

*SUMMERVILLE*

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Family Health Team

# Movement Matters

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# A little about us...

Debbie Valadao  
Registered Kinesiologist

The CHANGE Program- Metabolic  
Syndrome Canada

Trainsmart Wellness- Chronic  
Disease Prevention & Management

Lindsay Bickerstaffe  
Registered Kinesiologist

The CHANGE Program – Metabolic  
Syndrome Canada

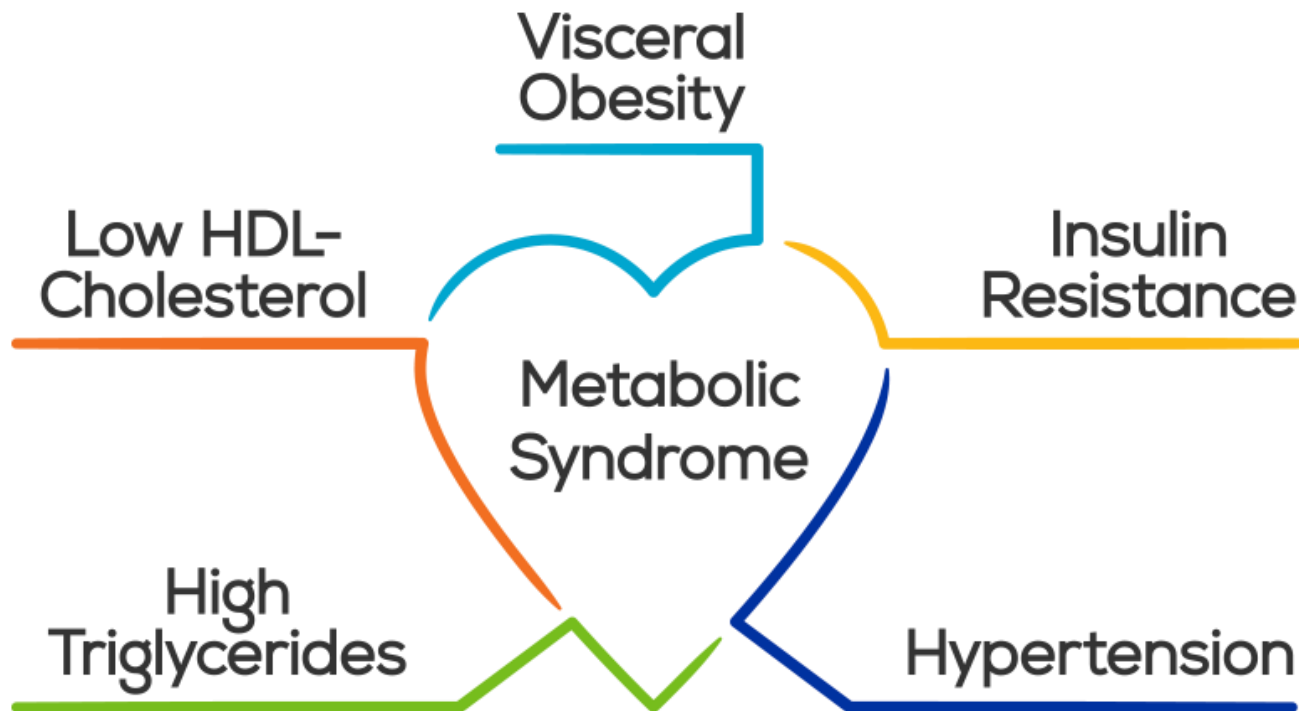
Yoga instructor – Rasa School of Yoga

Personal Trainer, Spin instructor, Group  
fitness instructor – Ontario Fitness Council



# The CHANGE program

*Canadian Health Advanced by Nutrition & Graded Exercise*



- High fasting blood sugars
- High blood pressure
- Bad cholesterol
- On medication for high blood sugars or high blood fats
- A large waistline

# The CHANGE program



## 6 Keys to Success



**Your Family Doctor**



**A Team Approach**



**Personalized Diet  
& Exercise Plan**



**Gradual Intervention**



**Close Follow-up  
over 12 months**



**Flexible**

# Learning Objectives

- ✓ Understand the different types of exercise and how they impact our health
- ✓ Understand the Canadian physical activity recommendations & guidelines for adults and how to achieve those recommendations.
- ✓ Tips for staying motivated even when exercising at home.
- ✓ Learn how to set fitness related goals.

# Exercise Matters



# Exercise is Medicine

- Lowers your risk of heart disease and stroke
- Helps to prevent and manage risk factors and conditions such as:
  - high blood pressure
  - high cholesterol
  - type 2 diabetes
  - osteoporosis
  - certain types of cancer
  - obesity
- Improves aspects of fitness such as strength, mobility, endurance, & balance
- Improves self-confidence
- Reduced feelings of anxiety & depression
- Improved sleep
- Improved digestion
- Reduces the incidence of falls and fall related injuries
- Improved cognitive function
- Decreased joint & muscle pain
- Improves quality of life!



To achieve health benefits, adults aged 18-64 should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes <sup>[L]</sup><sub>[SEP]</sub> or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.



# UNDERSTANDING THE RECOMMENDATIONS: AEROBIC EXERCISE

**Aerobic exercise: any physical activity that involves continuous, rhythmic movements of large muscle groups**

- Activities such as walking, biking, or swimming.
- Reduces risk of cardiovascular disease by improving cardiorespiratory fitness levels.
- Aim for 4-5 days a weeks (150 minutes/week)



# UNDERSTANDING THE RECOMMENDATIONS: RESISTANCE EXERCISE

**Resistance exercise: physical activity that involves brief repetitive exercises with weights (or own body weight).**

- Increases muscular strength and endurance
- Increases muscle mass and bone mineral density
- Helps to decrease blood sugar levels
- Recommended 2-3 times a week, on non-consecutive days



# Getting Started: Safety

- If you are unsure if it is safe to start exercising, talk to your family Doctor to get clearance.
- Start Slow: even 10-minute bouts can still be effective.
- Listen to your body and only do what is within your abilities. Some discomfort is normal when first beginning
- Work with a Registered Kinesiologist to get started safely
- Pay attention to how hard you are working

RPE Scale	Rate of Perceived Exertion
10	<b>Max Effort Activity</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	<b>Very Hard Activity</b> Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	<b>Vigorous Activity</b> Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	<b>Moderate Activity</b> Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	<b>Light Activity</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	<b>Very Light Activity</b> Hardly any exertion, but more than sleeping, watching TV, etc

# Getting Started: Exercise from Home

- Find an activity that you enjoy doing
- Use every opportunity to get up and moving
- Exercise with a friend or family member
- Get creative with your exercise equipment
- Online Resources are available
- Outdoor activities: hiking, swimming, skiing, snow-shoeing etc.

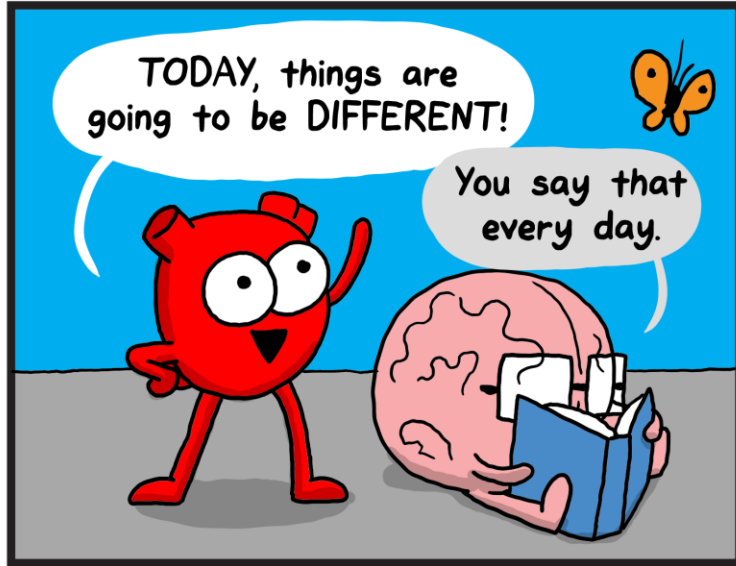


# Getting the most out of your workout: Intensity

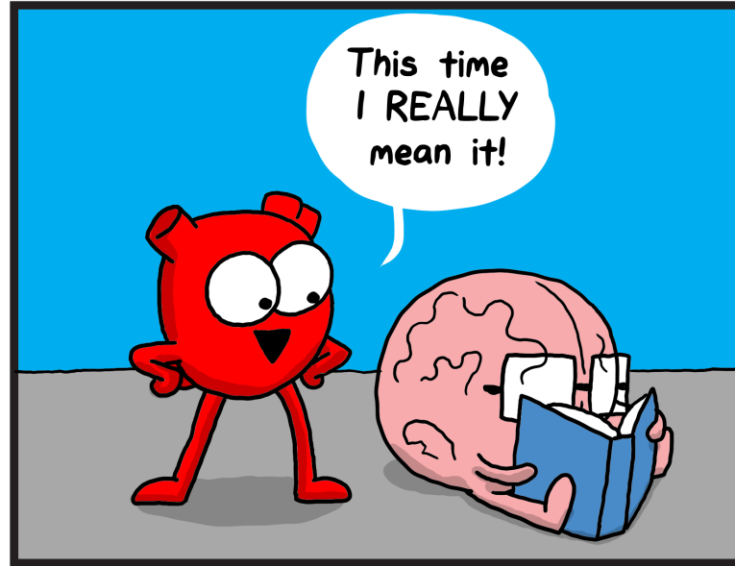
## Self check-in

- How hard am I working?
- How tired am I?
- Can I work harder, or should I go easier?

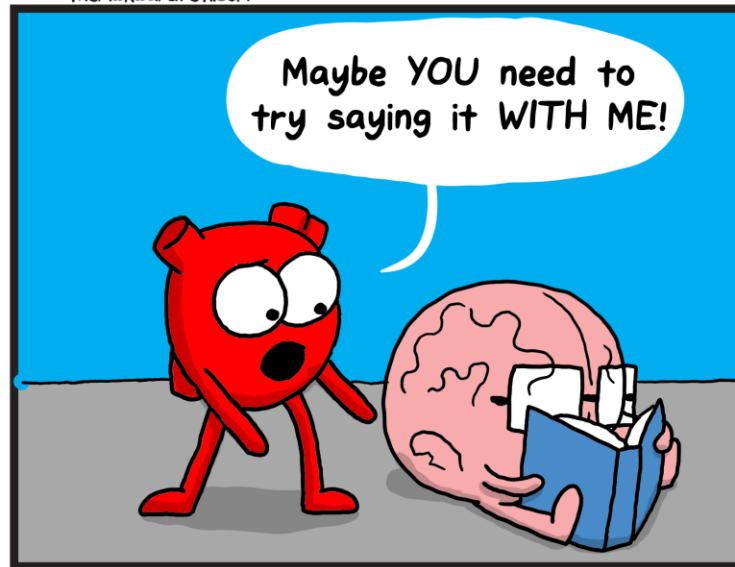
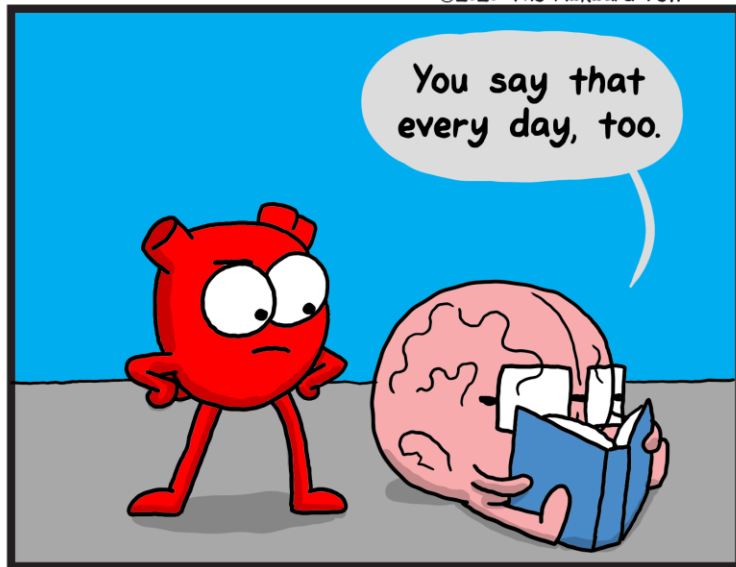
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# Goal setting: find your Why





# Goal setting: *SMART*

**Specific** - states exactly what you want to accomplish

**Measurable** - create a goal that can be measured to capture progress

**Achievable** - be sure the goal is reasonable

**Realistic** - set a goal that is relevant to you now

**Timely** - give yourself a deadline to achieve your goal

# Goal setting: Plan for Barriers

Identify barriers or obstacles, and plan how to overcome them before they arise.

Example: if you typically exercise outside, but it is raining

- Find an alternate activity indoors
- Have the proper clothing (i.e.. rain coat and boots)
- Wake up earlier the next morning to reschedule that activity



# Making your Goals Stick

- Write your goal down and place it somewhere you can see it
- Think of ways to reward yourself for achieving milestones
- Reassess your goal & progress every few weeks
- Don't be too hard on yourself!



# EXERCISE RESOURCES\*

- [National Institute on Aging](#): Go4Life Exercise Videos
- [Osteoporosis Canada](#): Too Fit to Fracture Exercise Videos
- [Exercise for Your Health](#): Exercise Videos by Debbie Valadao R. Kin
- [Walk at Home](#) by Leslie Sansone
- [DoYogaWithMe](#): Yoga Video Library

\*When exercising at home remember to be mindful of safety, not every video may be appropriate for everyone. Be aware of your own abilities and choose your exercises accordingly. If you need to take a break to catch your breath you can always pause videos at anytime.



**QUESTIONS?**

