more information on ways to keep and improve your balance throughout your daily life or set up a "Staying on Your Feet" presentation or program at your facility, please contact:

Cheryl Lehne, Senior Physical Therapist

Staying on Your Feet Coordinator

cheryl.lehne@saskhealthauthority.ca

Phone: 306-655-3418





Resources and Events to be Aware of ...



Forever...in motion Leader Training

Saskatoon & Area:

- **Saskatoon** - January 9, 11, 16, 18, 25, 2023 - Elim Lodge
- **Rural** - To be determined

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

Regina & Area:

- January 12, 19, 26, February 2, 9, 2023 at 11:00 a.m. - 4:00 p.m. - Southland Mall “SPOTS” in Regina.
- April 4, 11, 18, 25, May 2, 2023 at 11:00 a.m. - 4:00 p.m. - Location to be determined

Please contact Marisol 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.

Promotional Items

To purchase a pedometer, t-shirt, circuit, or exercise bands, please contact the Community Older Adult Team located at the Community Health Centre in Market Mall at 306-844-4080. Or contact Brenda at 306-655-2454.



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

