

BULLETIN FOR HEALTH AND WELLBEING

January 2019



GETTING ACTIVE

Health problems, busy schedules, stress, feeling discouraged - these are some reasons that prevent you from getting the exercise your body needs. Particularly for those who are already struggling with mental and physical health, becoming more active can seem impossible. But, get started with baby steps and remind yourself often that any activity is good activity to stay motivated. For example:

- Join a group or class at your level - paying for something scheduled makes you more likely to go. If you can't find something you like, make a pact with a friend to exercise together. Can't leave the house? Find online videos, like Elder Gym or Active Aging Canada
- Use everyday activities and do them a little differently. Use a basket instead of a cart at the grocery store if you're only picking up a few things, take your shopping bags up the stairs one at a time, shovel snow or garden as you're able, houseclean with extra energy, and so on
- Challenge yourself - regardless of your fitness level, push yourself just a little bit to breathe harder, sweat more, get your heart rate up, and use more muscles.

Every little bit helps and there is no wrong way to get more active. Be creative!

THIS ISSUE

GETTING ACTIVE

FALL PREVENTION

NEXT ISSUE

JOINT PAIN AND COLD WEATHER

VALENTINE'S DAY AROUND THE WORLD

Sources: Active Aging Canada

- <https://www.activeagingcanada.ca/participants/get-active/healthy-living/active-living-tip-sheets.htm>





FALL PREVENTION

Icy winters make going out your front door a hazard! And falling down happens more often and has more serious consequences as you age. Understanding why you fall is the first step towards preventing them - do you have poor balance? Often trip over objects? Have a hard time seeing where you're going?

Take a good look at your house and the rooms you use most often and make sure you don't have a lot of items on the floor and that your house is well lit. When outside on ice and snow, make sure you have good footwear or add grips to your boots. You can also use walking sticks or a cane to improve your balance and always assess just how icy it is before you start walking.

One of the most important tips in fall prevention is to take your time around fall hazards. Rushing is one of the leading causes of falling, tripping, and injury. If you fall, try to land on your bottom and get up slowly. Don't let a fall keep you from being active as this will increase your chances of injury and pose more health risks.

Sources: Government of Canada - <https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/you-prevent-falls.html>; Bayshore Health Care - <https://www.bayshore.ca/2018/10/24/reduce-your-risk-of-falling-on-ice-and-snow/>.

ACTIVITY CORNER

Can you find the word snow in 50 different languages?



- | | | |
|----------|--------|------------|
| APUN | NAI | SNEACHTA |
| ASOI | NAIV | SNEEU |
| BARAF | NEF | SNEEUW |
| BERF | NEGO | SNEH |
| BORE | NEIGE | SNIAGHTEY |
| CHER | NEU | SNIE |
| CHIONI | NEVE | SNIEGAS |
| ELUR | NIEU | SNIH |
| ERCH | NIEVE | SNIJEG |
| FIOCCA | NIVA | SNJOR |
| HO | NIVI | SNO |
| HUKA | NIX | TE |
| KANKARA | QAR | THELUI |
| KHUNU | RITI | UAC |
| KIONA | SCHNEE | YRYPYAVEVE |
| LAGILASY | SJNIE | ZAPADA |
| LUMI | SNE | |

Sources: http://www.whenwewordsearch.com/word_search/world_of_snow/1909/word_search.jspl