

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

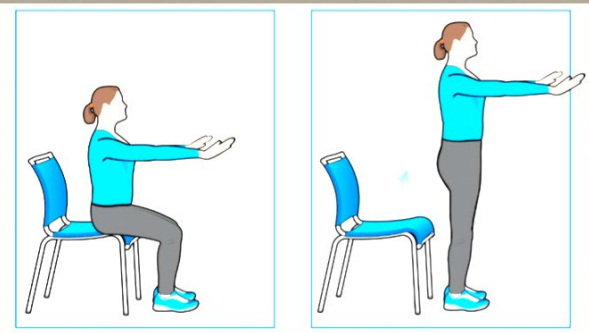
Remember to...

- 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

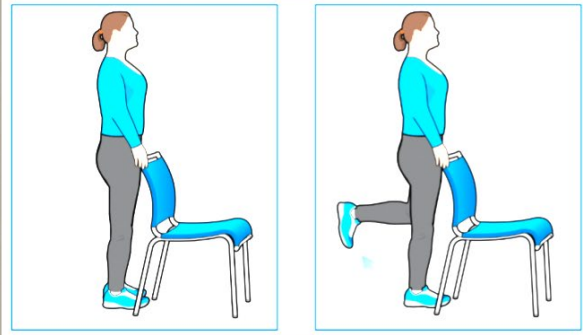


I will be able to demonstrate proficiency in performing a basic calisthenic routine of everyday exercises with minimal equipment independently

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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

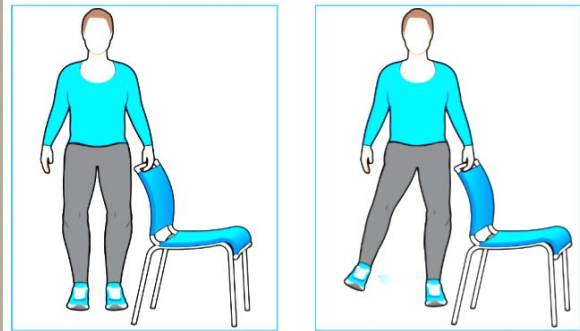


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Standing Leg Lift

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

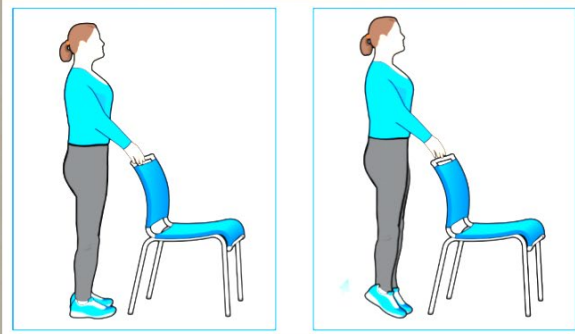


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Heel Raise

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

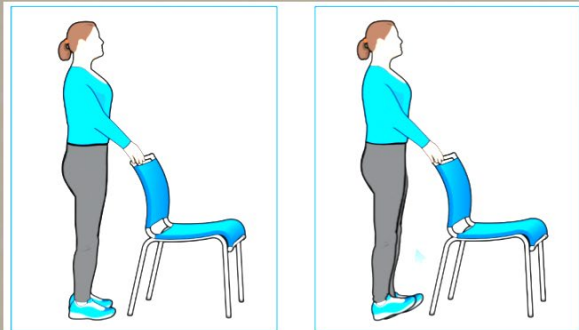


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Toe Raise

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

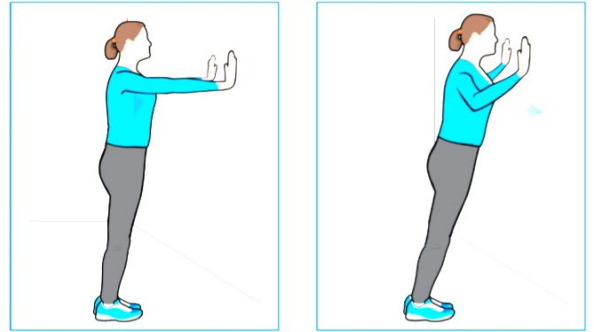


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Wall Push-up

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.