

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

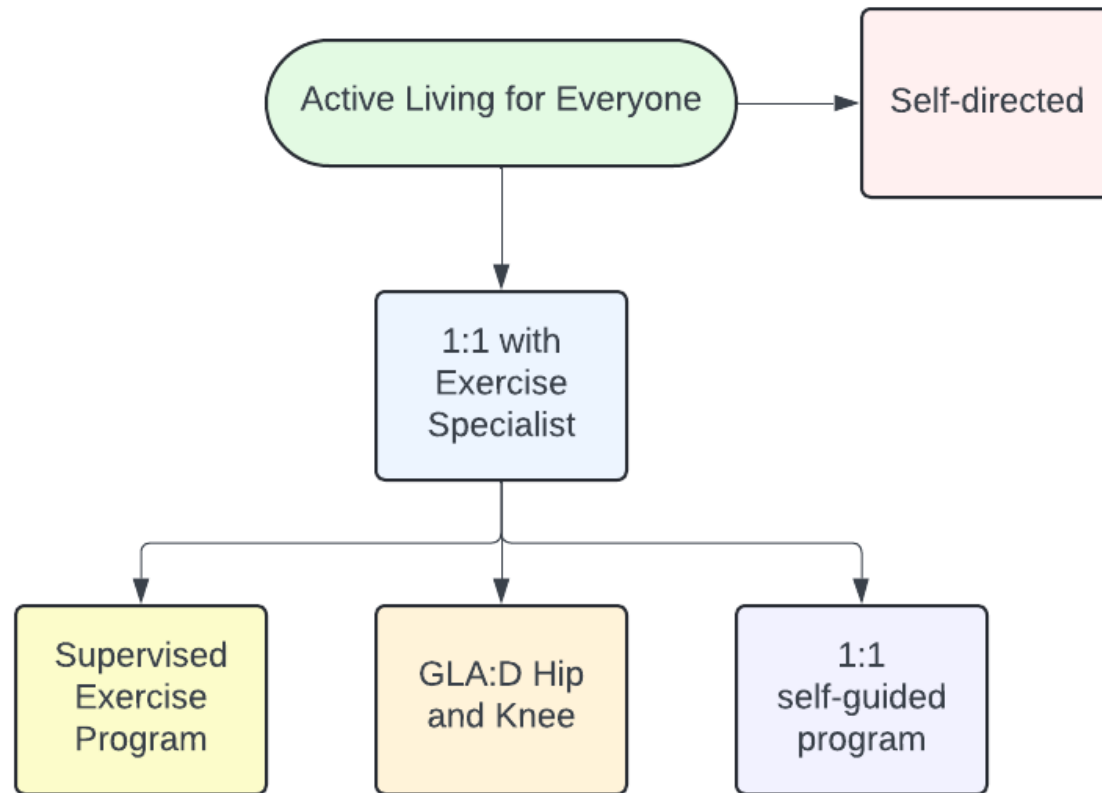


What is an Exercise Specialist?

- ▶ 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
 - ▶ And many more!



How can we help?



Physical Activity vs Exercise

➤ Physical Activity

- Gardening
 - Housework
 - Walking the dog
 - Walking to the mailbox
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- Movement throughout your day
 - Any bodily movement that is not intentional

➤ Exercise

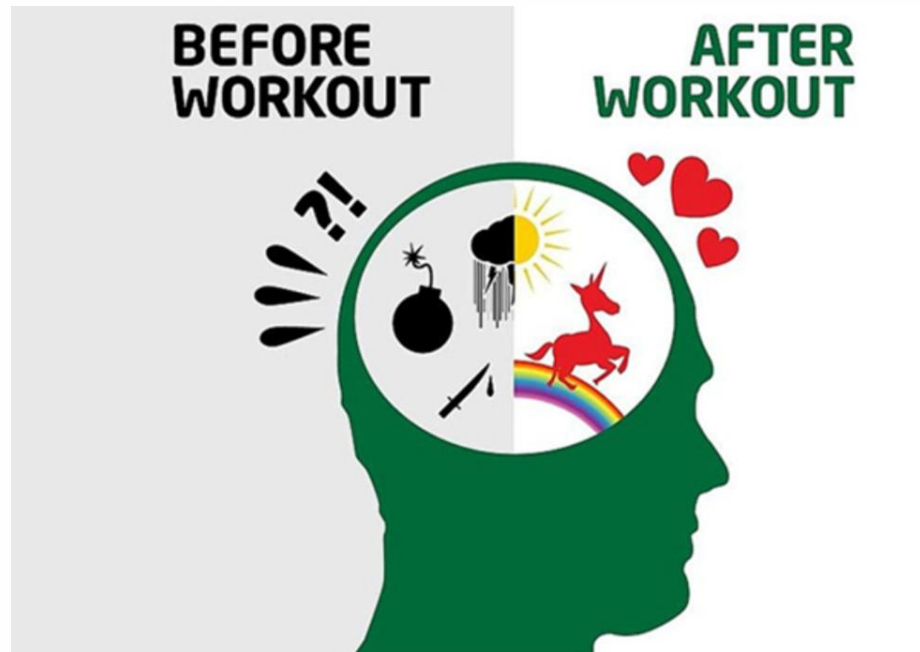
- Going to the gym
 - Home exercise video
 - Brisk walk
 - Bike ride
-
- Purposeful
 - Higher intensity

Lifestyle Approaches to increasing physical activity

- ▶ Walk instead of using email/phone at work
- ▶ 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
- ▶ Get up during commercial breaks
- ▶ Any other ideas?

Mental Benefits

- ▶ Cognitive wellness
- ▶ De-stress
- ▶ Energy
- ▶ Focus
- ▶ Mindfulness
- ▶ Mood
- ▶ Sleep
- ▶ Connection and community



Physical Benefits

- ▶ Increased mobility and decreased fall risk
- ▶ Reproductive health
- ▶ Gastrointestinal health
- ▶ Muscle mass, bone density, joint health
- ▶ Cardiovascular health (Blood pressure, Cholesterol)
- ▶ Blood sugar
- ▶ Overall health and physical fitness
- ▶ Pain management
- ▶ Maintain independence and slow ageing decline
- ▶ **Be strong enough to do the things you ENJOY**



The Pain Cycle

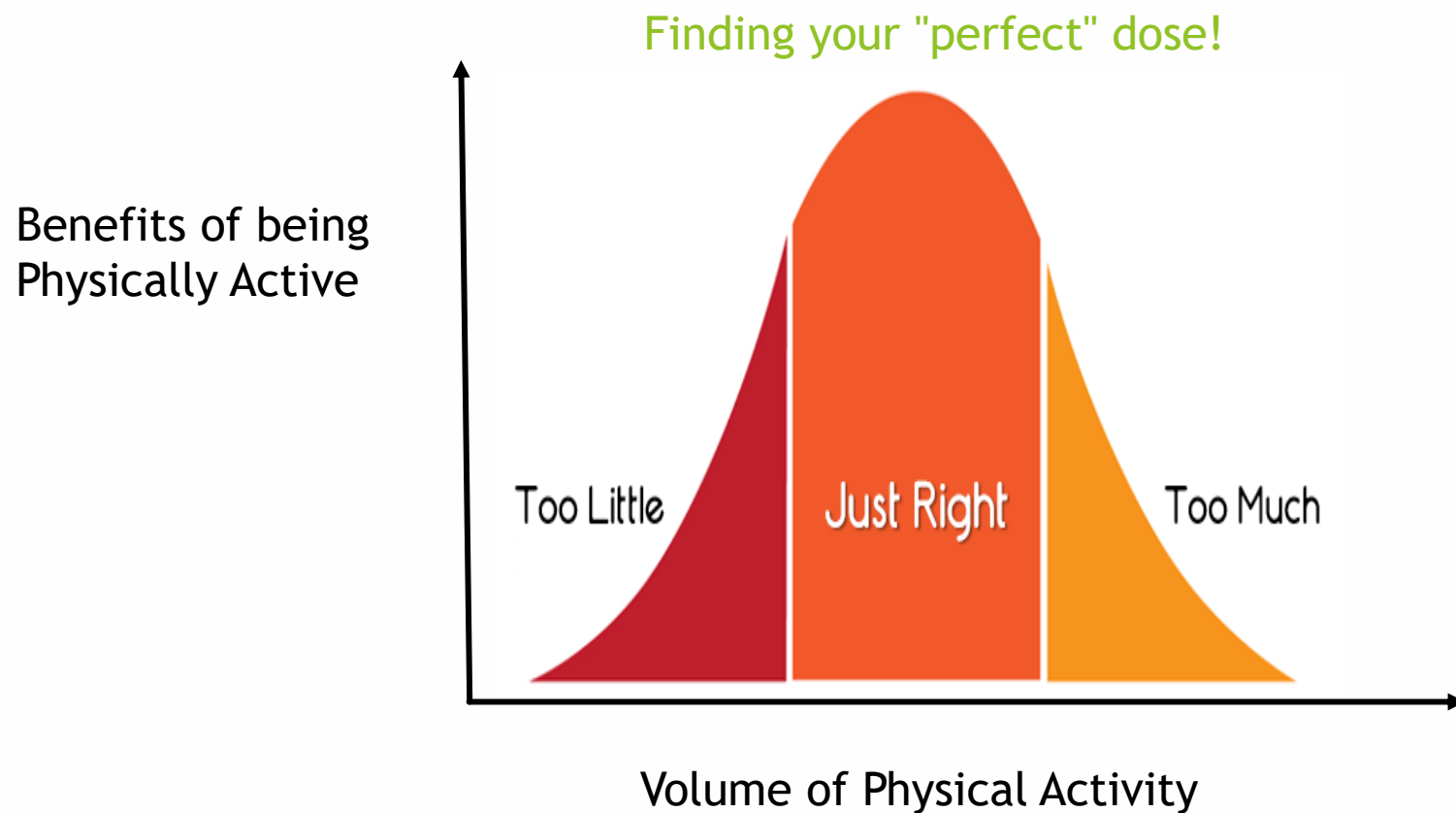


How to exercise with pain?

- ▶ It takes a lot to damage the muscles and joints.
- ▶ Excessive inactivity is usually worse than activity.
- ▶ You do not get more osteoarthritis by being physically active in moderation!
 - ▶ Research shows the opposite, the more active you are (in moderation) the less likely you are to develop OA.
- ▶ Pain Guidelines
 - ▶ It is safe to exercise if you have pain.
 - ▶ Dose exercise to mild increase in pain/discomfort and then stop or rest. Your tolerance will increase over time.

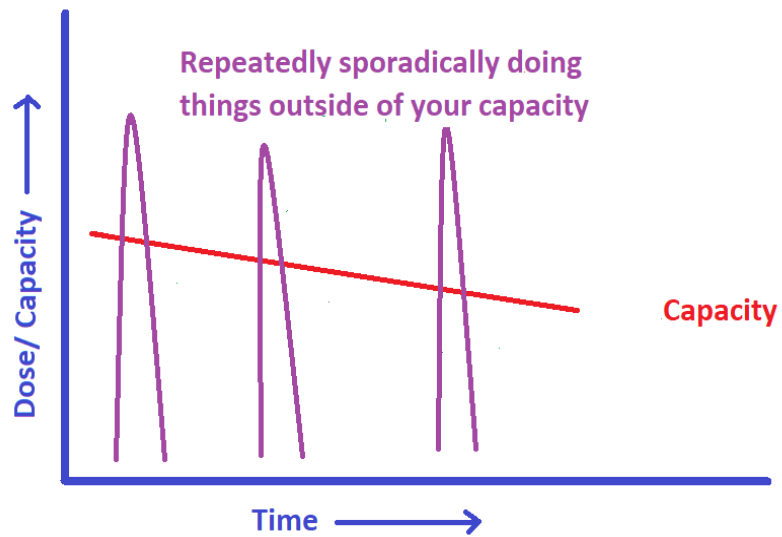


Dose exercise like medication!

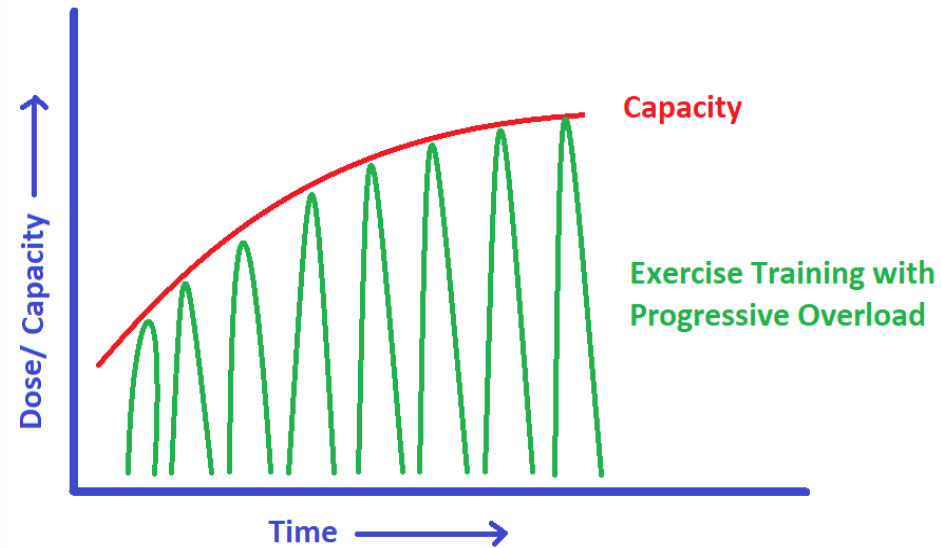


Dosing Activity

Exercise or Activity above one's capacity



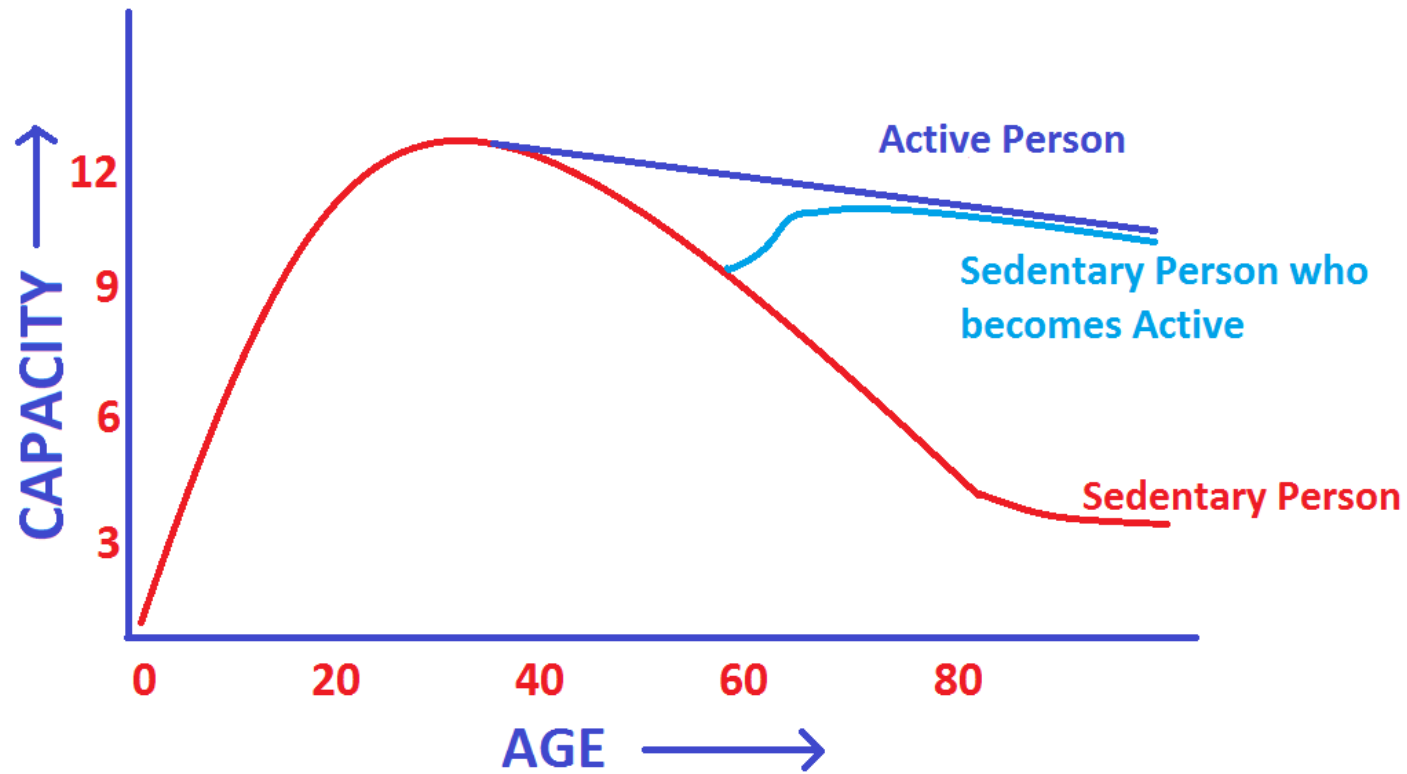
Exercise load within one's capacity



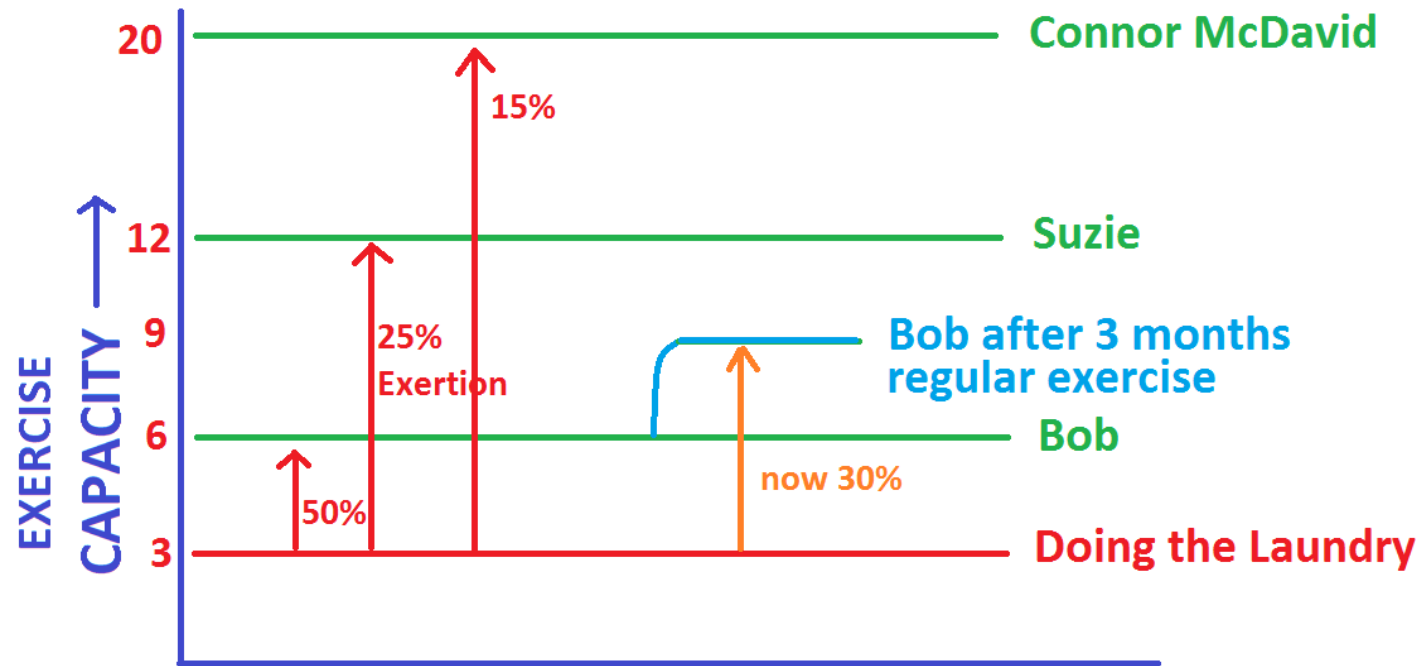
HIGH RISK OF INJURY! :(

HIGH RISK OF GETTING STRONG AND BEING HAPPIER :)

Aging and Exercise Capacity



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



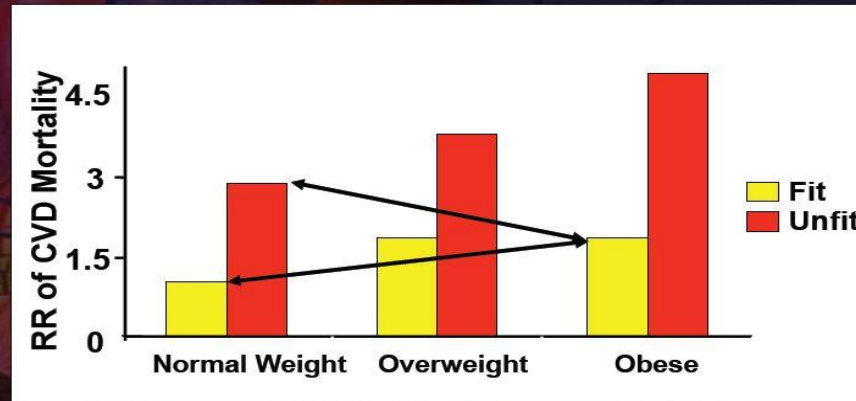
Exercise for weight loss?

- ▶ It takes a lot of exercise alone to lose weight - way more than most people are willing or able to commit to.
- ▶ Many factors go into weight loss (Sleep, stress, diet, exercise, daily movement, medication).
 - Best to work on small sustainable change to multiple areas.
 - Exercise can be "gateway drug" to a healthy lifestyle and impact multiple factors above.
- ▶ Exercise is very helpful for Weight Maintenance!!

Activity level is more important than ~~weight~~!!

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

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

▶ 30:2 RULE

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



Aerobic Exercise

Optimally done often on most days of the week!

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



Intensity

- ▶ What is moderate intensity?
- ▶ Talk Test
- ▶ Rate of Perceived Exertion (RPE)
 - ✓ On of scale of 0-10; aim for 3-6



Strength Training

Full body exercise 2-3 days per week, on non-consecutive days. For Example:

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

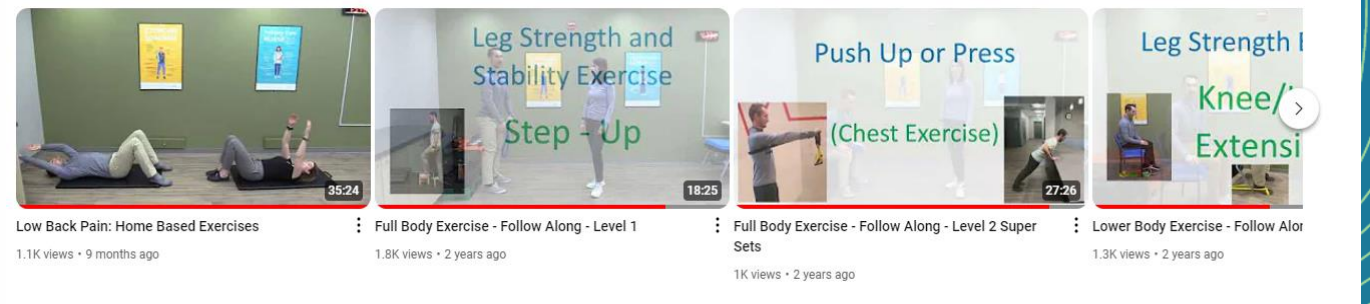
Just like medication - if you stop taking it, it stops working!!!



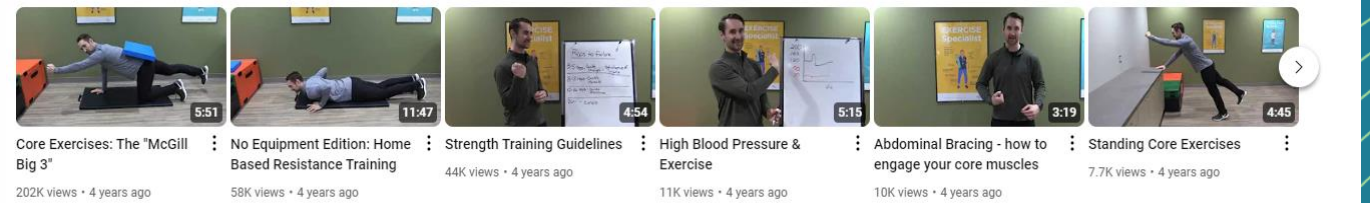
Online Resources? West PCN YouTube Channel:

- ▶ 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](#)



Popular videos ▶ Play all



How can we help?

When people come in to see us - we start with a 1 on 1 assessment - and then they end up in 1 of 3 places

❓ Supervised Exercise Program

- ❓ 1x/week for 8 weeks - learn to execute a cardio and strength training program appropriate for you in a community rec center

❓ GLAD

- ❓ 2x/week for 6 weeks, in-person or virtual (Zoom) education and strength training program for Hip/Knee arthritis.
- ❓ 2x/week for 9 weeks, education and strength training program for back pain.

❓ Home Exercise Program

- ❓ Exercise Specialist works with you to develop a home program, provides resources, and helps you overcome barriers.

Meet the Exercise Team!

Kevin



Kristin



Terri



Kelsey



GLa:D Hip/Knee Program

All programs start with a 2-hour education session on the first day, followed by a 2x/week exercise program for 6 weeks.

- ▶ Virtual Classes (On Zoom):
 - ▶ Mondays/Wednesdays Mornings 9:30-10:30am - Kristin
 - ▶ Mondays/Fridays Afternoons 1:00-2:00pm - Kevin
- ▶ In-Person Classes (Meadowlark Mall):
 - ▶ Tuesdays/Thursdays 11:00am-12:00pm - Kristin
 - ▶ Tuesdays/Thursdays 1:00pm-2:00pm - Terri
 - ▶ Wednesdays/Fridays 11:00am-12:00pm - Kevin

Gym-Based Supervised Exercise Program

1. Supervised Exercise Program

1. YMCA - JAMIE PLATZ - 1x/Week for 8 weeks

1. Thursday Afternoons - 12:45 pm, 2:00 pm, 3:15 pm - Kelsey

2. Monday mornings - 9:30 am, 10:45 am - Kelsey

2. Terwillegar Rec Centre - 1x/Week for 8 weeks

1. Tuesday Mornings - 8:15 am, 9:30 am, 10:45 am - Kevin

2. Wednesday Afternoons - 12:30 pm, 1:45 pm, 3:00 pm - Kristin

Self-Guided Exercise

- ▶ If you would prefer a home exercise program, or guidance on independent exercise we will work with you to develop an activity routine to meet your goals and provide resources.
- ▶ From there we will follow up every 3-6 weeks to help discuss overcoming any barriers that arise or help you to build on your goals until you are feeling confident with self-guided activity.
- ▶ 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 a 1 on 1 assessment.

Not ready to start Exercising yet?

- ▶ Focus on decreasing sedentary time instead!
 - 30:2

Ideas for habit formation.

- ▶ Make it obvious - become aware of cues that lead you to move.
 - Running shoes by the front door, gym bag packed and ready to go.
- ▶ Make it attractive - pair movement with something you love.
 - With a friend, listen to music, watch fav show, pick the exercise you like the most (or dislike the least!).
- ▶ Make it easy - needs to require little effort to start.
 - Removing friction existing between you and the behavior, already scheduled time in day, pre plan, remove/identify barriers ahead of time
- ▶ Make it satisfying - how do you feel before/after movement
 - Stiff muscles, mental clarity, focus on some of the short-term benefits and rewards you feel immediately to keep you motivated to work towards longer-term goals.

Create an Action Plan!

- ▶ What is one thing you can commit to for activity (or reduction in sedentary time) after this class?
 - How many days per week?
 - What days?
 - What time?

What to expect when booking your 1 on 1 Initial?

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

- ▶ PLEASE NOTE: Watch for pop-ups and advertisements anytime you are booking anything online. We will never ask for credit card payment!

Next Steps!

- ▶ If you would like to proceed with booking an individual appointment with an Exercise Specialist, you can book using this QR code.
- ▶ Alternatively, you will get an email with a booking link tomorrow or you can call 780-443-7477 to book over the phone.
- ▶ Your referral is good for 6 months - You can take your time and book when you are ready.

