



Canadian Centre for
Activity and Aging

Leaders in Physical Activity Research and Program Development for Seniors

www.westernu.ca/actage
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Take It With You

R2A

Clara Fitzgerald
June 20, 2014

Western  Canadian Centre for Activity and Aging

The Basics

Take It With You –

Presentation Goals

- Welcome
- What is outcome based programing
- What is follow through programing
- Why promote PA and Exercise outside of your class time
- Options for taking it with you in all seasons
- Questions and Discussion



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Outcome Based Programing

- What is it?
- What outcomes?
- How to measure?
- Why?
- FAM Functional Assessment Measures Course – CCAA -



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Functional Activity Measures Workshop

This workshop focuses on measuring functional abilities of older adults and the special needs and considerations of this population. Using a combination of lectures, labs, demonstrations, and active participation, participants will gain skills and knowledge in conducting functional fitness assessments of older adult fitness parameters.

The goal of this workshop is to provide the participants with the tools to develop and implement effective functional assessments for the older adult population.

Workshop Objectives:

1. Introduce the variables and relationships associated with Aging and Physical Activity
2. Explore various evidence based functional assessment measures and practice them with older adults and peers.
3. Understand the results of functional assessments and how to conduct the tests/methods correctly – providing the older person with feedback on their results. Functional assessments will include assessments for muscular strength, aerobic endurance, flexibility, agility and dynamic balance, body composition, activities of daily living, etc.
4. Prepare students to recognize, implement and practice various functional assessments with older adults as a means to evaluate outcome based physical activities for older people.
5. REQUEST A COURSE IN YOUR COMMUNITY



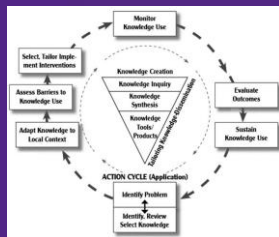
Follow Through Programming

- What is it?
- Why?
- Does it compete with or enhance adherence?
- Options for home, community, all seasons



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Knowledge translation is the practice of **closing the gap** between what we **know** and what we **do**.

"KT involves interaction between knowledge users and knowledge producers and results in mutual learning through the process of planning, producing, disseminating, and applying existing or new knowledge to enhance the health of Canadians." (CIHR 2012)

Image source: Ian Graham et al. (2006). "Lost in Knowledge Translation: Time for a Map?" *Journal of Continuing Education in the Health Professions*, 26, 13-24.



HSEP – Home Support Exercise Program

- What is it?
- Cost of Training?
- Outcomes?
- What are the 10 simple yet progressive Exercises
- Addresses Learned Helplessness TOO!

HSEP Course info and request www.ccaa-outreach.com



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Outdoor activities for older adults

<http://www.seniorlivingmag.com/fun-activities-for-senior-citizens>

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Indoor Activities with a friend



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"Workout of the Day" or WOD



At-home CrossFit Workout
Complete one round as fast as you can:
50 sit ups
50 squats
50 sit ups
50 walking lunges
50 sit ups
50 burpees
50 sit ups

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Mood Walks

<http://www.moodwalks.ca/about-mood-walks/>

A state of complete physical, mental and social well-being, and not merely the absence of disease."

— World Health Organization

Mood Walks (Oct 2013-Mar 2015)
An educational walking and hiking program for older adults living with mental illness

- Training and support for 30 community mental health agencies across Ontario to
- launch new walking programs
- connect with local hiking clubs
- improve access to parks, hiking trails, conservation areas, and other resources in the community

Supported by Ministry of Tourism, Culture and Sport

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Canadian Mental Health Association Ontario
hike ontario
Government of Ontario

Minding Our Bodies

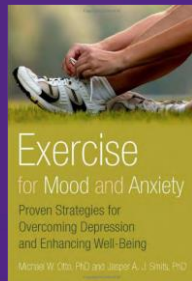


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Take It With You - Benefits

Research shows less major depression and fewer anxiety disorders among people who exercise regularly

• A large-scale study of 55,000 adults in Canada and the United States found that people who exercised had fewer symptoms of anxiety and depression (Stephens, 1988)



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“Sweating is the best medicine”

- Physical activity versus “treatment”
- PA associated with minimal adverse side-effects – in contrast to pharmacological interventions
- Can be sustained indefinitely by the individual, unlike meds which often have a specified end point
- Normalizing health-focused experiences, unlike drug treatments and other clinical interventions that are a constant reminder of one’s illness
- Serve as a bridge to engaging someone with other programs
- Group programs promote social inclusion, which is strongly associated with positive mental health – continue programs at home and in the community



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Healthy Hikes –

Challenge May 1st to Oct 31, 2014

Conservation Ontario and Ontario's 35 Conservation Authorities challenge you to spend time hiking in our province's over 270 Conservation Areas and track your progress for a chance to win great prizes! *Healthy Hikes* will teach you about the ways our environment boosts your health and how you can energize your **body** and **mind** by Stepping into Nature

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Walking Clinics

- Where are they
- Indoor/Outdoor

<http://www.events.westernu.ca/ccaa/walking-1>

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Bicycle Ontario

<http://www.bicycleontario.ca>



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Outdoor Gyms

- Where are they in your community?
- What equipment ?
- Liability ?
- Take your class outdoors?
- Globe and Mail article

<http://www.western.ca/actage/2013/04/04/globe-mail-article-outdoor-gyms>

Location map : <http://www.western.ca/actage/2013/04/04/globe-mail-article-outdoor-gyms>



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Ball Exercises at Home

- Ball training from CCAA for Older Adults - \$10/person
- Cost of balls \$2.50
- Simple – effective – Strength, Cardio, Balance, etc



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OTHERS OPTIONS



Discussion at your tables

Why?

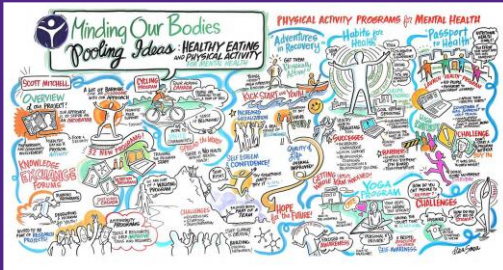
How to?

Will you?





What's Your Direction to Promote Take it with You?



Questions

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