



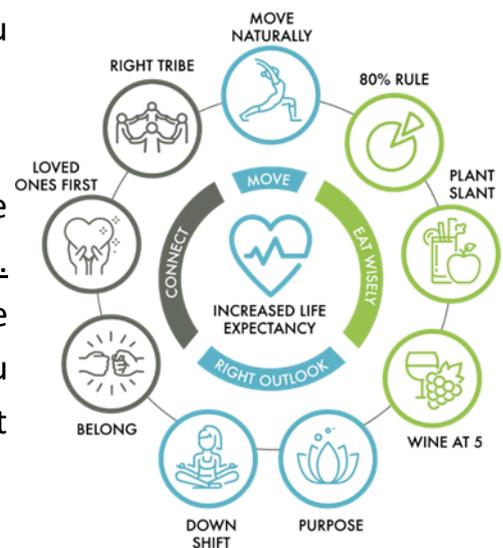
The Blue Zones

By Kimberly Willison, Senior Recreation Therapist , BRS

The concept of the Blue Zones has been gaining attention in recent years, as people seek to understand the secrets of living a long and healthy life. The term “Blue Zone” was first created by Dan Buettner, a writer for National Geographic. Blue Zones are regions of the world where people live significantly longer and have a lower incidence of chronic diseases than the rest of the world. Five regions have been identified where people tend to live longer, healthier lives. These regions include Sardinia (Italy), Okinawa (Japan), Nicoya (Costa Rica), Ikaria (Greece), and in Loma Linda (California).

Through years of research, four Blue Zone “life lessons” have been identified. Move Naturally, Connect, Right Outlook and Eat Wisely. What makes the Blue Zones effective? These life lessons can be broken down into certain habits that blue zone societies tend to adopt. These habits are called the ‘Power of 9’, and when you put these practices together, increased longevity, health, and happiness can be achieved.

Want more information about the Blue Zones? Visit the SCOA globe walk website at <https://scoaglobewalk.net>. **Forever...in motion** partners with SCOA to offer the Globe Walk. This year’s monthly events will tell you more about the Blue Zones. Join me on January 12th at 1:30pm at McClure Church to find out more!



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Safely Re-Entering a Physical Activity Group Following a Hospital Stay

By: Crystal Wright, Health Educator

Sometimes, despite our best efforts to keep our bodies healthy, we encounter illness that requires hospitalization. When is the right time to resume physical activity? How do we keep our bodies safe during this potentially delicate time?

The first step is to ask plenty of questions from your health care providers. If you are under the care of a specialized physician, discuss your plans to resume a physical activity group with them before you start. A health care professional who is familiar with your medical history will be able to provide personalized advice. Also, remember that regular medical checkups are essential for health and well-being.

Next, listen to your body! Exercise should not be painful or scary! Give yourself permission to accept modifications; when you feel ready to resume group exercise, take more breaks, position yourself by a sturdy chair for balance, and monitor your energy, your symptoms, and your abilities.

Exercising in a group can be fun, social, and motivating. However, the reasons for hospitalization are many, and everyone will have different recovery times. Don't compare yourself to other people in your group. Work on your own goals; improve your personal strength, balance, coordination, mobility and endurance, one **Forever...in motion** class at a time!

LISTEN

to your
BODY





Nutrition Tips for the Winter Months

By Karissa Weber, LTC Dietitian

Winter seems to sneak up on us every year! The cold weather and lack of sunlight can make it hard to find the energy to focus on healthy eating. Here are some tips to help get you through those long winter months.

- ★ **Stay Hydrated:** We tend to drink less in the colder months, but it is just as important to stay hydrated. When we aren't hot and sweating, our thirst sensation tends to decrease but we still lose fluid through our body functions during the winter. Water is the best choice, but you can drink some hot beverages such as tea, coffee, hot milk, to warm yourself and keep up your hydration.
- ★ **Purchase Frozen or Canned Vegetables:** Vegetables seem to be more expensive and less appealing in the winter months. Buying frozen or canned vegetables still gives you the same nutrition, but often at a much lower price.
- ★ **Purchase In Season Fruit:** Fruit can seem much more expensive during the winter months but you can find fruit that is in season, that is good quality and at a lower price. Fruits such as apples, oranges, pears, kiwi, and grapefruit, are in season during the winter months.
- ★ **Batch Cook:** It can sometimes feel burdensome to cook meals during the winter. It is not nearly as fun to sit outside by the BBQ in the winter. This can lead to us looking to take out foods or frozen meals, more often. When you have the energy to cook a meal, make larger portions and then freeze the leftovers to have in your freezer for those nights you don't feel like cooking.
- ★ **Vitamin D:** We get most of our vitamin D from the sun and in the winter there is limited sunlight and we are bundled up, limiting our exposed skin. There are not many foods that contain vitamin D, so it is recommended for all individuals in Saskatchewan, to take a vitamin D supplement during the winter months. Vitamin D helps keep our bones strong.



Stay safe, warm and nourished this winter!





Forever...in motion Leaders!



Warman Leader Training



Sierras of Erindale Leader Training



Martensville Leader Training



Aqua Leader Training

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:





Aging Gracefully - Walking on Ice

By Cheryl Lehne, Senior Physical Therapist

Well, it is that time of year again... **WINTER!** With winter comes snow and ice, and along with that a higher risk of falling. Are you aware of how to maneuver over ice to significantly reduce your risk of falling? There are a number of strategies a person can use to safely travel over slippery surfaces such as ice:

- ★ **Use an assistive device:** Such as a cane, urban walking poles, or a walker to provide you more support and reduce your risk of falling. Even if you do not normally use a walking aid to walk indoors, consider using one for outdoors during the winter. If using a cane, make sure to purchase an ice pick; if using urban poles, remove the rubber ends or booties to reveal the metal spike. If you use a cane indoors, consider using a more supportive walking aid for outdoors during the winter, such as urban walking poles or a four wheeled walker.
- ★ **Wear appropriate footwear:** Not every winter boot is created equal. Make sure your winter footwear has good traction and is made up of a durable rubber material. Consider purchasing shoe grippers to attach to your outdoor footwear or boots that have the spikes built into the sole. Make sure you have a place where you can sit down to put on and remove your foot grippers as they can **NOT** be worn indoors.
- ★ **Change the way you walk:** Walk like a penguin if you know there is ice on the path ahead. Widen your stance and bend your knees a little to get lower to the ground and become more stable. Step with a flat foot rather than with your heel and shift your weight from side to side with each step.

I hope these few tips keep you on your feet this winter. Stay warm and stay safe!

Cheryl Lehne,

Community Fall Prevention Program

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Resources and Events to be Aware of ...



Forever...in motion Leader Training

Saskatoon & Area:

- **Saskatoon** - Condensed Staff/Refresher Training - January 4 & 5, 2024 - St. Ann's Home
- **Saskatoon** - February 1, 5, 8, 12, 15, 2024 - Golden Manor
- **Rural** - January 16, 18, 23, 25, 30, 2024 - The Elizabeth in Humboldt
- **Rural** - April, 2024 - Hanley - Dates to be determined

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

Regina & Area:

- To be determined

Please contact Kathy Park at (306) 510-1599 or kathy.park@saskhealthauthority.ca for more information.

SPRA Training:

- SPRA will be hosting a virtual Leader Training in April, 2024.

Link to register: [Forever...in motion Leader Training Registration | Eventbrite](#)

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:

- Kathy Park (306) 510-1599 or kathy.park@saskhealthauthority.ca

Regions outside Saskatoon and Regina:

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

