

Posture and Balance Exercises - Workshop Plan	
Learning Objectives:	Participants will be able to - Assess my personal activity level in relation to the Canadian Exercise guidelines/Canadian Physical Activities Guidelines, and the Osteoporosis Canada guidelines - Describe what good posture looks like - Identify cues that help me maintain or improve my posture - Demonstrate the ability to safely perform a daily routine of balance training exercises - Create an activity plan by setting SMART goals for a personal exercise routine
Time: (min)	Workshop Details
2	Workshop Sign-In - Circulate the Workshop Sign-In Sheet while everyone is getting settled and during the introductions for the workshop - Prior to the start of the workshop, place a Posture and Balance Exercises - Workshop Guide on every desk/wherever participants will be seated Starter [Slide 2] - Participants should complete the “Test Your Balance!” activity in their Posture and Balance Exercises - Workshop Guide - Participants should also record their current exercise routine to improve their balance in their Workshop Guide - They will return to this information at the end of the workshop as part of the Cool-down Activity
2	- After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slide 4] - indicate that the learning outcome for each slide will be located at the bottom of that slide [Slide 5] - encourage participants to complete their Posture and Balance Exercises - Workshop Guide during the workshop as this will provide them with a useful resource [Slide 6] - following these introductory slides, the facilitator will work through the PowerPoint slides with the participants, engaging the group in participant-centric activities while they complete the Posture and Balance Exercises - Workshop Guide
5	Part 1 - Exercise Guidelines [Slides 7-16] - Review the Canadian Physical Activity Guidelines and the Osteoporosis Canada recommendations have the group compare these guidelines with their own exercise routines - Review key points on the Slides 10-12 by summarizing the content to the group - Review the key points on slides 13-16 by encouraging volunteers to read the bullet points aloud to the group
5	Part 2 - Posture Exercises [Slides 17-20] Activity - Remind participants that the goal for these exercises is to ensure that everyone is engaging in the correct movement and they should only be doing enough repetitions until they are comfortable with the movement - Encourage participants to work in pairs to help coach each other through the exercises and follow the instructions on each slide for each exercise - Participants should follow along with the directions on the slide and practice the exercise with their partner - Give the group a couple of minutes per exercise before proceeding to the next slide - Circulate the room to help guide participants and provide feedback where needed
10	Part 3 - Static Balance Exercises [Slides 21-23] Activity Remind participants that the goal for these exercises is to ensure that everyone is engaging in the correct movement and they should only be doing enough repetitions until they are comfortable with the movement

15	● Encourage participants to work in pairs to help coach each other through the exercises and follow the instructions on each slide for each exercise ● Participants should follow along with the directions on the slide and practice the exercise with their partner ● Give the group a couple of minutes per exercise before proceeding to the next slide ● Circulate the room to help guide participants and provide feedback where needed Part 4 - Dynamic Balance Exercises [Slides 24-28] Activity ● Remind participants that the goal for these exercises is to ensure that everyone is engaging in the correct movement and they should only be doing enough repetitions until they are comfortable with the movement ● Encourage participants to work in pairs to help coach each other through the exercises and follow the instructions on each slide for each exercise ● Participants should follow along with the directions on the slide and practice the exercise with their partner ● Give the group a couple of minutes per exercise before proceeding to the next slide ● Circulate the room to help guide participants and provide feedback where needed
5	Part 5 - SMART Goal Setting [Slides 29-32] Activity [Slide 30] ● Encourage participants to complete the activity in their Posture and Balance Exercises - Workshop Guide by writing down their ideas in relation to the following ideas ○ decide how you want to continue with posture and balance exercise ○ identify how you will take action to benefit from the information you have learned ○ identify goals that will help you stay motivated Activity - Fill-In-The-Blank [Slide 31] ● Encourage participants to complete the fill-in-the-blank for the SMART goal system
5	Cool-down Activity [Slide 33] ● Encourage participants to review their balance exercise routine from the starter activity in their Posture and Balance Exercises - Workshop Guide ● Participants should consider the following questions and record their responses in the appropriate section of their Posture and Balance Exercises - Workshop Guide ○ What changes do you need to make to your daily routine? ○ How can you make these changes? ● Once they have completed this analysis, encourage participants to create a SMART goal for improving their exercise routine that they can work towards over the next week
Resources: ● Posture and Balance Exercises - Facilitation Guide ● Posture and Balance Exercises - Presentation ● Posture and Balance Exercises - Workshop Plan ● Posture and Balance Exercises - Workshop Guide ● Get Active Questionnaire ● Workshop Sign-In Sheet ● Workshop Evaluation Form Other Resources Needed: ● pens/pencils ● tables ● chairs	