



## Stay Active Anytime, Anywhere with Forever...*in motion* 306 on YouTube!

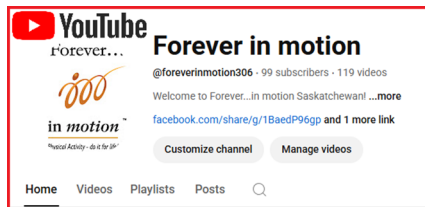
By: Catherine Shore, Health Educator

We are now on YouTube! If you are looking for a fun, easy way to stay active at home or on the go, we've got great news! You can now access over 100 **Forever...*in motion*** exercise videos on our brand-new **YouTube channel**-no sign-in required!

Just search **Forever...*in motion* 306** on YouTube or use this link: [youtube.com/@foreverinmotion306](https://youtube.com/@foreverinmotion306). You will find a wide variety of classes organized into playlists to suit your time, energy and interest. Whether you are travelling, your regular class is cancelled or you just want to move at your own pace, there's something for everyone.

These videos include our favourites from Facebook Live sessions over the past five years, all in one easy-to-access place. You can even watch them on your smart TV. It's a perfect way to keep moving, maintain strength and balance and help prevent falls.

Don't worry, we will still be posting new videos every second Thursday on our **Forever...*in motion* Saskatchewan Facebook** page. So grab a chair, resistance band, some water and let's keep moving, together!



Find us on YouTube

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## Sitting is the New Smoking - Move Your Butt!

By Kereen Lazurko, Recreation Therapist

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We've had it pounded into us how important it is to work out on a regular basis, to get those 150 minutes of moderate to vigorous aerobic physical activity per week (plus strengthening activities 2x/week; balance and flexibility daily). Thus, many of us aim for that goal of 30-60 minutes of physical activity 5-7 days per week.

However, what you are doing for the remaining 23 to 23 1/2 hours each day may be having a bigger negative impact on your actual physical and cognitive health than you realize. Research indicates that most Canadians spend about 69% of their waking hours sitting or being sedentary, that works out to about 9.7 hours! Research also shows that working out a few hours a week, even if vigorous, does not offset the potential health risks of sitting for extended periods of time.

People who sit for four or more hours a day have a 50% increased risk of death from any cause as well as a significantly increased risk in the development of many of the chronic conditions. Some health concerns related to physical inactivity are:

- Organ damage (i.e. heart disease, over-productive pancreas (diabetes), colon or breast cancer).
- Muscle degeneration (i.e. mushy abs, tight hips, limp glutes).
- Leg disorders (i.e. poor circulation in legs, soft bones).
- Trouble at the top (i.e. foggy brain, strained back, sore shoulders and back).
- Bad back (i.e. inflexible spine, disc damage).

Prevention is important and the key is to reduce the amount of time spent sitting and move around more frequently throughout your day - SIT LESS, MOVE MORE!!



## Nutrition Tips

By Matthew Wahl, LTC Dietitian

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It is that time of year again! The summer fun is starting to wind down, school is on the horizon, and the leaves will be changing colour before we know it! Here are some practical nutrition tips anyone can consider with fall closing in:

1. **Buy canned and frozen produce:** Even though summer is drawing to a close and some of our favorite fruits and vegetables will be out of season soon, you can still keep enjoying them. Frozen or canned produce may not taste the same as fresh produce. However, freezing or canning food maintains the nutritional value of these foods. Stock up your freezer and pantry so you can make your favorite dishes throughout the winter.
2. **Make big batches of soup:** A hearty soup can be very comforting when the temperature outside begins to drop. Try doubling your soup recipe and freezing a portion so you can enjoy a home made meal whenever you need one. One of my favorite soups is beef and barley... and it freezes well!
3. **Include fibre when you can:** Fibre has many uses in our bodies. Insoluble fibre which you will find in whole grains, fruits, vegetables, and nuts helps keep you regular and good colon health. Soluble fibre which can be found in barley, chia seeds, and oatmeal can help lower your cholesterol and help control blood sugars. Having more fibre does not mean making a dramatic change. You can try having whole grain bread instead of white, adding seeds and nuts to yogurt, or just snacking on some fruit throughout the day.
4. **Stay hydrated:** Hydration is important all year, but we tend to focus more on it during the summer months when the weather is warmer. Make hydration a priority by taking a water bottle with you throughout your day. Have a cup of water at every meal, or eat foods that have a higher amount of water in them such as watermelon, cucumber, or celery.





## **Aging Gracefully - Are You At Risk of a Fall?**

**By Sherri Wagenhoffer and Garrett Saxton, Physical Therapists**

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Falls are a major cause of injuries among Canadian seniors and approximately 1/3 of seniors fall every year. There are many medical and lifestyle factors that can increase your risk of having a fall. However, quite a few people do not realize how many risk factors are present in their own lives. Here are some major risk factors:

- Having a fall in the last year.
- Taking 4 or more prescribed medications daily.
- Presence of chronic medical conditions (i.e. arthritis, stroke, diabetes, vestibular condition, joint replacement).
- Loss of feeling in the toes, feet, and/or legs.
- Unmanaged foot care (in-grown toenails, bunions, gout, etc.).
- Improper footwear (poor grip, open heel, poor fit).
- Incontinence of bladder (even minor leaking) or bowels.
- Vision problems (even minor ones).
- Cluttered or poorly lit home environment.
- Difficulty with self-care (getting dressed, showering, cooking & cleaning).
- Having to place hands on furniture/walls while walking (you need a gait aid).
- Not using a gait aid if you need one.
- Dizziness when you stand up.
- Weak muscles.
- Exercising less than 150 minutes per week.

If you have said yes to any of the above, please consult your family physician to discuss your falls risk. Also, consider joining a Staying On Your Feet Balance and Education Program. This is a 12 week program combining education and exercise to help improve your strength and balance to reduce your chance of having all fall!

For more information and to find a program near you, please contact us at:  
(306) 655-3418 or email [SOYFSaskatoon@saskhealthauthority.ca](mailto:SOYFSaskatoon@saskhealthauthority.ca)

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**Forever...in *motion* Leaders!**



**Watrous/Wynyard Leader Training**



**McClure United Church Leader Training**



**Market Mall Leader Training**





## Resources and Events to be Aware of ...



### Forever...in motion Leader Training

#### Saskatoon & Area:

- **Saskatoon** - September 22, 25, 29. October 2, 6, 2025 at Sierra's of Erindale
- **Rural** - September 2, 3, 4, 5, 8, 11, 12, 2025 at Bruno/Humboldt/Virtual

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

#### Regina & Area:

- October 6, 8, 15, 22, 29, 2025 - 9:00 a.m.- 3:00 p.m. at Glencairn Neighbourhood Recreation Centre at 2626 Dewdney Avenue East, Regina, SK.

Contact Marisol at (306) 766-7163 or [marisol.molinasmith@saskhealthauthority.ca](mailto:marisol.molinasmith@saskhealthauthority.ca) for more information.

#### SPRA Training:

- In-person Leader Training in Swift Current October 17 - 19, 2025 at the Innovation Plex Conference Room. Link to register <https://forms.office.com/r/gfE4GSwiUB>

For information or to register, please contact [d.stevenson@swiftcurrent.ca](mailto:d.stevenson@swiftcurrent.ca) or call 306-778-2787.



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](mailto:kimberly.willison@saskhealthauthority.ca)

#### Regina & area:

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

#### Regions outside Saskatoon and Regina:

- Kelsey Michaluk (306) 780-9219 or [kmichaluk@spra.sk.ca](mailto:kmichaluk@spra.sk.ca)



**Saskatchewan  
Health Authority**



**Saskatchewan  
Parks and Recreation  
Association**