

go!101: Introduction to Physical Activity and Healthy Eating



**Facilitator's Guide
2011-12**

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Introduction-Welcome to the go!pei Team!

As a leader of our go!101 program, you will be a part of a fun and inspiring experience. Being a go!pei champion is about sharing your passion for healthy living with others, no matter your experience level. Our go!101 program is an introduction to physical activity and healthy eating with a practical educational approach where your group will learn the course content through activity demos, nutrition presentations and interactive games.

Through your leadership, participants will learn: the basics of healthy eating, the three types of physical activity, how to overcome personal barriers to living a healthy lifestyle and how to set individual goals to last a lifetime!

This facilitator's guide provides you a complete set of resources to walk you through leading this exciting 6-week program!

About go!pei

go! pei is a community-based initiative that offers free physical activity and healthy eating programs for Islanders in 15 communities across Prince Edward Island. The program is designed to provide information and support to assist Islanders to make simple changes to their lifestyle to improve their overall health and quality of life. go!PEI is funded by the Public Health Agency of Canada and the Provincial Government of PEI (Department of Health & Wellness) and is managed through Recreation PEI.

Our nine healthy living programs were designed to remove the barriers of getting active and eating healthy. All go!pei programs are free, delivered close to home and require little to no equipment.

Thank you for being an important part of the go!pei team! If you need further assistance, please do not hesitate to contact the go!pei Coordinator, Laura MacPherson, at (902) 394-2207 or gopei@recreationpei.ca.

Good luck and have fun!

go!101 Course Contact Information

<p>Laura MacPherson, Coordinator, go!pei 40 Enman Crescent, Charlottetown, PE C1E 1E6 gopei@recreationpei.ca Work Mobile: (902) 394-2207 Office: (902) 892-5323 www.gopei.ca</p> <p>Contact Laura with your course questions, and send your budget plan/reports to her!</p>	<p>Jane Caiger, Healthy Eating Coordinator, go!pei jane@healthyeatingpei.ca Office: 368-4776</p> <p>Contact Jane with all your healthy eating questions!</p>
<p>Jamie Gosbee, Assistant Coordinator, go!pei 40 Enman Crescent, Charlottetown, PE C1E 1E6 gopeijamie@gmail.com Office: (902) 892-5323</p> <p>Contact Jamie for website updates and product orders!</p>	<p>Kent Thompson, Product Development Officer, Dept. Of Agriculture (PEI Flavours) kwthompson@gov.pe.ca Office: (902)368-5606</p> <p>Contact Kent with your eating local food questions!</p>
<p>Beth Grant, Executive Director, Recreation PEI 40 Enman Crescent, Charlottetown, PE C1E 1E6 info@recreationpei.ca Office: 892-6445 go!PEI c/o Recreation PEI 40 Enman Crescent</p>	
<p><u>Helpful Links:</u></p> <p>Go!pei: www.gopei.ca Healthy Eating Alliance of PEI: www.healthyeatingpei.ca Recreation PEI: www.recreationpei.ca Dietitians of Canada: www.dietitians.ca Canadian Society for Exercise Physiology: www.csep.ca Cycling PEI: www.cpei.ca PEI Flavours: www.peiflavours.ca Public Health Agency of Canada: http://www.phac-aspc.gc.ca/index-eng.php Government of Prince Edward Island, Department of Health and Wellness: http://www.gov.pe.ca/health</p>	

go!pei 2011 Community Partner Contact Information

Community Partner	Contact Name	Phone Number	Email
Eastern Kings Sport Council (Souris)	Colleen MacGregor	969-0309	eksportcouncil@hotmail.com
Grand Tracadie Community Council	Kim Meunier	628-6260	kmeunier@town.cornwall.pe.ca
Morell Community Council	Jean Eldershaw	961-2066	jeaneldershaw@eastlink.ca
City of Charlottetown Parks and Recreation	Frank Quinn	629-4028	fquinn@city.charlottetown.pe.ca
Town of Cornwall Parks and Recreation	Tracey MacLean	628-6260	tmaclean@town.cornwall.pe.ca
South Shore Actiplex (Crapaud)	Paula Sark	658-2885	southshoreactiplex@pei.aibn.com
Borden-Carleton Community Council	Adam Connolly	437-2410	bordencarletonrec@gmail.com
West Prince Sport Council (O'Leary)	Alison Griffin	859-8856	info@wpsports.net
The City of Summerside Community Services	Paul Gallant	432-1234	pgallant@city.summerside.pe.ca
Community Council of Murray Harbour	Joan Young	962-3835	villoffice@eastlink.ca
Gulf Shore Family Health Center	Jamie Masson	393-0665	jamiemasson83@hotmail.com
Town of Stratford Parks and Recreation	Rachel Arsenault	569-6924	raresenault@town.stratford.pe.ca
Kensington Area Recreation Assoc.	Robert Wood	836-3509	cgardens@pei.aibn.com
Hunter River Partners for Living	Elaine Smith	964-2878	gohunterriver@hotmail.com

go!101 Syllabus - Your Seven Week Guide

Session #1-Introduction to Course/Setting Goals		
Time	Topic	Resources/Instructions
5 Minutes	Introductions/Welcome (give personal story about why you are leading this course)	Register Participants
10 Minutes	Ice Breaker	Handout - Ice Breakers (Appendix A)
10 Minutes	What to expect from go!101 What participants will learn	
1 Minute	Proper Equipment/Footwear	Handout - Proper Equipment and Footwear (Appendix A)
10 Minutes	What is physical activity and why is it important for our health/well-being	Handout - Physical Activity Guidelines (See binder)
5 Minutes	PAR Q (Physical Activity Readiness Questionnaire)	Handout - PAR Q (Appendix A) Send in PAR-Q forms to go!pei leaders
10 Minutes	Importance of Setting SMART Goals (engage group for examples)	Provide an example of how to set a SMART goal
5 Minutes	Set Individual Goals for the week-Break out group (groups of 3 - 4)	
10 Minutes	Healthy Snack: The importance of snacking in a healthy diet (Allergies?)	See Snack Suggestions (Appendix B)
Session #2-Basics of Healthy Eating		
Time	Topic	Resources/Instructions
10 Minutes	Welcome/Assess Goals (challenges) and set goals for next week	
2 Minutes	The importance of hydration	Handout-Importance of Hydration (Appendix A) Optional: Hand out go!pei water bottles
10 Minutes	Importance of Eating Well to maintain our health and well being (Lifestyle vs. Diet)	Share personal stories to help illustrate topic
10 Minutes	Overview of Eating Well with Canada's Food Guide	Handout go!pei grocery bag, includes Food Guide
10 Minutes	Portion Sizes	Bring Visual aids
10 Minutes	10 Minute Activity Blast	See Appendix C for Activity Blast examples. 10 Minutes medium intensity
10 Minutes	Making small changes: -Importance of eating breakfast -Eating well at restaurants -Eating as a family	
5 Minutes	Healthy Snack: What is a healthy snack	See Snack Suggestions (Appendix B)

Session #3-Flexibility Education and Demo		
Time	Topic	Resources/Instructions
5 Minutes	Welcome/Assess goals and set goals for next week	Work through any challenges reaching goals
10 Minutes	What is flexibility and why is it important for our health and well being	Handout-Flexibility (Appendix A)
45 Minutes	Flexibility Demo by certified instructor	See Appendix C for list of instructors
5 Minutes	Healthy Snack: What you should eat before being active	See Snack Suggestions (Appendix C)
Session #4-Endurance Education and Demo		
Time	Topic	Resources/Instructions
5 Minutes	Welcome/Assess goals and set goals for next week	Work through any challenges reaching goals
10 Minutes	What is endurance and why is it important for our health and well being	Handout- Endurance (Appendix A)
45 Minutes	Endurance Demo by a certified instructor	See Appendix C for list of instructors
5 Minutes	Healthy Snack: What you should eat after being active	See Snack Suggestions (Appendix B)
Session #5-Nutrition Education with a registered Dietitian		
Time	Topic	Resources/Instructions
5 Minutes	Welcome/Assess goals and set goals for next week	Work through any challenges reaching goals
1 Minute	Introduce Guest Speaker	
10 Minutes	Reading and understanding food labels	
5 Minutes	Understanding Sodium and how much we need	
10 Minutes	Essential Vitamins and Minerals and what they mean for our body	
30 Minutes	Q & A	
5 Minutes	Healthy Snack: Why it's healthy to choose local food	See Snack Suggestions (Appendix B) and PEI Fresh Product Directory
Session #6-Strength Training and Staying Motivated		
Time	Topic	Resources/Instructions
5 Minutes	Welcome/Assess goals and set goals for next week	Work through any challenges reaching goals
10 Minutes	Fitting in Activity	Optional Group Activity
10 Minutes	What is Strength Training and why is it important for our health and well being	Handout-Strength Training (Appendix A)
45 Minutes	Strength Training Demo from certified instructor	
5 Minutes	Healthy Snack: Planning ahead	See Snack Suggestions (Appendix B)

Session #7-Activity Circuit/Staying Motivated		
Time	Topic	Resources
30 Minutes	Activity Circuit! (3 Types of physical activity)	See Appendix C for instructions
10 Minutes	Staying Motivated	Handout: How to Stay Motivated (Appendix A)
10 Minutes	Feedback/Thank You	
10 Minutes	Participant Healthy Snack	See Snack Suggestions (Appendix B)

Preparation

The goal of the go!PEI go!101 course is for participants to learn how to reach activity and healthy eating goals by overcoming their personal barriers.

Before you begin, please consider the following in your preparation:

1. Meet with the go!pei Community Partner representative in your region

There are 15 community partners involved with the go!pei program Island-Wide. Each region has a leader involved who organizes all go!pei programs for their region. Before promoting or planning your go!101 course, it is imperative that you meet with the go!pei community leader in your region, as you will work together to decide the following:

- | | | |
|------------------------|------------------|------------------|
| -Program target market | -Activity demos | -Location |
| -Promotional Plan | -Budget spending | -Start date/time |

a) Planning a Budget - \$500

The objective of this course is to offer a variety of resources for participants where they will learn practical education in the subjects of physical activity and healthy eating. You have \$500 to provide an interactive, engaging and fun course for participants.

Ensure you work with your community leader to create a budget that works for you. Each course must have a healthy snack each session, and there are three mandatory instructed demos for participants, which will require payment.

Here is a sample budget:

Facilitator Costs =\$180

Promotion (posters, mail outs etc.) =\$50

Healthy Snack Costs (Approximately \$15 per session) = \$100

Guest Instructor Fees (Approximately \$40 per instructor) = \$120

Prizes (go!pei product etc.) = \$50

We will be asking that you submit a detailed budget plan prior to your first session, and submit an actual budget spending report after your last session. You can find the budget template on your flash drive.

b) Finalize Start Date/Time:

When choosing a day/time to hold your sessions, consider when would be best for the target group you hope to deliver the program to. Ex: If you are targeting seniors, a morning class during the week works well. When setting the start date, ensure you leave yourself enough time (3-4 weeks) to promote the course and collect pre-registrations.

c) Location – Find an Accessible location when possible:

The go!101 course includes activity demos and nutritional presentations. Ensure the location of your course is in a facility is accessible for any and all participants. Also ensure there is enough space for participants to be active, and has all equipment needed for presentations.

d) Recruiting your Physical Activity Demonstration Instructors/Dietitian presenter

Before you begin promoting the course, decide what activity demonstrations (demos) you would like your group to experience. Activities should be chosen based on the target demographic you decide to deliver your program to. Also, contact your local dietitian and book a presentation on the date of Session 5. Send along all information the dietitian will need to know about presenting to your group (topics).

Promoting the activity demos and dietitian presentation in your promotional material will help grab the attention of those interested in attending. They will see value in the course if they know what they are receiving.

Communicate with presenters before their presentation to ensure you have all equipment they need on site. Equipment might include a projector, extension cord, or projector screen. You can sign out equipment from Recreation PEI if needed.

Ensure your instructors understand the rules of the facility they will be teaching in (footwear regulations etc.), how long their demo will be, and how much they will be compensated.

There is a list of certified instructor's in Appendix C and on your memory stick.

e) Promotion:

It is important to promote the go!101 course 3-4 weeks prior to the start date. This allows time for the word to get out about your class, and for participants to pre-register.

The best way to promote this program at the community level is through poster distribution, mail outs, email blasts, facebook posts, and word of mouth (phone calls are effective in rural areas).

Included in your promotional material should be the day, time, and location of your program, a description of the go!101 program, what to expect (activity demos, dietitian presentation) and your contact information. Don't forget to mention that it is FREE, that there will be prizes and healthy snacks!

NOTE: You can order go!pei product using the product order form in your binder.

Pre-Registration: We recommend that you have participants pre-register (by a certain date), as you will know the interest level of your program before the start date. **A minimum of 7 participants is needed in order to facilitate the course.**

Low Cost Marketing Tips:

-Community Newsletter	-Kijiji	-Marquee Signs	-News Release or PSA
-Local newspaper ads	-CBC Talk Back	-Expos/Events	-go!pei website or community website
-Facebook/Twitter	-Posters	-CBC Community Notice Board (online)	-Presentations

2. Registration Form:

Go!PEI is interested in who is attending the go!101 course across PEI. You can find the go!101 registration form in your binder. On the first night, please have all participants complete this form which includes their contact information and current activity levels.

Ensure you offer your assistance in filling out the registration form, as there may be literacy or sight barriers for some participants.

You can use this form to create your e-mail distribution list for communication throughout the course.

Please fax or email the completed form at the end of the course to Laura MacPherson at (902) 368-4548 or gopei@recreationpei.ca.

3. go!PEI Promotional Product

You can order go!PEI branded promotional product through the go!PEI Assistant Coordinator (see contact information). This product can be used to give away as prizes throughout the 10-week program. Product includes t-shirts, water bottles, vests and much more! The product order form is included in your binder.

4. Healthy Snacks**

Physical activity and healthy eating go hand in hand. After each session you are to provide a healthy snack, and offer a different tip on snacking as the group chows down! Please ensure you take the time to buy the healthy snack before each session.

We have included for you a “go!101 Healthy Snack” list that outlines options for you to prepare for the group each session, based on the discussion topic. You can find this handout in Appendix B.

****Allergies**

During session one, ask if anyone in the group has a food allergy that you should be aware of. Since there will be a healthy snack given to the group every day, it is best you what foods are safe to serve to all participants.

5. Set Up/Tear Down

It is highly recommended that you arrive at the course site 15 minutes before the session begins. This will give you a chance to set up, and to be there before the first participant. Be prepared to stick around for an extra 10-15 minutes, as many participants will have questions, and may not feel comfortable asking them in front of the group.

6. Email Communication

It is recommended that you send out one email between sessions to maintain motivation, and to prepare the group for the upcoming session. Example: remind participants to bring proper equipment/footwear for demo sessions).

Create a distribution list from the go!101 registration form, and blind copy (BCC) all participants. Most people do not want to give out their address publicly.

7. **Reporting**

We will require the following reporting documents throughout the go!101 course to the Program Coordinator at gopei@recreationpei.ca:

- Registration Form (send in to Laura or go!pei community leader after course is complete)
- Budget plan (send to community leader before the beginning of your program)
- Weekly recap (send to go!pei community leader after each session)
- Budget Report (actual spending-to be sent at the end of the program to community leader)
- Participant PAR-Q forms (to be sent to go!pei community leader after session 1)

You can find a copy of all forms in your binder, Appendix A and on your memory stick.

SESSION 1 – Introduction to go!101 and Setting SMART Goals

Objectives:

- Get to know the participants in your class and why they are attending
- Explain what go!101 is, and what to expect from the course
- Teach participants importance of physical activity for our health and wellness
- Teach participants how to set SMART goals, and allow time for each person to set an individual goal for the week

What to Bring Session 1:

- ☐ go!101 registration form (See Binder)
- ☐ Course Schedule
- ☐ PAR Q (Physical Activity Readiness Questionnaire)
- ☐ Proper Equipment/Footwear handout
- ☐ Physical Activity Guidelines handout
- ☐ Healthy Snack (why snacking is a part of a healthy diet)

Welcome all Participants (10 Minutes)

- Share your physical activity/healthy eating story, and how it affected your life to begin the class.

There is a very good likelihood that the people attending these sessions are here because they've tried to be physically active and eat well and have been unsuccessful. They may not have been active for a while and want to start, they are trying to change their lifestyle, or they do not fully understand physical activity and what it includes.

It is important to make people feel comfortable, and welcomed right off the bat! When introducing yourself, talk about your personal story about healthy living, and the reasons why you are teaching the course. The more the group knows about you, the more they will open up to you as a leader.

In order for individuals to learn about setting goals and how to make a change for themselves, it is important they can open up about their challenges/barriers. Encourage people to share their stories, but make sure everyone gets a chance to speak.

It is also important that the group get a chance to be introduced to the other participants and early on in the course. Facilitating an ice breaker activity to start off the class will help to make the group feel comfortable with one another.

- Take time during this session to observe each participants, and over time learn what their goals and challenges are.

What to expect from go!101 (5 Minutes)

- Hand out Course Schedule

Take a few minutes to describe the objectives of the go!101 course, and hand out/review the 7 week syllabus with the group. It is important for the group to have the course schedule in the beginning so they know when to bring exercise equipment/apparel, and what to expect each class.

Ensure the group knows what they will receive throughout the course; three activity demonstrations (led by certified instructors), one dietitian presentation, a healthy snack every day, and prize giveaways.

What is go!101 (5 Minutes)

go!101 is part of a bigger program called Go! PEI, which is designed to encourage all Islanders to increase or maintain their levels of physical activity to obtain optimum health and quality of life.

go!101 contains seven sessions that are designed to allow participants to gain a greater understanding of physical activity and healthy eating while providing tips and supports to assist them in achieving their personal goals

Each session is designed to allow:

- Group discussion whereby participants can share their experiences and learn from each other as it relates to lifestyle changes
- Each participant to learn how to set individual healthy living goals, which will be assessed at the beginning of each session
- A facilitator to present educational material related to physical activity or healthy eating for information and discussion purposes, as well as bring in professionals to bring practical education to the group
- The message that physical activity and healthy eating go hand in hand. As a part of that message there will be education on both topics each session

Proper Equipment and Footwear (1 Minute)

- Briefly discuss the importance of proper Equipment and Footwear. This is important because the class will take part in activity demos. There is a hand out if participants want more information.

Participants should wear proper sneakers and clothing during the three activity demo sessions. Touch on the reasons why this is important for them:

1. Feel comfortable doing exercises
2. They will perspire
3. Allow for flexibility
4. Avoid injury.

Footwear - The most important piece of athletic equipment you can own is appropriate shoes. There are many different types of shoes for various athletic activities – running shoes differ from walking shoes, which differ from basketball shoes. Cross-training shoes can be used for more

than one activity, such as running and walking. First you need to decide which activity you will most often perform and then shop for an appropriate shoe.

Clothing - Choice of clothing is also an important decision before you begin your activity – not so you look good while doing your activity, but so you feel comfortable enough to do the activity properly. Wear appropriate exercise clothing – fabrics that absorb sweat and remove it from your skin are best; loose-fitting, light weight cotton is also fine. Women should wear supportive sports bras. Do not wear jeans, dress shoes or ties to work out in as these can cause injuries.

Also touch on:

Socks-Your athletic socks are also important. Rubbing or irritation inside your shoe can cause a blister to appear on your foot. Appropriate socks can reduce the likelihood of blisters.

What is Physical Activity (5 Minutes)

Physical activity is movement that works your muscles and uses more energy than when you are at rest. There are three types of physical activity, and all three are important for our health – endurance, flexibility and strength

Endurance – continuous activity that makes you warm and breathe harder, increases your energy and improves your lungs, heart and circulatory system

Flexibility – gentle reaching, bending and stretching. Keeps your muscles relaxed and joints mobile and allows you to move more easily and be more agile

Strength – Lift weights and do resistance activities. Improves balance and posture, keeps muscles and bones strong and prevents bone loss.

- Mention to the group they will learn more about the three types of physical activity through three activity demos in the upcoming weeks

Why is Physical Activity Important for our Health? (5 Minutes)

Physical activity improves health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

Physical activity has different personal benefits depending on what age you are and what part of the life cycle you are in:

For Children – It is important for proper growth and development and is required to learn the basics of gross and fine motor skills (how to move and do things).

For Adults – It provides more energy, improves self esteem and helps in stress reduction and assists in giving you a better night sleep. It keeps muscles and bones strong as you age.

For Older Adults – It provides continued independent living, physical and mental health, better posture and balance, weight management and improved quality of life.

Note: Activity also reduces the risk of heart disease, falls and injuries, obesity, high blood pressure, Type 2 diabetes, osteoporosis, stroke, depression and different forms of cancer.

It is important to find activities that you **enjoy doing** to ensure that you will be successful and then you can reap the many benefits of being physically active.

- ❖ **Handout: Physical Activity Guidelines (See Binder)**
- ❖ **Handout: PAR Q (Physical Activity Readiness Questionnaire)-Appendix A**

***Group Activity-GoalSetting** - Break out into groups of 3 or 4. Ask all participants to complete the PAR Q and collect them/answer questions

Setting Goals-Why is this important? (10 Minutes)

Setting SMART goals is one way to ensure participants make the healthy lifestyle changes they so desire. Each participant will be in the class for a different reason. It is important that each week participants set a goal for themselves. As facilitator it is helpful to assess goals, and help individuals through challenges during the 7 week course.

- Stay in breakout groups and ask someone in the class to provide an example of a goal they reached. Use this as an example as to how people can turn their healthy living challenges into achievable goals.

Ensure participants understand the importance of setting small goals in order to achieve a bigger end goal. They must also make sure that their goal is a “SMART” goal which is explained below.

- Discuss what a SMART goal is (provide an example to illustrate the main points)

Specific – Ensure that it clearly describes what you want to do. Setting a goal shouldn't just be “getting in shape.” It should be very specific – I will walk for 20 minutes for at least five of the next seven days.

Measurable – You need to be able to determine if you've achieved your goal. (Have I walked at least 5 days this week for 20 minutes)

Attainable – You must select a goal that is important to you and that you are willing to work to attain it. If it isn't important than chances are you won't be willing to make the effort to achieve it.

Realistic – The goal needs to be achievable. The main reason we set goals, is so we can reach them. If someone has never been active before it wouldn't be realistic to set a goal to be active for 4 hours a day for the next seven weeks.

Timely - The goal needs to be placed within a time context. (Ex: Walking for 20 minutes a day)

Session 1 Healthy Snack Topic: Snacking is important for a healthy diet

- During the healthy snack, discuss the importance of healthy snacks for a healthy diet

Snacks are important for adults, as well as children! If you include snacks in your diet, you can be sure to get many of the vitamins and minerals you need. Keep your meals small, and eat more often throughout the day!

For children who are active and growing, snacks also give them the energy they need to grow and play. Snacks keep you from getting hungry and overeating at mealtime!

See Appendix B for healthy snack suggestions.

SESSION 2 – Healthy Eating Basics

Objectives:

- Educate participants on the importance of eating well for our health and well-being
- Discussion around eating well as a lifestyle (vs. Diet); Overview of Eating well with Canada's Food Guide
- Offer tips on making small changes to eat healthier including: importance of eating breakfast, eating out healthier and eating as a family
- 10 minute activity blast (See Appendix C for examples)

What to bring to this session:

- ☐ Eating Well with Canada's Food Guide
- ☐ Portion Size Visual Aids
- ☐ Materials for 10 Minute Activity Blast
- ☐ Healthy Snack (what is a healthy snack)

Assess Weekly Goals (5 Minutes)

Group discussion on weekly goals-did everyone achieve what they set out to? If not, discuss individual challenges and ways to overcome barriers.

- Discuss one individual's challenge and work through it as a group
- Set goals for the next week as a group

The Importance of eating well to maintain health and well being (10 Minutes)

Maintaining an overall healthy diet not only offers your body the energy and nutrition that it needs to function, but offers several health benefits as well. Your body needs dozens of nutrients every day to live the life you want to live (especially when you think long term).

When you get what your body needs, your good health supports these processes and accepts daily challenges. Eating well will also:

- Lower risk of developing chronic illness/disease
- Help you maintain a healthy body weight
- Help you feel and look better
- Give you more energy
- Create stronger muscles and bones
- Encourage the group to focus on what their bodies need, not what they need to 'cut out'.

Overview of Eating Well With Canada's Food Guide (10 Minutes)

- Diet vs. Lifestyle: Our society today is focused on the 'quick fix' when it comes to making changes to our eating habits. Diets are short term solutions, while healthy lifestyle choices are meant to last for life! When making changes, start small, so you can keep those healthy habits for life! Ex: Choose whole grain/whole wheat instead of white! Do it for life!

Canada's Food Guide defines and promotes healthy eating for Canadians. The Food Guide encourages people to choose a variety of foods from each of the four food groups - Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives - and to include a specific amount and type of oils and fats.

❖ Handout: Eating Well With Canada's Food Guide (See binder)

Let's see what a healthy Food Group consists of:

Vegetables & Fruit: All kinds of fruits and vegetables should be eaten every day in good proportion, as they provide valuable nutrition to the body (for functioning!). They are rich in fiber, vitamins, antioxidants, minerals, and more! Examples include carrots, spinach, peppers, apples, bananas, blueberries and 100% fruit juice!

Grains: This consists of foods such as wheat, rice, oats, barleys, etc., and food made out of such grains like cornflakes, rice flakes, pasta, bread, etc. These should be a major part of the diet as they contain carbohydrates which provide energy to the body.

Milk and Alternatives: Milk and milk products such as yogurt, cheese, and soy milk fall in this category. They are rich in calcium and protein which is essential for healthy teeth, bones and muscles.

Meat & Alternatives: This food group is a rich source of proteins which are the basic building blocks for the body. They help in building and maintaining strong muscles. Examples include lean meats such as chicken, turkey and fish, as well as natural peanut butter and almonds!

Fats, oils and sweets: These kinds of foods include all types of fatty foods, sweets, chocolates, butter etc. They are a source of energy, but should be eaten in moderation because of high calorie content and often little nutrient value.

Know what a portion size really looks like (10 Minutes)

- Take a few minutes to look at Canada's Food Guide and what one serving looks like. Bring in items to give a visual for participants that comparing serving sizes to household objects:
 - Computer mouse = one serving of fruit or serving of vegetables (125 mL/½ cup)
 - Tennis ball = two servings of pasta (250 mL/1 cup)
 - Tube of lipstick or three dominos = one serving of cheese (50 g/1½ oz)
 - Deck of cards = one serving of meat/poultry/fish (75 g/2½ oz)
 - Golf ball = one serving of peanut butter (30 mL/2 tablespoons)
 - Hockey puck = two servings of bagel (90 g)

***Group Activity: 10 Minute ACTIVITY BLAST (See Appendix C for examples)**

- **Making Small Changes**-10 minutes of activity is a good start! Discuss how making small goals to reach big goals is important. Lead into three small changes participants can make in eating healthier.

Making Small Changes (10 Minutes)

If you want to make big changes to your lifestyle, it is best to start with small changes that can be maintained. This way, the changes you do make can last a lifetime! Here are three small changes participants can try over the next few weeks to eat healthier.

1. Eat Breakfast

The Importance of Eating Breakfast:

Skipping breakfast is a common thing. Ask the group if they eat breakfast and what they choose to eat. Explain the importance of breakfast, but also give examples of what a healthy breakfast is.

The word breakfast means the first meal of the day as it signifies breaking the fast after a full night of sleep. Eating breakfast is important for everyone, as it provides the energy and nutrients necessary to begin the day.

Important nutrients are found in breakfast foods that are essential for our bodies:

- Calcium in milk or yogurt helps strengthen bones and teeth
- B vitamins in cereal helps release energy from food
- Iron in cereals helps to produce healthy blood
- Fiber in cereals improves cardiovascular and digestive health, and helps with satiety
- Vitamins and minerals in fruit help to meet nutrient requirements

Grab & Go Breakfast Snack Ideas!

- a) Egg rolled in tortilla -- scramble and cook one egg in a small non-stick pan. Do not stir; it should look like a disk. When cooked, slide onto a warmed whole-wheat tortilla. Add a dollop of salsa, and fold or roll.
- b) Breakfast-in-a-Baggie --Select a handful of whole grain low-sugar cereal. Mix with nuts and chopped dried fruit. Place in a snack-size zip-lock bag.
- c) Whole grain English muffin-- (Stay away from brands with high fructose corn syrup). Spread with all-natural peanut butter and sliced bananas.
- d) Muffins-- Bake a batch of homemade muffins over the weekend and freeze. Making your own is far healthier and small in size than store-bought. For a natural sweet flavor, add pureed sweet potatoes, carrots and pears to the batter before baking.
- e) Instant oatmeal topped with fresh fruit or dried fruit.
- f) Yogurt topped with berries and low-fat granola.

2. When Eating Out, Choose Healthy Options

Tips on eating out healthier:

Dining out is an option when you don't feel like cooking, but making healthy choices can be a challenge. You can face many temptations when you're trying to eat healthy in a restaurant – big portions, too much salt or fat and rich, tasty desserts. It is possible to eat well when dining out.

Tips - Look for restaurant menus that offer:

- steamed, baked, broiled, poached or grilled food
- healthy side options – salad, soup, baked potato
- low fat sauces or dressings on the side
- water, milk or 100% juice to drink

3. Eat as a Family

Why are family meals important?

Eating habits and food preferences are established early in life. Eating meals together as a family promotes healthy eating through positive role modeling and learning about healthy foods. Family meals are a healthy routine which provide children with comfort and security about food. Shared meals are an opportunity to pass along family traditions and help keep families connected and communicating.

Do children who eat meals with their family eat better?

Yes! Eating meals together as a family is linked with better food choices and nutrient intakes as well as healthier weights in children. Studies have found that children who regularly sit down to eat dinner together with their family eat more vegetables and fruits and less fried foods, sweets, salty snacks and pop. Children who eat with their families also consume more fibre, calcium, folate, iron, and vitamins B6, B12, C and E, and less saturated fat and trans fat.

Why eat together?

Nutrition – Children and teens eat more balanced meals and a wider variety of foods when they eat with their family.

Tradition – Sharing meals with family members helps pass along family and cultural traditions about food.

Comfort and security - Children who eat meals regularly together with family and caregivers feel satisfied and secure knowing when they will eat.

Learning - Sharing meals and helping with meal preparation helps children learn more about food. Parents and caregivers are also important role models whose behaviour around food helps children learn about how to eat and make healthy food choices.

Communication - sharing meals gives children and their parents or caregivers time to talk and share information about their day.

Session 2 Healthy Snack Topic: What is a healthy Snack?

Healthy snacks should include 2 of the 4 food groups:

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

Examples include cheese and whole grain crackers, banana with natural peanut butter, yogurt and berries, trail mix etc. Encourage participants to try to think of their own combination of healthy snacks.

See Appendix B for Healthy Snack Suggestions

Note: Ensure you collect healthy eating questions from your group to be answered by a registered dietitian during Session 5!

SESSION 3 – Flexibility Education and Demonstration

Objectives:

- Educate participants on what Flexibility is and why it is important for our health
- Allow participants to try flexibility exercises to understand how their body feels

What to bring to this session:

- ☐ Flexibility Handout
- ☐ Healthy Snack (what to eat before being active)

Assess Weekly Goals (5 Minutes)

Group discussion on weekly goals-did everyone achieve what they set out to? If not, discuss individual challenges and ways to overcome barriers.

- Discuss and set goals for the next week.

What is Flexibility? (10 Minutes)

Flexibility is a joint's ability to move through a full range of motion. Flexibility activities help you to move more easily by keeping your muscles relaxed and your joints moving freely. This is especially important as you age – it can reduce your risk of injuries that might prevent you from enjoying life! Flexibility activities include those that involve reaching, bending and stretching.

Regular flexibility activities can lead to:

- Improved Physical Performance
- Decreased Risk of Injury
- Reduced muscle soreness and stiffness
- Improved posture
- Increased blood and nutrient supply to joints
- Improved muscle coordination
- Enhanced enjoyment of physical activity
- More independent living
- Discuss and provide examples of flexibility activities participants can do at home or in their community

Examples:

- Gardening and mopping
- T'ai Chi, Yoga and Pilates
- Bowling, golf, curling and dancing
- Dynamic and Static Stretches before and after exercising
- Yard work (raking, digging, moving garden waste)

***Group Activity:** 45 Minute Flexibility Demo with a local instructor

Session 3 Healthy Snack Topic: What you should eat before being active

It is suggested before being active one should eat foods high in carbohydrate, like bananas, bagels or 100% fruit juices. These foods are broken down and absorbed to provide glucose to the muscles.

It is important to consider the timing of this meal. It depends on individual preference for eating before exercise, but research has revealed that eating 1 to 4 hours before exercise helps to keep plenty of blood glucose available for the working muscles. It is also very critical to drink plenty of cool water before exercise to keep those muscles well hydrated.

See Appendix B for Healthy Snack Suggestions

SESSION 4 – Endurance Education and Demonstration

Objectives:

- Educate participants on what Endurance is and why it is important for our health/wellness
- Allow participants to try an endurance activity to experience how their body feels

What to bring to this session:

- ☐ Endurance Handout
- ☐ Healthy Snack (what to eat after exercise)

Assess Weekly Goals (5 Minutes)

Group discussion on weekly goals-did everyone achieve what they set out to? If not, discuss individual challenges and ways to overcome barriers.

- Discuss and set goals for the next week.

What is Endurance? (10 Minutes)

Endurance activities are continuous and involve large muscle groups. They increase your heart rate, breathing rate and body temperature. These changes in your heart, lungs and circulatory system help your body function more efficiently.

Regular endurance activities can lead to:

- Better health
 - Weight control
 - More energy
 - Relaxation and reduced stress
 - Improved self-esteem
 - Improved fitness
 - Improved posture and balance
 - Stronger muscles and bones
- Provide examples of endurance exercises that participants can do at home, the office or in their community.

Examples of endurance activities include:

- Walking
- Golfing
- Garden work (raking, digging)
- Housecleaning (vacuuming, washing floors)
- Cycling
- Skating
- Swimming
- Racquet sports

- Dancing

Try for at least 30 minutes to get the full benefits. If that's too much, do 10-minute bouts, 3 times throughout the day. As your fitness level increases and the activity becomes easier, gradually add more time each session until you reach 150 minutes of physical activity every week.

***Group Activity:** 45 minute endurance demonstration by a local instructor

Session 4 Healthy Snack Topic: What you should eat after being active

If the exercise was strenuous and lasted a long time, glycogen stores may need refuelling. Eating foods and beverages high in carbohydrates right after exercise will replenish glycogen stores if they have become low after exercising.

During vigorous exercise, you also break down muscle tissue. It is important to include high quality protein in your post workout snack, as it will help to repair and rebuild muscle tissue.

Simply put, after vigorous exercise our bodies need protein to rebuild muscle tissue, and a simple carbohydrate to carry the protein to our muscles.

No matter how intense the exercise was it is important to then drink plenty of water and eat a meal that contains lots of carbohydrate rich foods such as grains, pastas, potatoes, vegetables and fruits.

See Appendix B for Healthy Snack Suggestions

- Remind participants to send in healthy eating questions (via Email) for you to send along to the dietitian presenting to the group

SESSION 5 – Nutrition Education with a local Dietitian

- Ensure you book your presenter prior to session 5, and communicate the course topics.
- Send along participant questions the week beforehand to allow your presenter time to prepare.

Session 5 Objectives:

- Educate participants on how to read and understand food labels
- Educate participants on sodium and how much we need
- Detailed description of common vitamins/nutrients and why they are important for our bodies
- Q&A with dietitian

What to bring to this session:

- ☐ PEI Flavours Trail Map (hand out during snack)
- ☐ Healthy Snack (why eating local is eating healthy)

Learn how to read food labels

You can find nutrition information on food labels in a number of places. The 'Nutrition Facts' table tells us about:

- Serving size tells you what the manufacturer considers a serving. For example, if the serving size lists 2 cookies and 4 cookies were eaten, then you would have had 2 servings and twice as many calories, fat, sugar, etc. Be sure to ask yourself is the serving size listed the amount that you would eat in one sitting? It's also important to remember that the serving size listed on the package may be more or less than one serving according to Canada's Food Guide.
- 'Calories' tell how much energy you get by eating the serving listed.
- Percent (%) daily value tells you if the food has a lot (40% or more) or a little (5% or less) of a particular nutrient.
- Try to get less fat, saturated fat, trans fat, cholesterol, and sodium.
- Try to get more fibre, vitamin A, vitamin C, calcium, and iron.

The ingredient list can also be helpful. All of the ingredients contained in the food are listed from greatest to smallest according to weight. So if sugar is the first ingredient listed then there is more sugar than anything else in this food.

Nutrition claims can be found on the front of the package. For example, 'low fat' or '25% less sodium' or 'trans fat free'.

Some grocery stores offer label reading tours. Call your local store to see if they do. There's also a link to a good website that explains the ins and outs of label reading through the Healthy Eating section of the go! PEI website. Name: Healthy Eating is in Store for You.

Understanding Sodium: How much is too much?

Sodium is a mineral that is found in table salt and almost all packaged food. While the body needs some sodium to function, too much may lead to high blood pressure, which is a major risk factor for stroke, heart disease and kidney disease. High sodium intake has also been linked to osteoporosis, stomach cancer and asthma.

The average Canadian takes in 3400 mg of sodium per day. This is more than twice as much sodium as is needed for good health. Men, women and children are equally at risk for high sodium intakes.

Key Sodium Messages:

- Fact: Salt is made from sodium
- Fact: We eat too much sodium
- Fact: Everyone can benefit from eating less sodium
- Fact: Most of the sodium we eat is hidden in foods
- Fact: Eating less sodium is easier than you think!

Are you getting your vitamins and minerals each day?

Here's a rundown of some common nutrients of interest and tips for how you can make sure you get enough of them:

Calcium and vitamin D

Calcium and vitamin D are vital to maintaining healthy bones. Calcium is found primarily in dairy foods, such as low-fat milk, yogurt, and cheese, as well as in calcium-fortified beverages, and other foods such as SpaghettiO's® Plus Calcium Pasta in Tomato and Cheese Sauce. For example, an 8-ounce glass of low-fat milk contains about 300 milligrams of calcium. It is also found (although in lesser amounts) in tofu, canned fish with bones, and some leafy green vegetables, such as broccoli.

Vitamin D is formed in the body from exposure to sunlight (although certain factors including the use of sunscreen, the time of year, and the geographic area in which you live can all affect how well your body forms vitamin D in response to the sun). In the diet, vitamin D is mainly supplied by fortified milk and vitamin D-fortified cereals.

Folate

Folate (also called folic acid, which is the synthetic form of the vitamin) is a B vitamin that plays an important role in preventing certain kinds of birth defects called "neural tube defects" (spina bifida is an example). Adequate intake of folate may also have benefits for heart health. The recommended intake for adults is 400 micrograms per day.

Foods rich in folate or folic acid include fortified breakfast cereals, spinach (and other leafy green vegetables) beans, orange juice, and wheat germ. For example, adding a ¼ cup of wheat germ to your favorite cereal or a fruit smoothie provides you with 80 micrograms of folate.

Women who might become pregnant are advised to consume 400 micrograms of folic acid a day from fortified foods (such as fortified cereals) and/or a dietary supplement, in addition to eating a diet with plenty of foods rich in folate.

Iron

The mineral iron is a key component of a substance in the body called hemoglobin, which helps transport oxygen throughout the bloodstream. If you don't consume enough iron, you can develop anemia. Those at greatest risk for iron deficiency are young children, teenage girls, women of childbearing age, and some vegetarians. Women require more iron than men because of the blood loss they experience during menstruation.

The recommended intakes for iron for adults are:

Women aged 19-50: 18 milligrams/day

Adult men; women aged 51+: 8 milligrams/day

Iron is found in both animal and plant foods. Animal sources of iron are more readily absorbed and include beef liver, lean red meat, poultry, and pork. Plant sources of iron include fortified cereals, pumpkin seeds, beans, and spinach. The iron from plant foods is better absorbed by the body when consumed in combination with foods rich in vitamin C. For example, to boost absorption of iron from cereal, have a glass of V8® 100% vegetable juice or orange juice with the meal, or add some strawberries.

Vitamin B12

Vitamin B12 is involved in the making of red blood cells. Because it's found only in animal foods, people who don't eat these foods are at higher risk for deficiency. Elderly people are also at risk for deficiency, because they may not be as able to absorb the vitamin.

The recommended intakes are:

Adults: 2.4 micrograms/day

Pregnant women: 2.6 micrograms/day

Breastfeeding women: 2.8 micrograms/day

Foods rich in vitamin B12 include meat, poultry, fish, eggs, milk, yogurt, and vitamin B12-fortified soy milk.

➤ 30 Minute Question/Answer with registered dietitian

***Group Activity:** 10 MINUTE ACTIVITY BLAST (see appendix C for examples)

Session 5 Healthy Snack Topic– Why eating local is healthy

- This session focuses on the importance of vitamins and minerals in the diet. Providing examples of local vegetables or fruit which are high in antioxidants is a great idea. Please check out the PEI Fresh Product Directory to see what is in season.
- Handout: PEI Fresh Product Directory (See binder)

See Appendix B for Healthy Snack Suggestions

SESSION 6 – Strength Training Education and Demonstration

Objectives:

- Educate participants on what strength training is and why it is important for our health
- Allow participants to try strength training exercises to understand how their body feels
- Educate participants on how to fit activity into a busy lifestyle

What to bring to this session:

- ☐ Strength Training Handout
- ☐ Healthy Snack (what to eat after exercise)
- ☐ Fitting in Activity Game materials (optional)

Assess/Set Weekly Goals (5 Minutes)

Group discussion on weekly goals-did everyone achieve what they set out to? If not, discuss individual challenges and ways to overcome barriers.

-Set goals for the next week.

What is Strength Training? (5 Minutes)

Strength training exercises improve muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight.

Strength Training exercises focus on building the strength, anaerobic endurance and size of the major muscle groups of the human body.

Canada's Guidelines for Physical Activity in Adults Aged 18-65 and 65+

The guidelines state that it is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. (www.csep.ca/guidelines)

Health Benefits of Strength Training:

There are numerous benefits to strength training regularly, particularly as you grow older. It can be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them:

- arthritis
- diabetes
- osteoporosis
- obesity
- back pain
- Depression

An effective strength-building program will exercise all of the major muscle groups in your body. Keeping your muscles and bones strong will allow you to maintain a high quality of life!

Fitting Activity into a Busy Lifestyle (10 Minutes)

Staying active and eating well are two basic ways to ensure a long happy (and independent) life, as well as preventing the development of chronic illnesses like heart disease, stroke, diabetes and some forms of cancer.

It is important to make activity and eating well a priority every day.

All of us lead busy lives, and it is common people are not active because they do not know how to fit activity into their busy day! Lots of people work full time, have children, and are involved in their community.

This section of the course is designed to teach participants that they still need to find time to be active and plan healthy meals, no matter how busy their lives are.

Activity: Fitting in Activity

1. Talk to participants about the different time slots in the day:

- Wake Up
- Breakfast
- Snack
- Lunch
- Snack
- Supper
- Evening

2. Discuss the importance of choosing activities participants enjoy, and to keep trying new activities until they find something they like. (Example: test driving cars before purchasing a new vehicle).

3. Creating a weekly plan: discuss setting an activity 'appointment' and sticking to it the same as a doctor or dentist appointment. (making it priority)

4. Remind the group to commit to their long-term goals.

- Optional Group Activity: Fitting in Activity (5 Minutes)

Note: This is a great time to engage participants to offer tips to each other!

***Group Activity:** 30 minute strength training demonstration by a local instructor

Session 6 Healthy Snack Topic- How to plan ahead for healthy snacking

Healthy eating starts with great planning. Having a well-stocked kitchen, a stash of quick and easy recipes, and plenty of healthy snacks is a great way to ensure healthy eating habits continue for the long-term.

Plan your meals by the week or even the month! One of the best ways to have a healthy diet is to prepare your own food and eat in regularly. Pick a few healthy recipes that you and your family like and build a meal schedule around them. If you have three or four meals planned per week and eat leftovers on the other nights, you will be much farther ahead than if you are eating out or having frozen dinners most nights.

See appendix B for healthy snack suggestions

SESSION 7 – Course Recap, Staying Motivated and Activity Circuit

Objectives:

- Overview course content and offer a chance for group discussion
- Receive feedback on course content and activities
- Offer motivational tips on where to go from here
- Provide list of physical activity and healthy eating opportunities in their community

What to Bring to this Session:

- ☐ Handout: How to Stay Motivated
- ☐ List of local programs/activities
- ☐ Healthy Snack (participant's choice)

Assess/Set Weekly Goals (5 Minutes)

Group discussion on weekly goals-did everyone achieve what they set out to? If not, discuss individual challenges and ways to overcome barriers.

- Set goals for the next week (remind group that even though this is their last week, they can continue to set their own personal weekly goals)

Brief Overview of Course Topics

Discuss with the group the highlights of the course, and offer a chance for participants to share their favourite topics and activities

30 Minute Activity Circuit (led by facilitator)

Get the class started with a 30 minute activity circuit that will incorporate all three types of physical activity. This circuit is built on exercises participants can do at home, and is meant to be fun!

You can find detailed instruction on the 30 Minute Activity Circuit in Appendix C.

- Handout: How to Stay Motivated

Staying Motivated (10 Minutes)

It is important to emphasize the importance of staying active and eating well for life. Staying motivated is key to continuing to reach your healthy living goals! All of us face challenges in staying motivated, and it is important to spend time with the group to offer tips and ideas on how they can overcome their personal challenges!

Review the handout `How to Stay Motivated` with the group, and give participants a chance to ask questions and voice their concerns.

It is helpful to offer personal tips on how you stay motivated. Ask the group for examples of how they plan to continue reaching their goals after the course is over.

Discuss local programs and activities

Take some time to promote what go!pei or community programs are available for participants to take part in after the course is over. It would be helpful for the group if you brought a handout that listed all opportunities to distribute.

Thank You/Feedback

Take the time to thank participants, and ask them to email you their feedback from the course

Session 7 Healthy Snack-Participant's Choice

Ask participants to bring in their own healthy snacks for session 7. On this day, make time for discussion!

Appendix A – go!101 Participant Handouts

Including:

- Ice Breakers
- Proper Equipment, Clothing and Footwear
- PAR Q
- Water You Drinking: The Importance of Hydration
- Flexibility Education
- Endurance Education
- Strength Training Education
- How to Stay Motivated

Ice Breakers

Two Truths and a Lie

Ask participants to partner up with someone they do not know and to tell the other person a little about themselves. Each partner will introduce the other to the group. While talking together the partners should create 3 statements for their partner to say about them to the group. Of the 3 statements 2 should be true about the person and 1 false. The group must guess from first impressions which is the false statement.

Find Someone Game

Each person writes on a blank index card one to three statements, such as favorite color, interest, hobby, or vacations. Pass out cards so everyone gets someone else's card. Have that person find the person with their card and introduce themselves.

Finish the Sentence

Write the start of a question on the board (i.e. My Favorite job was..My Hobby is..) and go around the room with each person finishing the sentence. When the group is finished, post another question and start again.

The Pocket/Purse Introduction

Everyone selects one (optionally two) items from their pocket or purse that has some personal significance to them. They introduce themselves and do a show and tell for the selected item and why it is important to them.

Alphabetic Introduction

Each participant is asked to choose a letter of the alphabet. Duplicate letters are permitted. They are then given five minutes in which to describe themselves using single words beginning only with that letter. You could award a small prize for the person with the most number of words.

Either Or

Get the group to stand in the middle of a large space. Then ask an either-or question and request the group to split up according to how they would answer the question. For example, you could ask them whether they prefer a sweet or savoury treat and then request that the people who have a 'sweet tooth' to go to one end of the room – and the people who have a 'savoury tooth' to go to the opposite end of the room. Ask another either-or question, but this time ask the people to congregate at the sides of the room so that everyone has to change position.

Choose a set of either-or questions that are relevant to the event and let the exercise continue until feel that the participants are starting to get to know each other.

<http://www.mwls.co.uk/icebreakers/>

<http://www.training-games.com/pdf/40FreeIceBreakers.pdf>

Proper Equipment, Clothing and Footwear

SHOES - The most important piece of athletic equipment you can own is appropriate shoes. There are many different types of shoes for various athletic activities – running shoes differ from walking shoes, which differ from basketball shoes. Cross-training shoes can be used for more than one activity, such as running and walking. First you need to decide which activity you will most often perform and then shop for an appropriate shoe.

CLOTHING - Choice of clothing is also an important decision before you begin your activity – not so you look good while doing your activity, but so you feel comfortable enough to do the activity properly. Wear appropriate exercise clothing – fabrics that absorb sweat and remove it from your skin are best; loose-fitting, light weight cotton is also fine. Women should wear supportive sports bras. Do not wear jeans, dress shoes or ties to work out in as these can cause injuries.

EQUIPMENT - Get familiar with your equipment and what it is supposed to do. Ask questions before you use any piece of equipment you are uncomfortable with. Know what the equipment is designed for and use it appropriately to avoid unnecessary injuries.

Addition Information:

A variety of sport shoes are on the market for every type of exercise. Running shoes that have inbuilt shock absorbers are available for joggers, and lightweight walking shoes are available for walkers. Aerobic shoes are lightweight and shock absorbing to prevent foot fatigue and to cushion the ball of the foot, which is put under pressure from aerobic exercise. Tennis shoes have flexible soles to protect your feet from the quick side-to-side movements of tennis. Thick-soled, high top basketball shoes provide extra protection against ankle and foot injuries caused by jumping. Cross-training shoes are also available. These are suitable if you perform a number of sport or exercise types in your workout. A stable shoe is one that prevents excessive movement of your foot inside the shoe.

Your athletic socks are also important. Rubbing or irritation inside your shoe can cause a blister to appear on your foot. Appropriate socks can reduce the likelihood of blisters. When trying on shoes, wear the kind of socks you will be wearing when you exercise to ensure the proper fit. Good-fitting athletic shoes and socks can help prevent blisters.

The right socks can also enhance performance. Cotton socks effectively absorb perspiration from your feet, but if you perspire excessively or exercise in the rain, your cotton socks may reach the saturation point. If that happens, your socks will stretch and lose their shape, and your feet will begin to slide around inside your shoes, leading to friction blisters and skin irritation. Socks made of acrylic or other synthetic materials may perform better under “wet” conditions.

go!101 Readiness Questionnaire (PAR-Q)

Please take some time to review the questions below, sign the waiver and submit the form to your go!101 Facilitator.

	Yes	No
Has your doctor ever told you that you have heart trouble and that you should only do physical activity prescribed by a doctor?		
When you are physically active, do you have pains in your chest or your left side (arm, shoulder, neck)?		
Do you lose your balance because of dizziness or do you ever lose consciousness?		
Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
Is your doctor currently prescribing drugs for your blood pressure or heart condition?		
Do you know of any other reason why you should not do physical activity?		

If you have answered yes to any of the questions and are planning to become much more physically active than you already are, you may want to check with your health care provider before starting a new physical activity program.

If you answered no to all the above questions you can be reasonably sure that it is safe to participate in this program. Please monitor your own health during this program and should something not feel right please stop and seek assistance.

Waiver

I recognize that all physical activity involves some degree of risk and that this risk is relative to my current level of health and activity level. Understanding that, I accept all risks of injury or illness through my voluntary participation in this program.

Signed

Dated

Water You Drinking: The Importance of Hydration

Hydration is important for decreasing body fat, increasing muscle tone, digestion, metabolism, and breathing, among many other benefits. Yet, many people live in a state of constant dehydration. A healthy adult is made up of 60-70% water and next to air, water is the second vital necessity for human survival.

A human can live without food for almost 2 months, but can only survive a few days without water. Water removes waste from our bodies, acting as a safe and natural detoxification system. It carries nutrients and oxygen all around the body (in the blood stream) and helps cool the body through perspiration. Water is also a contributor in lubricating the joints and muscles and our lungs need moisture to allow us to breathe.

Signs of dehydration can take form in a variety of symptoms including:

- heartburn and/or stomach ache
- non-infectious recurring pain or chronic pain
- low back pain
- headache
- mental irritation and/or depression
- water retention (your body will store the water to compensate)

Having a "dry mouth" is the last outward sign of dehydration, although damage occurs at the cellular level before then. Further problems develop when individuals drink pop, coffee, or alcohol to quench their thirst. While these beverages contain water, they also contain dehydrating fluids. Not only do they eliminate the water contained in them, but they also cause you to lose further amounts of water from your body's reserves.

So how much water is enough?

Daily water requirements suggest to drink 50-75% of your body weight in ounces. Non-active individuals should drink 50% and active individuals need 75% of their body weight in ounces.

Flexibility Education

Flexibility is a joint's ability to move through a full range of motion. Flexibility activities help you to move more easily by keeping your muscles relaxed and your joints moving freely. This is especially important as you age – it can reduce your risk of injuries that might prevent you from enjoying life! Flexibility activities include those that involve reaching, bending and stretching.

Regular flexibility activities can lead to:

- Improved Physical Performance
- Decreased Risk of Injury
- Reduced muscle soreness and stiffness
- Improved posture
- Increased blood and nutrient supply to joints
- Improved muscle coordination
- Enhanced enjoyment of physical activity
- More independent living

Examples of flexibility activities include:

- Gardening and mopping
- T'ai Chi, Yoga and Pilates
- Bowling, golf, curling and dancing
- Dynamic and Static Stretches before and after exercising
- Yard work (raking, digging, moving garden waste)

Stretching Guidelines:

- Stretch after endurance and strength activities, when your muscles are warm. If you're doing a stretching program only, warm up first by going for a short walk or bike ride.
- Slowly and smoothly stretch to the point just before you feel discomfort or pain and hold your stretch for 10 - 20 seconds. Breathe normally. No bouncing.
- Try to stay relaxed. You should not feel any pain or strain. If you do feel pain, you've stretched too far. Repeat each stretch 2 - 3 times.
- Breathe normally. No breath holding.
- If you experience tingling, numbness or dizziness, stop stretching immediately.

Source: http://www.actnowbc.ca/everyone/endurance,_flexibility_and_strength

Endurance Education

For adults (18-64 yrs)

Physical activity has been shown to reduce the risk of over 25 chronic conditions, including coronary heart disease, stroke, hypertension, breast cancer, colon cancer, Type 2 diabetes and osteoporosis.

Endurance

Endurance activities are continuous and involve large muscle groups. They increase your heart rate, breathing rate and body temperature. These changes in your heart, lungs and circulatory system help your body function more efficiently.

Regular endurance activities can lead to:

- Better health
- Weight control
- More energy
- Relaxation and reduced stress
- Improved self-esteem
- Improved fitness
- Improved posture and balance
- Stronger muscles and bones

Examples of endurance activities include:

- Walking
- Golfing
- Garden work (raking, digging)
- Housecleaning (vacuuming, washing floors)
- Cycling
- Skating
- Swimming
- Racquet sports
- Dancing

Try for at least 30 minutes to get the full benefits. If that's too much, do 10-minute bouts, 3 times throughout the day. As your fitness level increases and the activity becomes easier, gradually add more time each session until you reach 150 minutes of physical activity every week.

http://www.actnowbc.ca/everyone/endurance,_flexibility_and_strength

Strength Training Education

What is Strength Training?

Exercises that improve muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight. Strength Training Exercises focus on building the strength, anaerobic endurance and size of the major muscle groups of the human body.

www.medical-dictionary.thefreedictionary.com

Canada's Guidelines for Physical Activity in Adults Aged 18-65 and 65+

The guidelines state that it is beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. (www.csep.ca/guidelines)

Health Benefits of Strength Training:

There are numerous benefits to strength training regularly, particularly as you grow older. It can be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them:

- arthritis
- diabetes
- osteoporosis
- obesity
- back pain
- Depression

An effective strength-building program will exercise all of the major muscle groups in your body. Keeping your muscles and bones strong will allow you to maintain a high quality of life!

http://www.actnowbc.ca/everyone/endurance,_flexibility_and_strength

Staying Motivated - Motivation/ Mental Shift

What is your motivation? Why?

Until your mental shift occurs, focus on the emotional investment part for motivation- "I signed up for this and I will finish it!"

How has your motivation been lately? Is it a "bring it on" attitude with the possibility of missing a workout not in your realm of thought?

OR is it really tough some or most days?

It's time for a mental shift!

Motivation is not a special quality that certain people inherit and others don't- it's a skill that can be learned and duplicated! It's about taking the brain off autopilot and not leaving your behaviors up to other people or the environment you're in.

YOU ARE IN CHARGE!

And you're the only person who can choose your thoughts and attitudes!

8 qualities to work on to develop a Motivated Attitude on Life:

1. Accept everything as a challenge.

Challenges are motivating and let you learn and grow, problems are de-motivating and depressing. View a tough workout as a challenge, instead of a chore and eventually it won't be a chore. Set big goals, impose deadlines, and step up to the plate!

2. Develop an intensely curious state of childlike fascination.

Ask yourself questions. For example, 'what goals would I set if I knew I couldn't fail?' or 'what could I learn from this?' Be curious and inquisitive like a child and you'll be resourceful and remain motivated.

3. Make a commitment to excellence.

Strive to be the best YOU can be! Excellence is not perfectionism or being number one (that is a by-product of excellence); it is simply being the best you can be and working towards that every day.

4. Don't be mediocre.

Live above average.

5. Develop a fired up, turned on, "GO FOR IT!" attitude.

Come out of your comfort zone, visualize your goal with a high energy and determination, and say "I'm going for it!". Make this your daily mantra and eventually it will become a way of life and a state of mind you live in daily.

Staying Motivated - Motivation/ Mental Shift cont.

6. Be a lifelong learner.

Become a great student and never assume you know it all. An open minded state brings you forward to continue moving and developing.

7. Be constantly improving.

Make small, incremental improvements to add up to large improvements over time. Use each little improvement as motivation to improve further into a self-reinforcing cycle

8. Be persistent with a "no quit clause"!

The only failure is to quit or give up completely- everything else is feedback. It's okay if you don't get the outcome you would like. Keep trying and use the feedback from different situation to move further!

The next time you feel unmotivated, ask yourself "WHO'S IN CHARGE OF HOW I FEEL?"

YOU ARE IN CHARGE OF YOUR OWN MOTIVATION!!!

Appendix B – Healthy Snack Suggestions

	Suggestion 1	Suggestion 2	Suggestion 3
Session 1	Since we have not yet determined if any individuals in the group have food allergies yet, keep this first snack simple with a vegetable and fruit tray with low fat dip or hummus as a side.		
Session 2	Whole grain crackers and cut up cheese.	Nut free trail mix (Combine dried cranberries, raisins, dried apricots, and apple rings with sunflower and pumpkin seeds along with a whole grain cereal).	Yogurt tube & small muffin (oatmeal, carrot, bran).
Session 3	Fruit Smoothies (soy milk or skim milk, fruit and ice)	Sliced apples with peanut butter or almonds.	Fruit kebabs (create your own!).
Session 4	Fresh fruit & greek yogurt (greek yogurt is high in protein and great after a workout).	Cut up whole wheat pita bread, hummus or cucumber yogurt (tzatziki) dip, with carrots.	Whole wheat tortilla with light cream cheese or peanut butter, topped with fruit, rolled up and cut into slices
Session 5	Bring in local vegetables or fruit that are in season and prepare a healthy snack (Once you determine what is in season contact Jane Caiger* for recipes and snack ideas!).		
Session 6	Single-serve unsweetened apple sauce sprinkled with almonds.	Create your own yogurt parfait (low fat yogurt, fruit, whole grain cereal).	Turkey & hummus roll up on whole wheat tortilla.
Session 7	Optional snack!		

Appendix C – Activity Examples and Instructor List

Including:

- Certified Instructor List
- Registered Dietitian List
- 10 Minute Activity Blast Ideas
- Session 7 Activity Circuit Description

Registered Dietitians

Name	Phone	E-mail	Location
Gallant, Angela	672-1730	angelagallantrd@bellaliant.net	Covehead/Ch'town
Giggey, Edith	569-3927	giggeys@live.ca	Ch'town
Knox, Carolyn	892-9234		Ch'town, S'side
Lank, Miriam	566-2812	miriamlank@pei.sympatico.ca	Ch'town area (Cornwall, H.R, Stratford)
Logan, Libby	886-3235	l.logan@pei.sympatico.ca	Summerside, Kensington,
MacPhee, Becky	394-5134	rlmacphee@hotmail.com	S'side/West Prince
MacLellan, Debbie		maclellan@upei.ca	Ch'town
Mullally, Megan	569-9264		Stratford
Murphy, Tanya	675-4167		Cornwall
Murphy's Pharmacies Shani Gillespie	892-3156	sgillespie@murphyspharmacies.com	Charlottetown, Stratford, Morell, Rustico, Cornwall and West Royalty, Kensington, Summerside, Tyne Valley, Wellington
Murphy's Pharmacies Janis MacKay	892-3156	jmackay@murphyspharmacies.com	
Yeo-Myers, Leeanne	439-3037	l_myers555@yahoo.ca	Borden, Crapaud
Wood, Kyla	569-3386	kylawood@hotmail.com	Ch'town, West Prince, everywhere in between

10 Minute Activity Blast Ideas

Pass the Hula Hoop- Divide the group into two teams. Each group forms a circle and holds hands with the hoop around one team member's arm. The hula hoop must be passed the entire way around without letting go of anyone's hands. The first group to get it around wins and chooses a challenge for the other group to complete (eg. do 5 jumping jacks).

Circle Tag- One person is "it". The rest of the group forms a huge circle, holding the shoulders of the person next to them. The group chooses one person to "protect" and must move clockwise and/ or counter clockwise as the "it" person runs around the outside tagging the group. Once the person being protected is tagged, they become "it".

Steal the Fruit- The group is divided into 2 teams about 20 meters apart (or where space permits). Each person on both teams is assigned a number from one to the final person. At the end each team will have a number 1, 2, etc. Place a piece of fruit in the center. When you call out a number, the players from each team run and grab the fruit and bring it back to their team without being tagged by the other person.

Banana Olympics Game- Divide the group into 2 teams. Each team gets a banana and in relay-style. Here are some suggestions on relays to try with your group:

- Place the banana under your armpit and hopping on one leg down a field (to the other end of the room) and back
- Place the banana between the knees and hop to one end of the room and back;
- Two teammates tossing the banana back and forth;
- Teammates line up in leapfrog formation and first player hops over players while holding banana and then tosses banana to next player in line to do the same.

Show the players all the relays that they'll have to complete for the Olympics. You may have to write them on a large white board so that all players will know what relay is next. Once a team has completed all these relays someone on the team must eat the banana and the team that is done first is the winner.

Use your own ideas, add to the list or use only a few ideas. You can adjust this game to all types of players including the disabled.

Grocery Shopping- Divide the group into 2 teams. Each team gets a grocery bag filled with the same number of pieces of food (fruit will probably work best). In relay-style, the first person in line must pick the fruit out of the bag (one by one) and place on the ground. They run to the line, touch it and sprint back. The next person in line must pick up all the fruit, touch the line, and sprint back. The next person sets all the fruit down and so on and so forth.

Clump- Everyone stands far enough apart so they are not touching each other. When the leader yells "Clump of (a number)" everyone must form a clump of that number. Those leftover from the clump must dance on the sidelines until there is one final clump of people left.

Note: Feel free to include your own 10 minute activity blast ideas!

Session 7 Activity Circuit

Beginner Activity Circuit

Divide into groups to encourage fun and friendship. Remind each participant that at any time it becomes too much they must listen to their body and march it out.

Each Station is 30 seconds with a 30 second active rest (marching/ drink time if needed).

Go through 3 times with a 1 minute break between each set.

Begin with a dynamic warm up.

Station 1: Medicine Ball Chest Pass to partner

Station 2: Plank or Dynamic Plank (depends on the group)

Station 3: Single Leg Water Bottle Touches (left)

Station 4: Single Leg Water Bottle Touches (right)

Station 5: Push Ups

Station 6: Plie Squats

Station 7: Bicycle Crunches

Station 8: Up Downs

End with a cool down/ reflection.