

Active Living for Everyone

EWPCN Active Living and Exercise

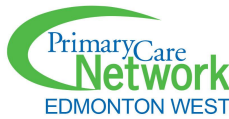


Agenda

- 1 What is a Primary Care Network
- 2 What is an Exercise Specialist
- 3 Principles of Active Living and Exercise
- 4 Our Programs and Services
- 5 Next Steps

What is a PCN?

- ▶ Team-based health care model for all your primary health care needs
- ▶ There are 39 PCNs in Alberta, 7 in the Edmonton Zone
- ▶ At the EWPCN we have....
 - ▶ Behavioral Health Consultants
 - ▶ Exercise Specialists
 - ▶ Low Risk Maternity Clinic
 - ▶ Lower Leg Assessment Clinic
 - ▶ Nurse Practitioners
 - ▶ Pharmacists
 - ▶ Primary Care Nurses
 - ▶ Psychiatrists
 - ▶ Registered Dietitians
 - ▶ Social Workers

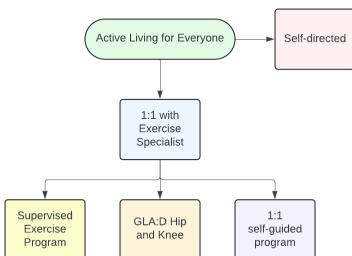


What is an Exercise Specialist?

- ▶ Person with a degree in kinesiology
- ▶ Additional specialization on how to use exercise to treat and manage chronic diseases like...
 - ▶ Arthritis
 - ▶ Diabetes
 - ▶ High blood pressure
 - ▶ Heart disease
 - ▶ Cancer
 - ▶ Chronic pain
 - ▶ And many more!



How can we help?



Why become more active?

Moderate or strong evidence for health benefit

Children	Adults	Older Adults
<ul style="list-style-type: none"> Bone Health Cognitive function CV fitness Muscle fitness Weight status Depression 	<ul style="list-style-type: none"> All-cause mortality Stroke and heart disease Hypertension Type 2 diabetes 8 cancers Depression Cognitive function Dementia Quality of life Sleep Anxiety/depression Weight status 	<ul style="list-style-type: none"> Falls Frailty Physical function

Mental Benefits

- ▶ Energy
- ▶ Focus
- ▶ Mindfulness
- ▶ Stress, Depression, Anxiety
- ▶ Cognitive wellness
- ▶ Sleep
- ▶ Connection and community



Physical Benefits

- ▶ Gastrointestinal health
- ▶ Muscle mass, bone density, joint health
- ▶ Cardiovascular health
- ▶ Blood sugar management
- ▶ Reproductive health
- ▶ Maintain independence, decrease risk of falls, and slow ageing decline
- ▶ Pain management



The Pain Cycle



Exercising Safely with Pain

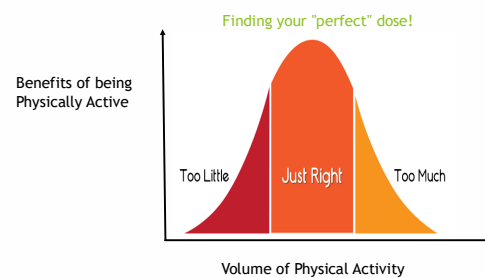
- ▶ Exercise and movement is safe and beneficial, even when you have pain.
 - Motion is Lotion
 - Rest is typically not best! Too much rest can slow recovery.
- ▶ How to Exercise Safely:
 - Start with well tolerated activities.
 - Modify exercises to fit your ability level.
 - Gradually increase activity as your body adapts.
 - Listen to your body: mild discomfort is okay, but sharp pain is a sign to stop.



How Exercise Helps Healing

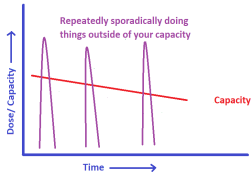
- ▶ Healing Through Movement - rest is not best
 - Tissues Adapt to the stresses that are place on them
 - Increases blood flow to the muscle/area
 - Reduces Inflammation
 - Reduces Pain Signals
- ▶ Key Takeaway: Exercise, when done correctly, helps your body heal, reduces pain, and prevents stiffness.

Dose exercise like medication!



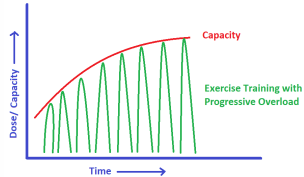
Dosing Activity

Exercise or Activity above one's capacity



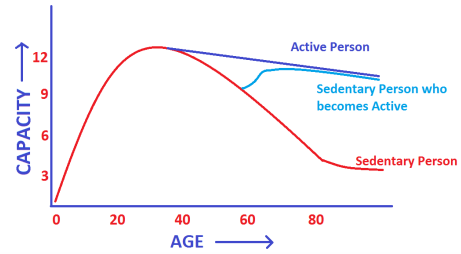
HIGH RISK OF INJURY! :(

Exercise load within one's capacity

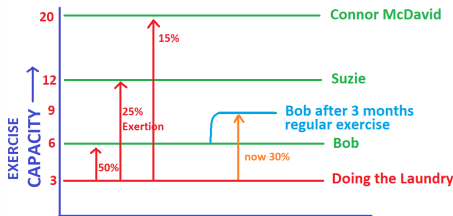


HIGH RISK OF GETTING STRONG AND BEING HAPPIER :)

Aging and Exercise Capacity

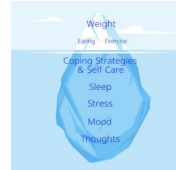


The more fit you are... the easier things feel!



Exercise for weight loss?

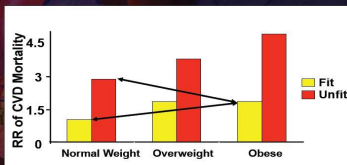
- ▶ Exercise alone is not a great tool for weight loss.



- ▶ Start with small sustainable change to multiple areas.
- ▶ Exercise is very helpful for weight maintenance!!

Effect of Fatness (BMI) and Fitness on Cardiovascular Disease (CVD) Mortality

Wei M et al. JAMA 1999; 282:1547-53



"Fit" – top 80 percent ~30 minutes per day of physical activity

Pillars of Health

- The Pillars of Health support your body's function and help you feel well.
- When you want to improve your health it's important to note that there is no "quick fix".



Has anyone heard of the Canadian Physical Activity Guidelines?

24-Hour Movement Guidelines

A healthy 24 hours includes:

PHYSICAL ACTIVITY



Performing a variety of types and intensities of physical activity, which includes:

- Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week.

- Muscle strengthening activities using major muscle groups at least twice a week.

SLEEP



- Getting 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times.

SEDENTARY BEHAVIOUR



Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time.
- Breaking up long periods of sitting as often as possible.

Sedentary Behavior

Effects of Sitting Too Much

Sedentary behaviour and not getting enough movement in your day can lead to the following:



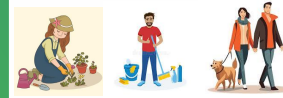
▶ 30:2 RULE

- Not ready to start exercising yet?
- Start here!

Physical Activity vs Exercise

Physical Activity

- Any movement throughout your day requiring energy.
 - Generally repetitive, without control.
 - Can create imbalance - strong muscles get stronger, weak muscles stay unused.



Exercise

- A subset of physical activity that is planned and structured.
 - More purposeful, and typically higher intensity.
 - Increased health benefits
 - Targets all muscles including weaker muscles



Lifestyle & Physical Activity

- Physical activity has been slowly engineered out of our lives.
 - Robot vacuums, drive through pharmacy, sedentary jobs.
- Need to find ways to increase or re-introduce more activity into our lives.
 - Take the stairs (up or down!)
 - Park car as far away from stores as you can
 - Stand or walk while on the phone
 - Walk to corner store/mailbox/grocery store
 - Walking meetings or walking/active socialization
 - Make your day harder!

Aerobic Exercise

Best if done most days of the week - focus on frequency first.

- Walking (poles)
- Dancing
- Aqua-size
- Bike ride
- Rowing machine
- Elliptical
- Follow-along exercise video (Yes2Next, Leslie Sansone)
- Swimming
- Group fitness class (Zumba, step aerobics)



Moderate Intensity?

- ▶ Talk Test
- ▶ Rate of Perceived Exertion (RPE)
 - ✓ On of scale of 0-10; aim for 4-6

RPE SCALE	RATE OF PERCEIVED EXERTION
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot recover for more than a very short time.
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	VIGOROUS ACTIVITY Breathless, uncomfortable. Short of breath, can speak a sentence.
4-6	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc.

Strength Training

Full body exercise is best done 2-3 days per week, on non-consecutive days.

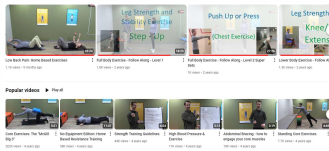
- ▶ Sit to stand
- ▶ Step up
- ▶ Counter Pushup
- ▶ Elastic Row
- ▶ Shoulder Press
- ▶ Glute Bridge
- ▶ Plank



Just like medication - if you stop taking it, it stops working!!!

Online Resources? West PCN YouTube Channel:

- ▶ We have made 40 videos demonstrating exercises, reviewing exercise principles, and teach educational principals to provide evidence-based resources on demand.
- ▶ [West PCN YouTube Channel](#)



How can we help?

- ▶ Exercise Specialist services always starts with an individual assessment.
- ▶ During this individual appointment we will:
 - Gather your health history.
 - Discuss your limitations, barriers, and goals.
 - Discuss current activity level.
 - Help you to develop a home or community-based exercise program and/or sign you up for a PCN exercise program.

Meet the Exercise Team!

Kevin



Kristin



Terri



Kelsey



What are the exercise options after your Individual Assessment?

GLa:D Hip/Knee Program

Combined Education & Exercise program for people with Hip/Knee arthritis. Small group program 2x/week for 6 weeks:

- ▶ Virtual Classes (On Zoom):
 - ▶ Monday/Wednesday Mornings 9:30-10:30am - Kristin
 - ▶ Monday/Thursday Afternoons 1:00-2:00pm - Kevin
- ▶ In-Person Classes (Meadowlark Mall):
 - ▶ Tuesday/Thursday 11:00am-12:00pm - Kristin
 - ▶ Tuesday/Thursday 1:00pm-2:00pm - Terri
 - ▶ Wednesday/Friday 11:00am-12:00pm - Kelsey or Kevin
 - ▶ Monday/Wednesday Afternoons 1:30-2:30pm - Kelsey

GLa:D Back Program

Combined Education & Exercise program for people with chronic low back pain. Small group program 2x/week for 7 weeks:

- ▶ Virtual Classes (On Zoom):
 - ▶ Discuss with team - available through a partner site.
- ▶ In-Person Classes (Meadowlark Mall):
 - ▶ Tuesday/Thursday 9:30am-10:30am - Terri

Gym-Based Group Supervised Exercise Program

- ▶ Learn to implement a cardio and strength training program suited to your needs/goals in a community rec center.
- ▶ Small groups of ~4 people doing independent exercise.
- ▶ 1x/week for 8 weeks.
- ▶ Held at the Jamie Platz YMCA or Terwillegar Rec Center.
- ▶ Cost?
 - Our time is free, the gym access costs money (unless you have a pass already)
- ▶ Goal: Feel comfortable exercising independently in a gym.

Gym-Based Group Supervised Exercise Program

1. YMCA - JAMIE PLATZ - 1x/Week for 8 weeks
 - ▶ Thursday Afternoons - 12:45 pm, 2:00 pm, 3:15 pm - Kelsey
 - ▶ Monday mornings - 8:15am, 9:30 am, 10:45 am - Kelsey
2. Terwillegar Rec Centre - 1x/Week for 8 weeks
 - ▶ Tuesday Mornings - 8:15 am, 9:30 am, 10:45 am - Kevin
 - ▶ Wednesday Afternoons - 12:30 pm, 1:45 pm, 3:00 pm - Kristin

Booking Rules

- ▶ Our exercise programs are publicly funded and in high demand.
 - You may only enroll in a program once.
 - To make the most of the program we kindly ask that you ensure you are available for most sessions (max of 1-2 planned absences during program).
- ▶ Once enrolled, if you cannot make a session - please always let us know.
 - No-showing a program can result in being removed from our programs.

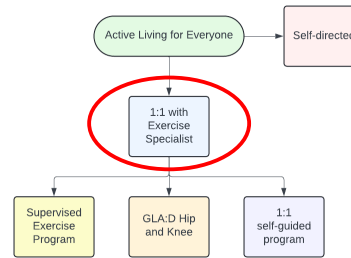
Individual Exercise Guidance

- ▶ Exercise Specialist works with you to develop a home or self-guided program.
- ▶ We will work with you to develop an activity routine to meet your goals .
- ▶ We can provide resources, help you to overcome barriers, or connect you with community resources or programs.
 - From there we will follow up every 3-6 weeks as needed.
 - Maximum of 6 follow-up visits.

Getting started!

- ▶ Ready to start making some small changes after today?
- ▶ Set small starter goal, build over time.
 - Ideas: Start walking 10+ mins 3x/week.
 - Add in strengthening exercise from our YouTube channel 2x/week.
- ▶ We can later help you to build upon this if you book an individual assessment.
- ▶ Not ready to start exercising yet? Focus on decreasing sedentary time instead!
 - 30:2

Next Steps!



Next Steps!

- ▶ To book your initial appointment with an Exercise Specialist.
 - Book using the [email link you receive tomorrow](#)
 - Book by calling 780-443-7477.
- ▶ **Note: Your referral is good for 6 months - You can take your time and book when you are ready.**

What to expect when booking an individual appointment online?

- ▶ Confirm personal information.
- ▶ Choose provider.
- ▶ In-Person, Video, or Phone Initial Appointment.
- ▶ If you book online, you can re-schedule online.



Any
Questions?

