

## **Exercise and You Workshop Guide**

### **Starter Activity - Get Active Questionnaire**

Complete the attached Get Active Questionnaire. We will return to this questionnaire at the end of the workshop.

### **How much exercise should you do?**

With the person beside you, discuss what a weekly physical activity routine should look like. Consider the following questions in your response.

- What types of exercises should you include?
- How often should you do each type of exercise?
- What are the benefits of each type?

### **Exercise for Bone Health**

Osteoporosis Canada recommends:

- at least 150 minutes of moderate-to-vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more - weight-bearing is better
- muscle and bone-strengthening activities using major muscle groups, at least 2 days per week
- physical activities to enhance balance and prevent falls daily
- practice spine sparing strategies and good posture daily

## The Importance of Exercise

Regular exercise also has many general health benefits including lowered rates of

- depression
- heart disease
- dementia
- cancer
- diabetes
- other chronic diseases

## When Exercising

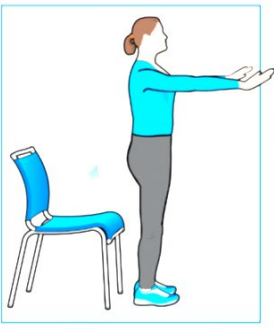
Remember to...

- wear comfortable, supportive footwear
- be aware that muscle soreness after exercise is normal
- use a firm, stable chair for support
- start with 5 repetitions of each exercise
  - add 1 or 2 repetitions each day until you reach 15 repetitions

## Home Exercise Routine

### Sit to Stand

Repeat up to 15 times



- Sit in your chair, feet hip-width apart
- Slowly stand up halfway, making sure your knees do not come forward past your toes
- Keep your hips, knees and ankles in line
- Stand up straight and tall
- Return to a seated position



I will be able to demonstrate proficiency in performing a basic calisthenic routine of everyday exercises with minimal equipment independently

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## Standing Leg Curl

Repeat on each leg up to 15 times



- Stand with feet hip-width apart
- Shift weight onto one leg
- Bend other knee
- Raise heel toward buttocks as far as it is comfortable
- Return to starting position



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## Standing Leg Lift

Repeat on each leg up to 15 times



- Stand with feet together, hold your chair for support
- Shift weight onto one leg
- Raise the other leg out to the side
- Keep your back straight and tall
- Slowly return leg to the floor

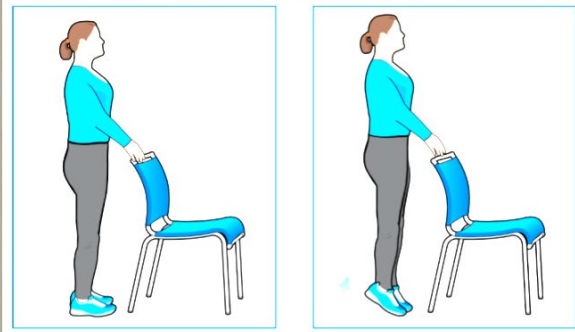


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## Heel Raise

Repeat up to 15 times



- Stand with feet hip-width apart
- Hold on to the back of your chair and look forward
- Slowly raise both heels off of the floor, standing on your toes
- Hold for 5-10 seconds
- Return to the start position

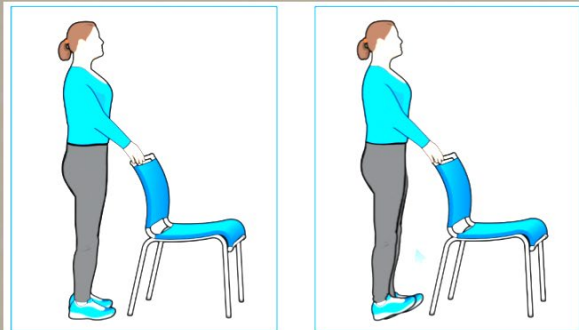


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## Toe Raise

Repeat up to 15 times



- Stand with feet hip-width apart
- Hold on to the back of your chair and look forward
- Slowly raise your toes off of the floor, putting weight onto your heels
- Hold for 5-10 seconds
- Return to the start position

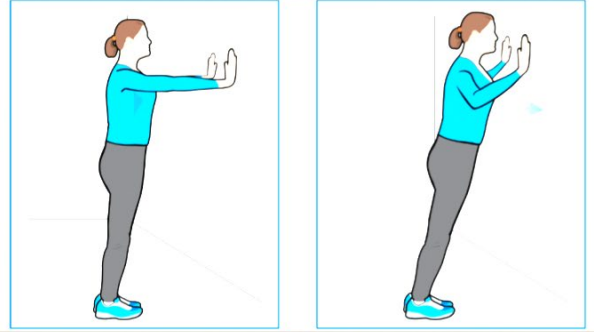


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## Wall Push-up

Repeat up to 15 times



- Facing a wall, stand arms' length away and place hands on the wall at shoulder height and shoulder-width apart
- Tighten abdominal muscles
- Keep back and legs straight, bend elbows while lowering upper body toward the wall
- Hold for 2-3 seconds
- Straighten arms pushing against the wall and return to the starting position
- Keep elbows slightly bent
- Return to the start position



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### Planning and Goal Setting

Consider the following questions and write down your ideas in the space below. These are the first steps towards creating a plan for your bone health.

- How do you want to continue with safe movement and bone health exercise?
  
  
  
  
  
  
  
- How will you take action to benefit from the information you have learned?
  
  
  
  
  
  
  
- What goals will help you stay motivated?

**How do I set goals?**

Fill in the blanks below with the appropriate keyword.

Setting SMART goals helps you make clear, successful changes.

\_\_\_\_\_ what do you want to do? how much will you do? When will you do it? how often?

\_\_\_\_\_ what will it look like to achieve your goal? how will you keep track of your progress and measure your success?

\_\_\_\_\_ set yourself up for success, sometimes it is better to start small to build momentum

\_\_\_\_\_ does your goal fit into your everyday life? can you take the actions needed to meet your goal in the midst of your daily commitments, responsibilities and level of support?

\_\_\_\_\_ when will you meet your goal?

### Cool-down Activity

Review your Get Active Questionnaire from the starter activity.

Consider the following questions and record your responses below.

- What changes do you need to make to your daily routine?
- How can you make these changes?
- Which areas should you focus on first?

Once you have completed the above, create a SMART goal for improving your exercise routine that you can work towards over the next week.