



MINDING OUR BODIES

Healthy Eating and Physical Activity for Mental Health



Funding for this program given by "Minding Our Bodies
Workshops developed by COPA, Good Neighbours Club, 4 Villages, and Vintage Fitness, with help from Senior Peoples' Resources in North Toronto in developing the recipes.

Facilitators Guide: Background Information

(note: tell participants to consult with their doctor before starting to exercise)

<u>What is the program?</u>	<u>Exercise and Nutrition Workshops</u>
Who is the target group for the workshops?	Low income, marginalized older adults that need support to make more positive lifestyle choices
What do I need to run the program?	<ol style="list-style-type: none"> 1. Interested group of participants 2. A room where a few simple exercises can be done and a set of sturdy chairs 3. Facilitators Guide and Participant Handouts for each workshop 4. Staff person (for example activities co-ordinator or social worker) to run the program
Why were the workshops developed?	<ol style="list-style-type: none"> 1. To increase the physical strength and flexibility of low income seniors 2. To increase their understanding of how easy it is to make healthy food choices
How many workshops are there and what are the topics?	<ol style="list-style-type: none"> 1. Top eight strengthening and stretching exercises for older adults 2. Practical healthy eating tips and tricks for older adults 3. Healthy Food on a budget
Where can I download all of the video clips and participant handouts?	www.vintagefitness.ca
Who can I call for more information about the program?	Community Outreach Programs in Addictions (416)-516-2982

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Time	Topic	Points to review in the group	Participants Handouts
10 mins	<p>Why should older adults exercise?</p> <p>What benefits have you seen with regular exercise?</p>	<p>Exercise can deliver life transforming benefits. Physical activity will definitely make you look trimmer and healthier, but it will also build your bone density, prevent diabetes, reduce your chances of falling and make you feel more energized and positive..</p> <p>Give an example in your life about how exercise has helped you feel better and stronger to start the group off.</p>	<p>Canada physical activity guide for older adults</p> <p>http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-older%20adults-ENG.pdf</p>
10 mins	What should I consider before starting a new exercise program?	<ul style="list-style-type: none"> -Listen to cues from your body such as dizziness or pain and stop or modify the exercise -Do you have any medical conditions such as Diabetes? If so be sure to check your sugar levels before starting exercise -Let your doctor know that you are planning to start an exercise program 	
10 mins	Tips for sticking with exercise	<ul style="list-style-type: none"> -Plan exercise into your week just like you would a medical appointment -Surround yourself with people that support healthy lifestyle choices such as exercise -Write down an exercise goal at the beginning of every month that is specific. For example “ I would like to feel less pain and tightness in my left shoulder on a scale of 1-10”. 	
30 mins	Demonstrate or show video clips of each of the 8 exercises	<p>Modifications to make the exercises easier or harder</p> <p>Review common mistakes that older adults often make when performing the exercise and show the correction.</p>	Pictures and video clips for the 8 exercises

Exercise Workshop: Top 8 Exercises for Older Adults

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Participant Handout

Top eight strengthening and stretching exercises for older adults

Exercise	
<p><u>Chair squat:</u> Sitting down onto a sturdy chair</p> <p><u>Benefit:</u> Strengthens your legs</p> 	<p><u>Where you will feel it:</u> In the muscles in front of your thighs</p> <p><u>To make it easier:</u> Push your hands against your knees as you stand</p> <p><u>To make it harder:</u> Hold weights in your hands as you stand up</p> <p><u>Tips:</u> Your feet should be far enough away from the chair that your knees line up with your ankles when you stand</p> <p><u>How many should I do?</u> Try 5 to start and work your way up to 12</p>

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Chest Stretch: Hold on to the back of the chair and lean forward

Benefit: Improves your posture and decreases shoulder pain



How long should I hold the stretch for?

30-60 seconds

Where you will feel it:

You should feel a stretch in your chest and the front of your shoulders

To make it harder: Clasp your hands together behind your back

Tips:

Keep your back straight and shoulders down
Don't jut your chin forward- keep the head straight

This is a great stretch to do at your desk if you are working there for 30 minutes or more

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Leg Strength: Step side to side

Benefit: Improves balance and stability



Where you will feel it:

Inner thigh and butt muscles

To make it harder:

Use ankle weights or an exercise band tied just above your ankles

Tips:

You should hear your foot dragging on the floor to really work your inner thigh muscles

Hold on to the back of the chair for safety

Don't dip one shoulder as you step to the side- keep the shoulders relaxed and even

How many should I do?

10-12 side steps

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Upper Back Strengthening:

Benefit: Great for posture



Equipment Information: You can use an exercise band or a tensor bandage (as shown in the picture) to make this exercise harder. If you are using an exercise band choose a yellow or red band.



Where you will feel it:

Upper back

To make it easier: Don't use an exercise band

Tips:

Place yellow or red exercise band underneath feet.

Keep feet close together.

Cross the exercise band in front of you. grasp the ends of exercise band.

Lean forward at your hip, keeping shoulders back, (don't let them hunch forward). Head is looking straight ahead. As you lean forward pull the elbows up and back.

How many should I do?

8-12

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Low Back Strengthening and Balance: Extend opposite arm and leg out and hold door frame for safety

Benefit: Reduces low back pain and safety trains your balance



Where you will feel it:

Lower back and legs

To make it easier:

Don't lift your leg as high

Tips

When you first start this exercise keep your back foot on the ground as you move it back
As you develop your balance you can start to lift your back foot off the ground but make sure that you hold the door frame for extra support and stability

How many should I do?

8-12

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Abdominal Strengthening: Sit tall and the front of a sturdy chair and lean your torso back

Benefit: Improves your core strength to better support your lower back



Where you will feel it:

Abdominal muscles (stomach area)

To make it easier: Stay on your hands and knees and pull your belly up and then relax it

Tis

How long should I hold it for?

Try 10 seconds to start and work up to 30 seconds

How many should I do?

5

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Chest Strengthening: Stand a few feet in front of a wall and bring your chest towards the wall

Benefit: Makes pushing movements such as pushing open a heavy door or pushing a grocery cart



Where you will feel it:

Chest and front of shoulders

To make it harder

Take a few steps farther away from the wall when doing the exercise

Tips:

Make sure that your fingers are pointed straight up or slightly inwards to reduce strain on your wrist

Place your hands just wider than shoulder width

Relax your neck by keeping your head straight and not jutting your chin forward

How many should I do?

Try 10

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Hamstring Stretch: Step a few feet from a chair, keep your back straight and lift your bum up

Benefit: Lessens pain the back of your legs



Where you will feel it:

Back top of your legs and lower back

Tips:

Stand far enough away from the chair and stick your bum up
Your legs should remain straight

How long should I hold it for?

30-60 seconds

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