

Seniors' Fitness and Well-Being Resource Booklet



Neighbourhood Information

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Exercise Plan for Seniors

If you're an older adult looking to establish an exercise routine, you should, ideally, be able to incorporate 150 minutes of moderate endurance activity into your week. This can include walking, swimming, cycling, and a little bit of time every day to improve strength, flexibility, and balance.

The Centers for Disease Control and Prevention suggest this amount of time for generally fit Americans aged 65 and older. Even though this sounds like a lot, the good news is that you can break it down into 10- or 15-minute chunks of exercise two or more times a day. Here's an example of what a week might look like, along with suggestions for some exercises you can do to get started:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-minute walk x 2	15-minute walk x 2	30 minute cycling, swimming, water aerobics, Zumba, etc.	Rest	30 minute walk (or 15-minute walk x 2)	30 minute cycling, swimming, water aerobics, Zumba, etc.	Rest
Strength		Strength		Strength		
Balance	Balance	Balance	Balance	Balance	Balance	Balance
Flexibility	Flexibility	Flexibility	Flexibility	Flexibility	Flexibility	Flexibility

Strength Routine

There are dozens of exercises you can do to build strength without having to set foot in a gym. Here are a few examples for people who are just getting started.

1. Abdominal contractions



To increase strength in the abdominal muscles

- 1) Take a deep breath and tighten your abdominal muscles.
- 2) Hold for 3 breaths and then release the contraction.
- 3) Repeat 10 times.

2. Wall pushups



To increase strength in the chest and shoulders

- 1) Stand about 3 feet away from a wall, facing the wall, with your feet shoulder-width apart.
- 2) Lean forward and place your hands flat on the wall, in line with your shoulders. Your body should be in plank position, with your spine straight, not sagging or arched.
- 3) Lower your body toward the wall and then push back.
- 4) Repeat 10 times.

3. Pelvic tilts



To strengthen and stretch muscles in the lower back

1) Take a deep breath, tighten your buttocks, and tilt your hips slightly forward.

2) Hold for a 3-count.

3) Now tilt your hips back, and hold

for 3 seconds. It's a very subtle movement.

4) Repeat 8 to 12 times.

4. Shoulder blade squeeze



To strengthen postural muscles and stretch the chest

1) Stand straight, rest your hands in your lap, and squeeze your shoulder blades toward one

another.

2) Focus on keeping your shoulders down, not hunched up toward your ears, and hold for 3 seconds.

3) Release and repeat 8 to 12 times.

5. Toe taps



To strengthen the lower legs

1) Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strengthens the lower leg)

2) Repeat 20 times.

6. Heel raises



To strengthen the upper calves

- 1) Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
- 2) Repeat 20 times.

7. Knee lifts



To strengthen the thighs

- 1) Seated in a chair, with your arms resting but not pressing on the armrests, contract your right quadriceps muscles and lift your leg. Your knee and the back of your thigh should be 2 or 3 inches off the seat.
- 2) Pause for 3 seconds and slowly lower your leg.
- 3) Complete 8 to 12 repetitions and then repeat with the opposite leg.

8. Shoulder and upper back stretch



To stretch the shoulders and back

- 1) Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder.
- 2) Place your left hand on your right elbow and gently pull your right arm across your chest.
- 3) Hold for 20 to 30 seconds.
- 4) Repeat with the opposite arm.

9. Ankle rotations



To strengthen the calves

1) Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.

2) Repeat with the left foot.

Stretch it Out

Getting into the habit of stretching every day will improve your range of motion and make every activity — including reaching for a dish from a cupboard — more comfortable. Here are two basic stretches to start with.

1. Neck stretch



To relieve tension in the neck and upper back

1) Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.

2) Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.

3) Now turn to the left. Hold for 10 to 30 seconds.

4) Repeat 3 to 5 times.

2. Upper back



To relieve tension in the shoulders and upper back

1) Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart.

2) Hold your arms up and out in front at shoulder height, with your palms facing

outward and the backs of your hands pressed together. Relax your shoulders so they're not scrunched up near your ears.

3) Reach your fingertips out until you feel a stretch. Your back will move away from the back of the chair.

4) Stop and hold for 10 to 30 seconds.

5) Repeat 3 to 5 times.

Balance Boosters

Since accidental falls are a significant source of injury for many older adults, incorporating balance exercises in your exercise regimen is essential. Doing balance exercises, such as the ones described here, or an activity such as tai chi or yoga, makes it easier to walk on uneven surfaces without losing balance. You can do these balance exercises every day, several times a day — even when you're standing in line at the bank or the grocery store.

1.Shifting weight



- 1)Stand with your feet hip-width apart and your weight evenly distributed on both feet.
- 2)Relax your hands at your sides. You can also do this exercise with a sturdy chair in front of you in case

you need to grab it for balance.

3)Shift your weight on to your right side, then lift your left foot a few inches off of the floor.

4)Hold for 10 seconds, eventually working up to 30 seconds.

5) Return to the starting position and repeat with the opposite leg.

6)Repeat 3 times.

2.Single leg balance



- 1)Stand with your feet hip-width apart, with your hands on your hips or on the back of a sturdy chair if you need support.

2)Lift your left foot off of the floor, bending at the knee and lifting your heel halfway between the floor and your buttocks.

3)Hold for 10 seconds, eventually working up to 30 seconds.

4)Return to the starting position and repeat with the opposite leg.

5) Repeat 3 times.

Healthy Eating for Older Adults

Eating a well-balanced diet is an important part of staying healthy as you age. It can help you maintain a healthy weight, stay energized, and get the nutrients you need. It also lowers your risk of developing chronic health conditions, such as heart disease and diabetes. It is never too late to start eating well! You are well on your way to eating well, living well and aging well.

The Basics of Healthy Living

- Eat a variety of foods.
- Eat in moderation. Size matters, so watch your portions!
- Drink more water.
- Do something active every day.

Bone up on calcium!

Milk and Alternatives contain calcium, Vitamin D and other nutrients that are important for strong bones.

Aim for about 1200 mg of Calcium and 800 IU of Vitamin D each day if you are over 70 years of age. If you do not get enough milk products or calcium-rich foods, speak to your health care provider. You may want to take a supplement. Everyone over the age of 50 should take a daily Vitamin D supplement of 400 IU.

Drink water often!

Many older people do not drink enough fluids. As we age, our sense of thirst declines. We need to drink whether or not we feel thirsty.

Drinking fluids may help to prevent constipation.

- Drink enough fluid each day. This includes water, milk, juice, soup, coffee/tea.
- Keep a bottle or glass of water nearby.
- Have a cup of tea or coffee in the afternoon.
- Drink a glass of water when you wake up.
- Have a glass of milk, 100% juice or water with your meals.

Eat Well and be Active Every Day Tips

- Have breakfast every day. It may help control your hunger later in the day.
- Walk wherever you can – get off the bus early, use the stairs.
- Benefit from eating vegetables and fruit at all meals and as snacks.
- Spend less time being inactive such as watching TV or playing computer games.
- Request nutrition information about menu items when eating out to help you make healthier choices.
- Enjoy eating with family and friends!
- Take time to eat and savour every bit

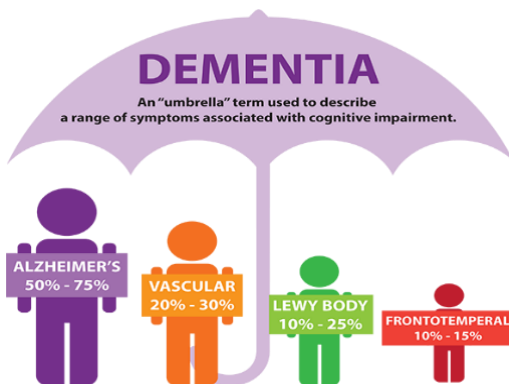


Keeping Your Brain Healthy

According to the latest statistic from Alzheimer Society of Toronto that there were over half a million Canadians living with dementia plus approximately 25,000 new diagnosed yearly. By the year 2031, the number will reach to 937,000 and an increase to 66 percent. From the International report that every 3 seconds someone in the world develops with dementia, hence having a healthy brain is essential and important to everyone especially among the seniors because ageing is one of the high risk factor of evoking dementia.

What is Alzheimer's Disease?

Alzheimer's disease is a form of dementia, which degenerate to the brain causing problem of cognitive ability and interfering with daily tasks if the disease become seriously impaired.



Ten Warning Signs

1. **Memory loss:** persistently forgetting things that disrupts daily life such as forget you have eaten breakfast and you eat again, and then half an hour later you forget again then there is a problem.
2. **Difficulty performing familiar tasks:** For example, a housewife has been cooking for 20 years but suddenly forget how to make rice.
3. **Problems with language:** forget very easy words and people may not understand what you are trying to say.
4. **Disorientation of time and place:** difficulty of recognize your own home even though you have been living on the same street for 20 years.
5. **Poor or decreased judgement:** you may realize that it is very hot outside but still wear a big winter jacket.
6. **Problems with abstract thinking:** not being able to do math and may not even know what numbers are.
7. **Misplacing things:** no remembering the misplaced things for example place your watch in the fridge and say that you have stolen it.
8. **Changes in mood and behaviour:** suddenly have a bad temper with no reason.
9. **Changes in personality:** the person used to be really active now wants to be alone.
10. **Lost of initiative:** people with dementia may not move for hours because their brain can't tell them to get up.

Six Methods of Keeping Brain Healthy



Balanced Diet

Having your meals regularly on a daily basis, pay attention to the meal quality rather than meal quantity.



Be Physically Active

Physical exercises can protect brain from degeneration and brain shrinkage.



Protect Your Head

By protecting your head, you are caring for your brain today and in the future.



Adequate Sleep

Get adequate sleep can help the brain and body to recuperate after a long day,



Be Socially Active

An active social life is good for the brain



Manage Stress

Know how to relief own stress through maintaining

Fall Prevention

Each year, thousands of seniors are injured, disabled and hospitalized due to falls. Injuries are costly in human terms and economic terms and yet a majority of falls are predictable and preventable.

Falls happen as a result of both personal and environmental factors.

Common personal examples are vision problems, loss of balance and muscle weakness, while environmental examples include: slipping, tripping, stumbling and falling from one level to another.

12 Tips to Prevent Falls

1. **Exercise Regularly:** Regular exercise helps to maintain muscle and bone strength and flexibility, reducing the risk of injuries.
2. **Eat Balanced Meals:** It is important to eat three well balanced meals per day to avoid weakness, dizziness and fatigue.
3. **Have Regular Health Check-Ups:** Changes in your vision, hearing, bones and muscles could lead to a fall – if you fall, visit your doctor.
4. **Use Medication Safely:** Some medications can make you drowsy or dizzy; if you experience any of these side effects, discuss them with your doctor or pharmacist.

5. **Wear Supportive Footwear:** Wear low-heeled footwear with non-skid soles indoors and outdoors.
6. **Use Walking Aids Correctly:** A cane or walker should be fitted for your height.
7. **Remove Clutter:** Clear objects from stairs and traffic areas.
8. **Secure Rugs:** Avoid small rugs or mats that could slide or bunch up and cause someone to trip.
9. **Light up Your Path:** Night lights can be used to brighten dark hallways, bathrooms and stairways.
10. **Do a Home Safety Check:** Basic safety features for every home include secure handrails, well-lit stairs, night lights, non-skid bath mats and grab bars.
11. **Take Time for Friends:** Research tells us that those who are isolated, lonely and less active have more serious injuries.
12. **Avoid Rushing:** Rushing increases your risk of falling – take your time.

City of Toronto Welcome Policy

The City of Toronto's Welcome Policy program ensures accessibility to recreation programs for residents who are unable to afford the fees to participate in these programs.

If you are experiencing financial difficulties, then you might qualify for the Welcome Policy program (WP). The Welcome Policy entitlement period runs from September 1 to August 31st the following year and must be renewed each year by the client. The Welcome Policy subsidy dates cannot be changed. Clients must use their WP subsidy money after the start of the subsidy period.

How to Apply

-Get an Application Form

Call the Welcome Policy application line at 416-338-8888 (TTY: 416-338-3195) and an application form will be mailed to you.

Pick one up at any City of Toronto Recreation Center.

Download now – Welcome Policy Application Form.

-Complete the Application Form

Enter the information for you and for each family member living with you (applicant, spouse, child/children).

Check any applicable boxes in the “Proof of Income” section.

List all sources of income for each family member 18 years of age and older

The annual pre-tax income must be entered for each source of income that is listed. For example, if your pre-tax income is \$20,000 and your spouse's pre-tax income is \$17,000, you would enter \$37,000 as the amount of Total Family Income.

The information you enter on the Application Form must match the information on the identification, address and income documents you provide.

Sign the application form.

Gather supporting documentation.

-Submit the Application Form

Mailing your Application

Before mailing your application, please make sure:

You have completed all the sections.

The information you provided is accurate.

Your signature is on the form.

You have included copies of all the necessary documents.

Applications should be mailed to:

City of Toronto

Welcome Policy Application

55 John Street – Mail Room
Toronto, Ontario M5V 3C6

Dropping Off Your Application

Completed Welcome Policy applications and supporting documents can be dropped off at any Toronto Employment and Social Services office or Civic Centre. Download a list of acceptable support documentation and drop-off locations.

Faxing Your Application

You can also fax your Welcome Policy application and supporting documents to 416-338-5046.

Please note that faxing is not a secure method of transmitting information.

Local Community and Recreation Center

-Jimmie Simpson Recreation Centre

Address: 870 Queen St. Toronto, ON

Phone: 416-392-0751

-John Innes Community Recreation Centre

Address: 150 Sherbourne St. Toronto, ON

Phone: 416-392-6779

- Regent Park Community Centre

Address: 402 Shuter St. Toronto, ON

Phone: 416-392-5490

-Wellesley Community Centre

Address: 495 Sherbourne St. Toronto, ON

Phone: 416-392-0227

- Regent Park Aquatic Centre

Address: 640 Dundas St. E. Toronto, ON M5A 2B9

Phone: 416-338-2237

- Matty Eckler Recreation Centre

Address: 953 Gerrard St. Toronto, ON M4M 1Z4

Phone: 416-392-0750

-Riverdale Farm

Address: 201 Winchester St. Toronto ON

Phone: 416-392-6794

Article Resources

How much physical activity do older adults need?
(2015)

[cdc.gov/physicalactivity/basics/older_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)

Improve your balance. (n.d.)

go4life.nia.nih.gov/exercises/balance

Improve your flexibility. (n.d.)

go4life.nia.nih.gov/exercises/flexibility

Improve your strength. (n.d.)

go4life.nia.nih.gov/exercises/strength

Mayo Clinic Staff. (2016). Fall prevention: simple tips to prevent falls.

[mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/art-20047358](https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/art-20047358)

https://www.health.gov.bc.ca/library/publications/year/2007/healthy_eating_for_seniors/a-ch1-2.pdf

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