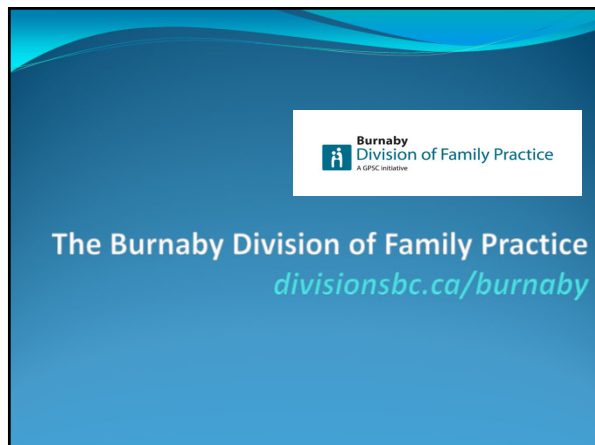


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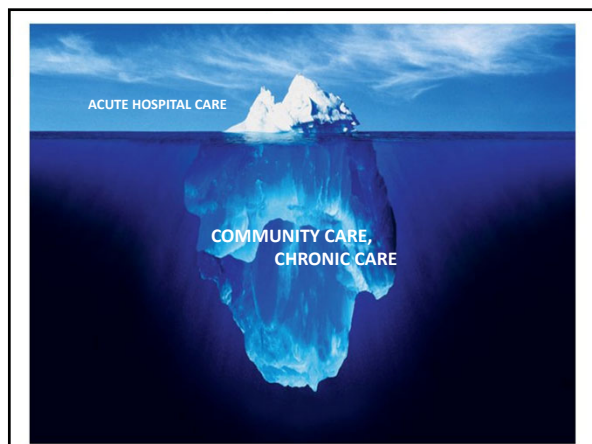
Healthy Physical Activity

1. *The 4 Foundations of Self-Care*
2. *The Benefits of Exercise*
3. *The 6 Key Aspects of Physical Function; How They Enhance the Activities of Daily Living*
4. *Fitting Physical Activity Into Each Day: Achieving Your Goals*

4

What is healthcare?

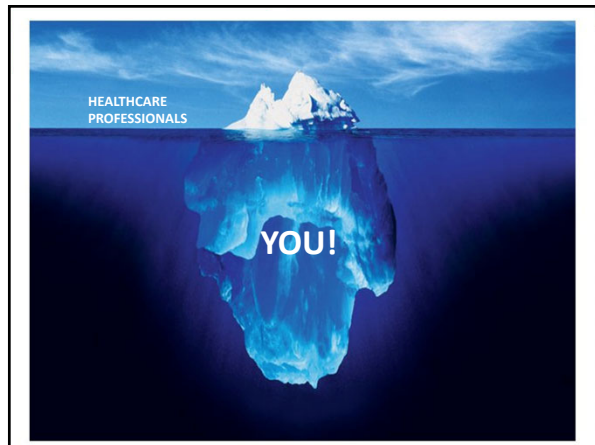
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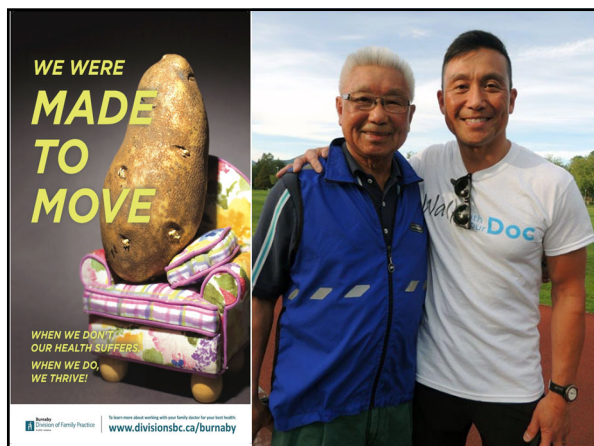
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10



11



12

We Were Made to Move

7 Benefits of Physical Activity

13

The Benefits of Regular Exercise

1. Decreases risks for heart disease, stroke, diabetes, high blood pressure and cancer.



...

14

Exercise plays an important role in managing and improving chronic health conditions.



15

The Benefits of Regular Exercise
2. Prevents weight gain and
(complementing healthy nutrition)
helps maintain a healthy weight.



16

The Benefits of Regular Exercise
3. Improves the fitness of your heart,
lungs and muscles.



17

Conditions your body to function better,
making everyday activities easier.



18


The Benefits of Regular Exercise
4. Prevents falls
and improves cognition.



...

19

When your limbs, eyes and brain
are accustomed to movement,
your balance, agility
and ability to react improve.




...

20


When blood flows better
throughout your body, it also
provides better circulation to your
brain.

A healthy body promotes a
healthy brain.



21

The Benefits of Regular Exercise
5. Weight bearing activity
(e.g. walking, hiking, weight training)
 help maintain bone density,
 reducing your risks for osteoporosis
 and fractures.



22

The Benefits of Regular Exercise
6. Exercise improves sleep.



23

The Benefits of Regular Exercise
7. Physical activity improves emotional wellbeing.

- ↓ stress hormones
- ↑ endorphins
- ↑ confidence
- ↑ sense of accomplishment



24

Social Benefits of Exercise

yoga zumba dance spin classes
Crossfit ballroom dancing
 line dancing Tai Chi weight training
 running club lap swimming
 badminton ping pong
 walking groups hiking

25

PHYSICAL LITERACY

The 7 Fundamental Movement Skills

RUNNING JUMPING
 KICKING STRIKING
 THROWING CATCHING
 AGILITY, BALANCE & COORDINATION

26


PHYSICAL LITERACY

The NCCP Fundamental Movement Skills are:

 Throwing	 Catching	 Jumping	 Striking
 Running	 Kicking	 Agility, Balance, and Coordination	

27


PHYSICAL LITERACY
The 7 Fundamental Movement Skills
RUNNING



...


28

PHYSICAL LITERACY
The 7 Fundamental Movement Skills
RUNNING *chasing your paper down the street, escaping a fire, catching a runaway baby, running for the bus*



29


PHYSICAL LITERACY
The 7 Fundamental Movement Skills
JUMPING



...


30

PHYSICAL LITERACY
The 7 Fundamental Movement Skills
JUMPING *Jumping over puddles and streams*
Avoiding stepping on poop
Jumping out of the way of an oncoming vehicle



31


PHYSICAL LITERACY
The 7 Fundamental Movement Skills
KICKING



...


32

PHYSICAL LITERACY
The 7 Fundamental Movement Skills
KICKING *To kick out the window of a burning or bus or car*
To defend from an



33


PHYSICAL LITERACY
The 7 Fundamental Movement Skills
STRIKING



...

34


PHYSICAL LITERACY
The 7 Fundamental Movement Skills
STRIKING To swat a mosquito
with a fly swatter



...

35


PHYSICAL LITERACY
The 7 Fundamental Movement Skills
THROWING



...

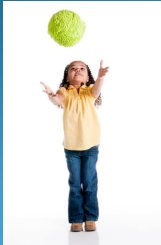
36

PHYSICAL LITERACY
The 7 Fundamental Movement Skills
THROWING *When you don't want to walk to the trash can
 A faster way to move your laundry*



37

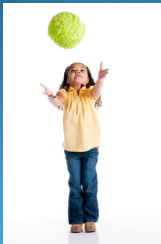
PHYSICAL LITERACY
The 7 Fundamental Movement Skills
CATCHING



...

38


PHYSICAL LITERACY
The 7 Fundamental Movement Skills
CATCHING *To catch the keys someone tosses to you
 To catch a dish before it crashes on the floor*



...

39

PHYSICAL LITERACY
The 7 Fundamental Movement Skills
AGILITY, BALANCE & COORDINATION



A. B. . . .

40

PHYSICAL LITERACY
The 7 Fundamental Movement Skills
AGILITY, BALANCE & COORDINATION



A. B.

Change your own clothes. Shower. Bathe. Cook.

Drive. Avoid falls and fractures

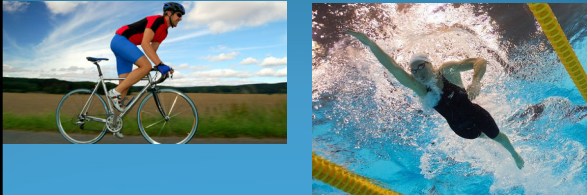
41

The 6 Aspects of
PHYSICAL FUNCTION
"Therapeutic Exercise"
by Carolyn Kisner and Lynn Allen Colby

. . .

42

1. CARDIOPULMONARY FITNESS
ENDURANCE
 RUNNING SWIMMING
 CYCLING WALKING



43

1. CARDIOPULMONARY FITNESS
ENDURANCE
 RUNNING SWIMMING
 CYCLING WALKING
vacuuming raking
mowing the lawn washing dishes
doing the laundry cooking
walking to the bus stop shopping . . .

44

2. FLEXIBILITY
THE ABILITY TO MOVE FREELY
 DANCING GYMNASTICS YOGA



45

2. FLEXIBILITY
THE ABILITY TO MOVE FREELY
 DANCING GYMNASTICS YOGA
picking up the newspaper
putting away the dishes
reaching the top shelf
changing doing the laundry
bathing, showering footcare

46

3. COORDINATION
SMOOTH, EFFICIENT MOVEMENT
 JUGGLING DANCING TENNIS
 HOCKEY BASKETBALL BOWLING
 SOFTBALL AQUATIC EXERCISE CLASS



...

47

3. COORDINATION
SMOOTH, EFFICIENT MOVEMENT
 JUGGLING DANCING TENNIS
 HOCKEY BASKETBALL BOWLING
 SOFTBALL AQUATIC EXERCISE CLASS
grocery shopping cooking
dusting eating & drinking
putting on your clothes driving

48

4. STABILITY
JOINT STABILITY, MUSCLE
BALANCE

YOGA PILATES TAI CHI



49

4. STABILITY
JOINT STABILITY, MUSCLE
BALANCE


YOGA PILATES TAI CHI

putting on your clothes cooking
getting into the bathtub showering
washing dishes doing laundry
putting on your socks, shoes
and support stockings

50

5. DYNAMIC BALANCE
MAINTAINING BALANCE IN ACTION

DANCE AEROBICS CLASSES
 SWIMMING AQUACIZE ZUMBA
 RUNNING CYCLING MARTIAL ARTS




51

5. DYNAMIC BALANCE
MAINTAINING BALANCE IN ACTION
 DANCE AEROBICS CLASSES
 SWIMMING AQUACIZE ZUMBA
 RUNNING CYCLING MARTIAL ARTS
walking at home and outdoors
shopping bathing, showering
brushing teeth washing your hair
climbing stairs climbing ladders...

52

6. MUSCLE PERFORMANCE
STRENGTH, POWER, ENDURANCE
 WEIGHT TRAINING PILATES YOGA
 PUSH UPS PULL UPS SIT UPS



...

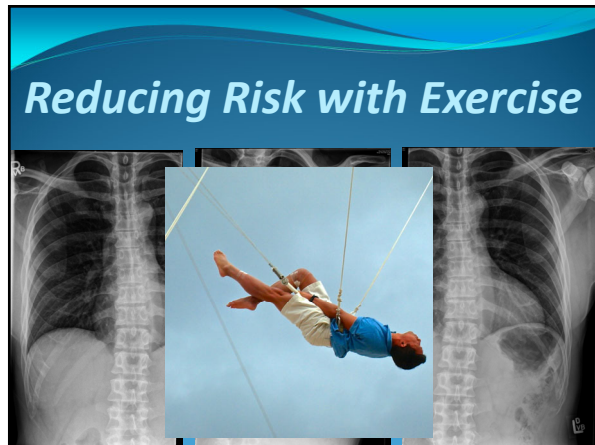
53

6. MUSCLE PERFORMANCE
STRENGTH, POWER, ENDURANCE
 WEIGHT TRAINING PILATES YOGA
 PUSH UPS PULL UPS SIT UPS
grocery shopping driving
taking out the trash vacuuming
raking mowing the lawn
moving chairs sweeping dusting

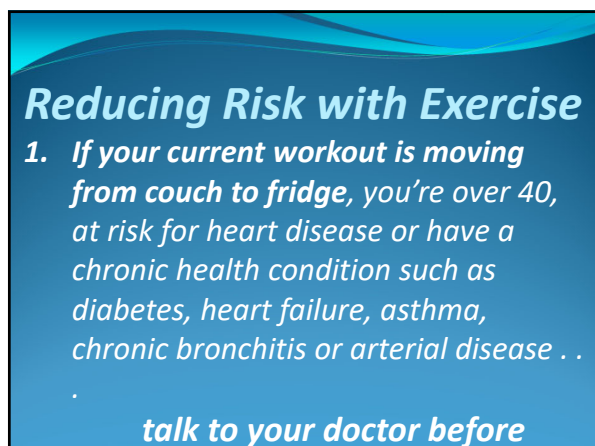
54



55



56



57

Reducing Risk with Exercise

2. If you have osteoarthritis, choose activities that do not harm your joints.

e.g. With degenerative arthritis of the knees and hips, avoid running. Swimming would be a better choice.

58

Reducing Risk with Exercise

3. To reduce injuries:

start at a lower intensity

exercise in a safe environment

get expert assistance & instruction

use proper equipment

(e.g. helmets for cycling, appropriate shoes)

59

Reducing Risk with Exercise

4. Avoid dehydration by drinking adequate fluids



60

Reducing Risk with Exercise

5. Avoid OVERexercise



61

The Signs of OVERexercise

1. excessive weight loss
2. constant muscle soreness & tiredness
3. recurrent injuries
4. recurrent infections, chronic fatigue
5. neglect of work, school, friends & loved ones

62

Reducing Risk with Exercise

6. Balance activity with rest and healthy nutrition



63

***Become involved in a variety of activities –
in groups and solo,
involving all 6 aspects of
physical function.***

...

64

***Fitting Physical Activity
Into Each Day***

*Look for simple ways to increase your level
of physical activity.*



65

- *Walk or bike to school or work*
- *Get off the bus a few blocks further from your destination*



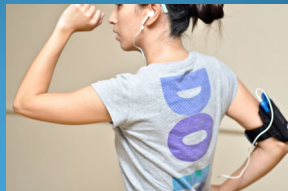
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- *Buy a bright new umbrella and raincoat, embrace the rain and do an extra walk each day*



67

- *Go handsfree at home and walk while you talk on the phone*
- *Dance to your favourite music*



68

- *Limit your screen time (in front of the television or computer)*
- *Stretch and exercise while you watch your favourite shows*



69

- Check out the local pool, gym and community centre.
There's sure to be something you'll enjoy learning and doing.



70



71

Keys to achieving your goals

- Choose wisely
A goal that matters to you



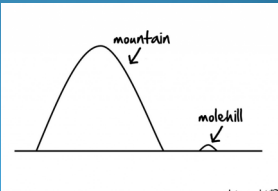
72

2. Visualize yourself having achieved your goal
Reprogramming your subconscious
Priming the pump for success




73

3. Break it down
from supersized into manageable morsels
You'll gain confidence with early successes.



74

4. Write down the details



75

SMARTTEST goals

Specific-What will you do? Where?

Measurable-How much? How long?

Achievable-realistic and do-able

Relevant-important to you and your health

Time Frame-When will you start?

When will you finish?

Evaluate-How did you do? What did you learn?

Stepping Forward-What will you do next?

Together-Who will work with you? Who will you share with?

76

5. Anticipate and prepare for roadblocks



77

6. Enlist support

Choose a coach
or a teammate



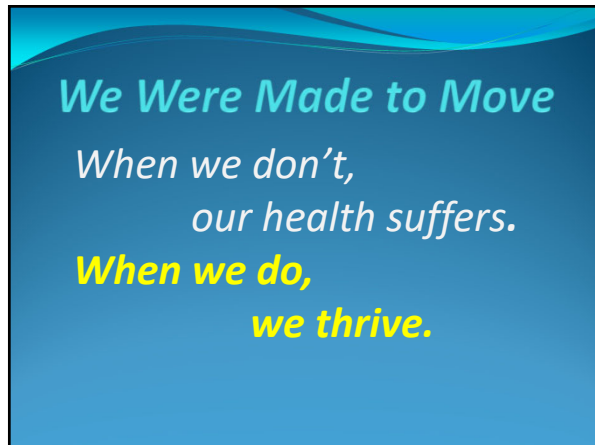
*Your partner, a friend
or a neighbour*

Consult your family doctor

78



79



80



81



82



83



84
