



The Centre of
Excellence for physical
activity promotion in
Ontario

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PARC

Agenda

This workshop will:

- Highlight the detrimental effects of sedentary behaviour
- Review the benefits of physical activity
- Increase awareness of the Canadian Physical Activity Guidelines for Older Adults
- Review motivational messages to increase physical activity levels
- Learn about PARC resource which will support your work with Older Adults



PARC Overview - Who We Are

PARC is the Centre of Excellence for physical activity promotion in Ontario. We are funded by the Ministry of Health and Long-Term Care, and are managed by Ophea. We were established in 2003 and provide support to physical activity promoters working in a variety of sectors across Ontario.

Ophea is a not-for-profit organization that champions healthy, active living in schools and communities through quality programs and services, partnerships and advocacy, and is led by the vision that all children and youth value and enjoy the lifelong benefits of healthy, active living.



PARC Overview - What We Do

PARC provides professional learning & networking opportunities, quality resources, and consultation services to enhance the capacity of physical activity promoters across Ontario.

- PARC services include:
- Consultations & referrals
 - Trainings & workshops
 - Physical activity resources
 - Annual Symposium

*Majority of our resources and services are free of charge



PARC Overview - Who We Serve

PARC supports physical activity promotion across the lifespan from prenatal physical activity, on to early years, and then right up to older adults.

- PARC supports physical activity promoters working in:
- Public Health
 - Recreation
 - Sport
 - Fitness
 - Community/Family Health
 - NGO's



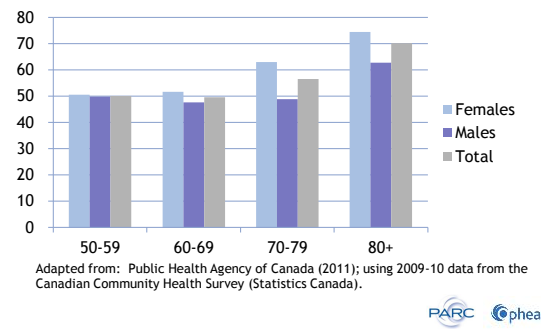
Sedentary Behaviour

Postures or activities that require very little movement. Examples include:

- Prolonged sitting
- Watching television
- Extended time spent on the computer
- Motorized transportation



Older Adult Inactivity Rates

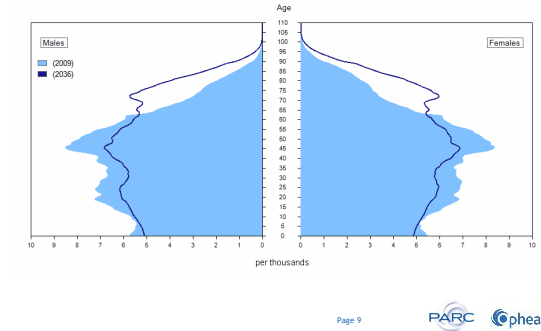


Risks Associated with Inactivity

- Falls in older age
- Premature death
- Heart disease
- Obesity
- High blood pressure
- Type 2 diabetes
- Osteoporosis
- Stroke
- Depression and anxiety
- Colon cancer



Impact on Physical Inactivity



Canadian Physical Activity Guidelines for Older Adults - 65 Years and Older

Canadian Physical Activity Guidelines

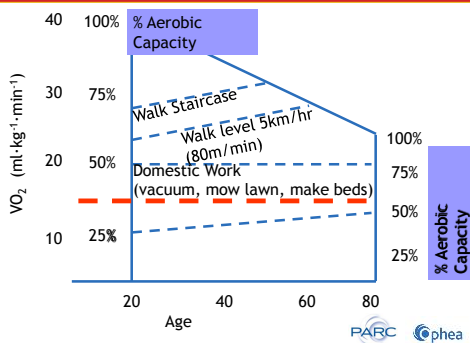
FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines

- To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
- It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
- Those with poor mobility should perform physical activities to enhance balance and prevent falls.
- More physical activity provides greater health benefits.



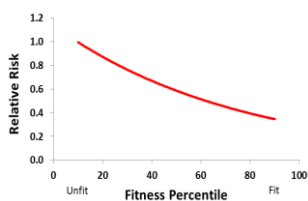
Aerobic Capacity and Functional Abilities



Exercise, Coronary Heart Disease & Mortality

Physical activities of moderate- to vigorous-intensity can lead to a 30-60% reduced risk of functional limitation and disability.

Cardiorespiratory fitness dose/response relationship with CHD and all-cause mortality from the consensus of a number of studies as reviewed in Paterson et al. (2007)



Canadian Physical Activity Guidelines for Older Adults - 65 Years and Older

Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



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More physical activity provides greater health benefits.



Physical Activity and Intensity

- Moderate-intensity activity causes an older adult to sweat a little and breathe harder and includes activities such as brisk walking and bicycling
- Vigorous-intensity activity causes an older adult to sweat and be "out of breath" and includes activities such as cross-country skiing and swimming
- The intensity of the exercise is dependent upon the effort exerted during the activity
- Examples of other moderate- to vigorous-intensity physical activities are dancing, fitness classes, running, urban/Nordic pole walking, and playing a sport
- Muscle and bone strengthening activities are also recommended such as heavy gardening or light weight-resistance training using major muscle groups at least two days a week

Presentation title | Date

Page 14



Benefits of Activity for Older Adults

- Prevent chronic disease and premature death
- 30-60% reduction in risk of age-related functional losses, disability and loss of independence
- Improve confidence
- Reduce risk of falling
- Decreases the risk of several major diseases and physical conditions associated with mental illness



Benefits of Activity

Exercise reduces the risk of over 25 chronic conditions, with strong evidence for:

- Coronary heart disease
- Stroke
- Hypertension
- Breast cancer
- Colon cancer
- Type 2 diabetes
- Osteoporosis



Motivation

Motivational messages:

- It's never too late to start being active
- Older adults who are physically active may have enhanced balance and may become less likely to experience a fall
- Being physically active can help reduce the risk of developing chronic diseases, such as high blood pressure, diabetes, and heart disease
- Being physically active helps older adults maintain independence longer
- Being physically active increases bone health and mental health
- Now is the time to get up and moving!



PARC Resources



What is it?

Physical Activity Guidelines Poster - Older Adults (also available for early years, children, youth, adults)

How can it be used?

Hang the poster in your local recreation/community centre, fitness studio, public health unit, family health office.

Review Key Messages Document (next slide) to support you in delivering consistent messaging

*Available in French/Bilingual

*Free



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