

# Your Personal Passport to Healthy Living

*Physical Activity*  
*Healthy Eating*  
*Mental Health*  
*Beliefs & Attitudes*







## Your Passport

your name here

This is YOUR passport to healthy living. Put something inside this frame that will inspire you on your journey to a healthier lifestyle.

Your inspiration could be:

-  a photo of you, your family, or friends
-  a story
-  a helpful thought
-  a place you want to visit

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*Ce document est aussi disponible en français.*



This Passport takes you on a healthy lifestyle journey. It's designed to provide you with benefits that will last a lifetime.

Just as an official passport allows you to travel to, and learn about foreign countries, your Personal Passport to Healthy Living will allow you to go on a journey of opportunities and new experiences. Travelling to a new country can be intimidating, when the food, language, and customs are foreign to you. You may experience the same concerns on this new personal journey. You will learn how physical activity, food choices, lifestyle habits, and maintaining positive mental health influence several chronic diseases.

Having a travelling companion often makes a trip more enjoyable. You may find that having a friend on this journey to a healthier lifestyle will also make it more fun and increase your chances for success.

Just as official passports get stamped, so can your Personal Passport. When you have made a lifestyle change, the stamps in your Passport may be validated if you wish, by you, a friend, or an instructor.

This is YOUR Personal Passport to use as you like.

Every step on your journey is important, be it big or small. Good luck and bon voyage!

We wish you success.

*Yours in health,*  
**Active Aging Canada**



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**Editor's Note:** the  symbol is placed beside information specific to people with diabetes.

## Inside your Passport



### Did you know...

Research shows that when people record their daily habits, it increases their rate of success in changing their lifestyle.

**M**anaging or preventing chronic disease is essential for healthy aging and for staying independent. This Passport has a focus on Type 2 diabetes, but it also provides helpful information about other chronic diseases.

Many of these chronic diseases are 'lifestyle diseases'. This means that you can prevent and manage them with a healthier lifestyle. It's a big challenge to change habits of 30 or 40 years. We suggest that you make this a lifetime journey, starting with small steps and making simple changes. Build these changes into your daily routine.


Your Passport is designed to be your personal tool for assessing your lifestyle. Record your activities and successes as your journey takes you along the road to healthier living.

## Active Aging Canada

**A**ctive Aging Canada is a charitable organization, incorporated in 1999. We envision a society where all older Canadians are living active lifestyles thereby contributing to their physical and overall well-being.

Active Aging Canada, in partnership with its member organizations encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living.

In keeping with its role, Active Aging Canada members are committed to upholding and advocating the following principles:

-  **Respect** the experiences, contributions and resources of older Canadians by recognizing and integrating them
-  **Inclusion** of older adults in all planning and decision making
-  **Diversity** is embraced by respecting all points of view
-  **Meaningful partnerships** are formed to work together with other individuals and organizations
-  **Consensus** is strived for in decision-making
-  **Access** to all older adults inclusive of socio-economic status, Indigenous peoples, ethno-cultural background, geographic locations, and ability
-  **Equity** by recognizing that everyone, regardless of present level of ability, capability and economic status, can improve their well-being through active living



## Diabetes

### Did you know...

Age is no barrier to a healthy, active lifestyle. Regular physical activity and healthy eating improves your general health and well being. It also helps prevent and control Type 2 diabetes.

**M**uch of the food we eat is broken down into glucose (sugar) which is used for energy. Diabetes is a disease that prevents the body from using glucose (sugar) properly. To use sugar, the body needs insulin, which is produced in the pancreas. With diabetes, the body does not produce enough insulin or has difficulty using the insulin it makes.

Sugar builds up in the blood instead of being used as energy. If left untreated, high levels of blood sugar can slowly damage blood vessels and nerves. Complications may develop such as: loss of vision, cloudiness in the lens of the eye, kidney damage, nerve damage, increased risk of heart attack and stroke, high blood pressure, and impotence. However, if well managed, people can slow the progress of diabetes, and prevent or delay complications.

## Diabetes

*There are risk factors for Type 2 diabetes that cannot be changed:*

- ☞ Age
- ☞ Family history of diabetes
- ☞ Ethnic background – People of Indigenous, Hispanic, Asian, Arabic, South Asian and African descent are higher risk groups
- ☞ A history of gestational diabetes (diabetes during pregnancy)

*Risk factors for Type 2 diabetes that can be changed:*

- ☞ Being overweight, especially if most of the weight is carried around the middle
- ☞ High blood pressure, obstructive sleep apnea
- ☞ Inactivity
- ☞ Drinking too much alcohol
- ☞ Smoking
- ☞ Not eating well
- ☞ High cholesterol or high triglycerides

Lifestyle changes can help manage blood sugar levels and control diabetes. Keep track of your results in *Your Personal Passport to Healthy Living* and monitor your successes.





## Other Chronic Diseases

### Did you know...

Researchers have found that being active can lower your resting heart rate and your blood pressure. That's good for a healthy heart.

**P**hysical activity, healthy eating, and some simple changes in your lifestyle can play a big role in preventing other chronic diseases.

### Heart Disease & Stroke

Heart disease and strokes are primarily 'lifestyle diseases'. How we choose to live affects our heart health. A poor diet, smoking, and spending a lot of the day sitting makes the heart work overtime. Eventually, this behaviour will cause some parts of the heart to break down.

But research shows those who exercise, live longer and develop heart disease less often. Studies also show that active people are less likely to have a stroke.

## Other Chronic Diseases

### Cancer

Cancer mostly strikes older adults. Research shows that older women have the best protection from breast cancer if they have exercised regularly all of their lives. And, moderate exercise can help older women, even if they have never been physically active. Physical activity also reduces the chance of developing cancer in the colon, uterus, esophagus, kidneys, and stomach.

### Helpful hints

To help prevent cancer, spend at least 30 minutes a day doing moderate physical activity.

Exercise can make it less likely that a cancer will return. It can increase chances of survival for those with breast, colorectal, and prostate cancers.

### Getting Active After Cancer Treatment

Surgery, radiation treatment, and chemotherapy can leave you feeling worn out. Once you are done with treatments, you can think about being physically active.

Physical activity can help you:

- 👉 feel less tired
- 👉 recover faster
- 👉 have more energy
- 👉 relax and reduce stress

Talk to your oncologist first. They can tell you if you are ready to exercise, as well as how much, how often and how hard and can refer you to a cancer rehabilitation centre. You can also talk to your health care provider, physiotherapist, or an exercise specialist. They can work with you to find out what activities best meet your needs.



## Other Chronic Diseases

### Did you know...

For everyone 50 years and older, it is recommended you take:

- ★ calcium 1200 mg/day
- ★ vitamin D<sub>3</sub> 800 – 2000 IU/day

Four types of exercise are recommended for people with osteoporosis:

- ☞ strength training
- ☞ balance training
- ☞ posture awareness
- ☞ aerobic activity

### Osteoporosis

Osteoporosis is a disease that makes bones thin and weak. Weak bones can fracture when you lift, twist, or fall.

Do things that make you carry your full weight. For instance, walk, climb stairs, or dance. Strength training exercises, like using free weights or exercise bands, can help maintain bone mass in the spine and hip. Tai Chi helps to improve balance.

The Too Fit To Fracture program was developed to help you learn about these types of exercises. Bone Fit™ trained professionals can help as well. See page 51 for more information.

Calcium and vitamin D<sub>3</sub> are essential for bone health. Vitamin D<sub>3</sub> helps you to absorb calcium, which builds stronger bones (bone mass). It also helps muscles to control your balance and prevent falls that can lead to fractures.

## Other Chronic Diseases

### Arthritis

Millions of older Canadians suffer from the pain, stiffness, and swelling caused by arthritis.

Exercise is an essential part of a treatment plan for any type of arthritis. It decreases joint swelling and pain. It helps you maintain a healthy weight. This reduces pressure on your joints and improves cartilage and bone tissue health.

Both aerobic and strength training exercises are recommended. Daily exercises for flexibility are also important. This is because stiffness and pain cause joints to be less flexible.

### Strategies for Daily Life

Arthritis can impact many aspects of life, but with adjustments, you can keep doing the things you enjoy.

Arthritis is common. People who have difficulty with tasks because of joint pain, and those who care for them, have come up with ideas to make things easier. Look for resources that offer tips. Learn about adapted clothing, browse your local home care store for useful gadgets such as adapters for knobs or writing tools.

### Helpful hints

**Apply heat.** Heat can relax your joints and muscles. It can relieve any pain you have before you begin.

**Move gently.** Move your joints gently at first to warm up.

**Go slowly.** Exercise with slow and easy movements. If you feel pain, take a break. If you feel sharp pain, it could be a sign that something is wrong. Slow down if you notice swelling or redness in your joints.

**Ice afterward.** Apply ice to your joints for up to 20 minutes, especially after activity that causes joint swelling.



## Other Chronic Diseases

### Did you know...

Being physically active helps maintain brain health and can reduce the risk of dementia.

### Dementia

People living with Alzheimer's and other dementias benefit from regular physical activity. It improves daily living activities and mobility. It may improve general cognition and balance. It also helps with depressed mood and agitation.

Cognitive "mishaps" like leaving without keys or forgetting someone's name are a common and quite normal feature of stress or aging. But sometimes, memory and other cognitive changes are far more extensive and problematic.

Dementia is not one disease. It is an 'umbrella' term for a set of symptoms caused by physical changes in the brain. Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning. This in turn affects behaviour and interferes with a person's daily life.

Alzheimer's disease is a type of dementia. It causes the loss of memory and ability to think over time.

## Foot Care For People With Diabetes

### TIPS FOR D

Sometimes, people with diabetes can have nerve damage with a loss of sensation to their feet and hands. There may be numbness and no feeling of pain, that could result in ulcers and poor wound healing. Don't take chances. Treat your feet with care. Chronic wounds are ulcers or sores on the skin that last longer than they should. Ask your doctor about any wound or sore that will not heal.

### Foot Care Checklist

- Are your feet numb, painful, or tingling?
- Do your feet feel like blocks of wood?
- Are your feet changing shape?
- Does one foot look or feel different than the other?
- Are your feet dry, callused, or cracked?
- Do they have sores or blisters?

If you answered Yes to any of these questions see your health care professional.

### Helpful hints

- ★ Keep feet clean and dry
- ★ Check feet daily, looking for sores, changes in skin colour, odour
- ★ Never go bare foot
- ★ Have good fitting shoes
- ★ Do not use heating pads, hot water bottles, or camp fires to warm feet
- ★ Get help to cut your toenails





## 24 Hour Guidelines

Canada's 24-Hour Movement Guidelines for Adults 65+ tell us to be physically active each day, minimize the time we sit, and get enough sleep.

### What happens in a healthy 24 hours

We should do a variety of physical activities, with a range of intensities:

**moderate to vigorous** aerobic activities that will add up to at least 150 minutes a week

**muscle strengthening** using major muscle groups at least twice a week

**physical activities** that challenge balance daily

**several hours** of light physical activities, including standing

We should limit the time we sit to 8 hours or less. No more than 3 hours of this should be recreational screen time. Break up long periods of sitting as often as you can.

Get 7 to 8 hours of good-quality sleep each night, with consistent bed and wake-up times.

### Helpful hint

How fast is 'brisk'? That depends on you. On average, it means walking 3–4 miles (4.8–6.4 km) an hour, or about the speed you would walk if you were late for an appointment. It should not be so fast that you are unable to talk.

## Be Healthy Every Day

**B**risk walking is a perfect moderate physical activity. Walking can be done anywhere, anytime, without any special equipment.

### Safety Tips

Talk to your health care provider first if:

- ☞ you plan to start an exercise program that is more demanding than brisk walking or
- ☞ you have not been physically active for a long time.

Satisfy your thirst with water.

### TIPS FOR **D** Tips for Diabetics

Wear your MedicAlert® bracelet or necklace.

Take 15 grams of carbohydrates (example: 6 Life Savers, ¾ cup regular pop) with you in case your blood sugar gets below 4.

Check your blood sugars before, and after vigorous exercise.

### Helpful hint

How do you know if your activity is intense?

**light-intensity activity**  
You can sing a song while doing your activity.

**moderate-intensity activity**  
You are breathing more rapidly, but can still carry on a conversation.

**heavy-intensity activity**  
You can only say a few words before needing to take a breath.



## Tips for Success

**M**oderate-intensity activities will cause you to sweat a little and to breathe harder. Activities like:

- ☞ brisk walking
- ☞ bicycling

Vigorous-intensity physical activities will cause you to sweat and be 'out of breath'. Activities like:

- ☞ cross-country skiing
- ☞ fast swimming
- ☞ walking up hills

Exercising with friends may help you maintain your daily routine of activity.

Find an activity that you like and keep doing it. Find an activity that will keep you physically active even when the weather is bad.

Record your measurements on this chart when you start using this Passport. Update your measurements after each check-up so that you can see your progress.

<b>DATE</b>			
Height			
Weight			
Waist Girth			
Blood Pressure			
Cholesterol			
Blood Sugar			

Additional Charts are available on pages 44–47



## Physical Activity

### First Steps...

Make physical activity a part of your daily routine. Start by doing more of what you are already doing.

Walk whenever you can. Treat your feet. Get a good pair of shoes for walking.

Start slowly, build up gradually.

Short, 10-minute bouts of activity all add up.

Build up to a total of at least 150 minutes per week of moderate to vigorous intensity of aerobic physical activity.

**P**hysical activity can: lower blood sugar, lower blood pressure, relieve stress, strengthen your heart, increase lung capacity, improve circulation, help you sleep, control weight, boost your immune system and more.

### TIPS FOR **D** Tips for Diabetics

Healthy ranges for older adults with diabetes:

- ☞ a waist girth for men of less than 40 inches, for women less than 35 inches
- ☞ blood pressure: 130/85
- ☞ LDL: equal or less than 2.0 mmol/L
- ☞ total cholesterol to HDL ratio: below 4
- ☞ fasting blood glucose: less than 7.0 mmol/L
- ☞ A1C 7.0% or less
- ☞ blood glucose levels 4–7 mmol/L before meals; less than 10 mmol/L up to 2 hours post-meals

(See Definitions page 48)

## Strength Training



### Did You Know...

People can develop their muscles right into their 90's.

Some older adults have reached a strength level equal to someone 20 years younger.

You can do strength training at home or in a gym.

Over the years, adults lose muscle mass and strength. This normal loss in muscle size can make it hard to live safely and independently. As we age it may become more challenging to:

- ✿ lift groceries
- ✿ climb stairs
- ✿ do heavy housework or gardening
- ✿ cross the street quickly enough to keep up with the traffic lights
- ✿ pick up your grandchildren

What's more, when older adults lose muscle mass and are inactive, they have an increased risk of disability, falls, and diseases such as diabetes. No matter what your age or ability, research shows that older adults can safely get stronger, even in a short time.

## Strength Training

When you do strength training, you can regain some of the muscle mass you have lost due to aging. Then daily chores are easier, and you have better balance and more confidence.

Research shows that you will also:

- ✿ have healthier bones
- ✿ have better posture
- ✿ decrease your body fat
- ✿ reduce your risk of falling
- ✿ be able to walk faster
- ✿ react quicker
- ✿ climb stairs more easily
- ✿ rise out of a chair more easily

### For best results when training with weights

- 👉 Always exercise the main muscle groups: arms, chest, back, abdomen, and legs.
- 👉 Do at least one 'set' of each exercise before resting (1 set = 8-12 times). The muscle group should feel tired, but work within a pain free range. Try for 1-3 sets.
- 👉 Train 2-3 times a week with one day in between.
- 👉 When it gets easy, progress to a heavier weight.
- 👉 Maintain good posture. Never hold your breath. Keep breathing regularly while lifting the weight.



# Chart

This chart will help you to keep track of your activities. This is a good way to monitor your improvement and success.

## Tracking My Activities

Date	Activity	Length of Time	Intensity of Activity		
			light	moderate	vigorous

Additional Charts are available on pages 44 & 45



# Balance Exercise

Falls are the leading cause of injury for older Canadians.

You can prevent falls by:

- ✿ making adjustments to your home
- ✿ eating well
- ✿ staying fit
- ✿ managing your medications
- ✿ using assistive devices in your daily life that help keep you safe

Balance is the ability to stay upright, or stay in control of body movement. Having good balance is crucial to preventing falls. Balance can be improved at any age. Do things that challenge your balance as part of your exercise routine. Practice balance often.

### Did You Know...

In the most recent update of Canada's Physical Activity Guidelines for Older Adults, there is a recommendation to do "physical activities that challenge balance."

- ☆ Strength training
- ☆ Look for an exercise class that focuses on balance or functional exercises.
- ☆ Look for videos on how to do balance exercises.



## Lifestyle

### Did You Know...

**TIPS FOR** **D** Diabetes and smoking don't mix. People with diabetes already have an increased risk for heart disease. People with diabetes who smoke face three times the risk of having a heart attack, compared to people with diabetes who do not smoke.

It's never too late to quit! If you decide to quit, there are many resources to help you.

### Smoking

Smoking on its own causes blood vessel damage, heart attacks, strokes, and lung disease.

### Alcohol

Our bodies change as we age. Alcohol stays in our bodies longer. Its effects last longer too. Alcohol causes health and social problems for up to a quarter million older Canadians. The general 'rule of thumb' for those over the age of 65:

**Women**, no more than 1 standard alcoholic drink a day, and no more than 5 drinks a week in total.

**Men**, no more than 1-2 standard alcoholic drinks a day, and no more than 7 drinks a week in total.

### **TIPS FOR** **D** Tips for Diabetics

For those on insulin or some diabetes medications there is a risk of low blood sugar when drinking alcohol. Delayed low blood sugars can happen up to 24 hours after drinking. Medications can also be affected by alcohol so speak to your doctor.

## Lifestyle

### Helpful Hints

- ☞ A healthy balance includes enjoyment. There are no foods or drinks you need to avoid completely.
- ☞ Drink slowly, and have non-alcoholic drinks as well.
- ☞ Pour your own drinks.
- ☞ Eat meals that are rich in carbohydrates before and while drinking alcohol.

### **TIPS FOR** **D** Tips for Diabetics

- ☞ Have a bedtime snack if your blood sugar is lower than usual.
- ☞ Check blood sugars more often and before bedtime.
- ☞ Carry a snack in case of low blood sugar.
- ☞ Wear a MedicAlert® bracelet or make sure that people know that you have diabetes.

### As we age

We should drink less and drink less often, especially if we have health issues. Learn what is one drink.

On special occasions, we sometimes drink more. Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men).

**A 'standard' drink in Canada is any drink that contains about 13.45 grams of "pure" alcohol.**



330ml (12 oz.) bottle of beer, cider or cooler at 5% alcohol



142ml (5 oz.) glass of wine at 12% alcohol



43 ml (1.5 oz.) distilled alcohol at 40% alcohol





## Healthy Eating



### Did you know...

**TIPS FOR D** Eating too many high-fat foods can lead to weight gain and may lead to heart disease.

Eating regularly helps the body control blood sugar levels.

The more sugar you eat, the more your body needs insulin to keep blood sugar levels normal.

Foods high in fibre may help control blood sugar and cholesterol levels. Fibre also helps with regular bowel movements.

### Good Eating Habits...

- ♥ Enjoy a variety of foods from each food group.
- ♥ Choose lower-fat dairy products and lean meats, fish and poultry.
- ♥ Limit foods high in fat such as fried foods, chips and pastries.
- ♥ Prepare foods with little or no fat, and reduce salt.
- ♥ Limit processed foods.
- ♥ Choose fruit and vegetables more often.
- ♥ Limit sweets such as desserts, candies, jam, honey and regular soft drinks.
- ♥ Avoid large portions and second servings.
- ♥ Choose foods high in fibre (whole grain breads, cereals, lentils, dried beans, peas, brown rice, fruits and vegetables).
- ♥ Drink water throughout the day to prevent dehydration.

## Chart

This chart helps you to keep track of changes in your eating habits. Write in three key dates. For each key date, answer each statement as Yes or No. For each additional Yes, you're on your way to nutritional success.

DATE				
I eat fruit every day	Yes/No			
I eat vegetables every day	Yes/No			
I eat at least every 6 hrs	Yes/No			
I drink water every day	Yes/No			
I limit sweets	Yes/No			
I limit high fat food items	Yes/No			
I choose high-fibre foods	Yes/No			

Additional Chart available on page 47



## Healthy Eating

### Helpful hints

Be mindful of your eating habits. Here are some tips.

Make water your drink of choice. Avoid sugary drinks.

Choose foods with healthy fats. Unsaturated fats are better for your health.

Limit highly processed foods by preparing meals from scratch.

Look for healthy food options when eating out.

Compare food labels. Use the 'nutrition facts' table to choose products that are lower in sodium, sugar, and saturated fat.

**H**ealthy eating is more than what we eat. It is also about where, when, why, and how we eat.

If you live alone, find ways to socialize with others as you shop, plan, and prepare meals. Having company helps you cook more often and make healthier meals. Eating together raises everyone's spirits.

Whether eating alone or with others, take your time when you eat. Enjoy your food. That prevents overeating for some people. For others, it helps make sure that they eat enough for good nutrition.

Feelings of loneliness, along with other changes you may experience as you age, can result in a loss of appetite. Eating less can impact your intake of important nutrients.

## Healthy Eating

*Share healthy eating with others whenever you can*

By eating with others more often, you can:

- ☞ make mealtime more sociable
- ☞ spend more time eating and enjoying a meal
- ☞ increase the amount of food you eat, which can help you get more of the important nutrients you need for health

### TIPS FOR **D** Tips for Diabetics

If you are living with diabetes, use **carbohydrate counting** and the **Glycemic Index** to make good food choices, help control your blood sugar and reduce your risk of complications.

### Recipe for Managing Weight

1 part physical activity

1 part healthy eating

1 pinch doctor's advice

Mix and enjoy. Serve often.

Goes great with friends



## Healthy Eating

### Did you know...

If you like sweets, cut down gradually. This is easier than trying to cut them out completely right away.

Eat whole grain bread instead of white bread.

Drink water more often. If you usually drink fruit juice, replace juice with water at least once a day.

Add just one more fruit or vegetable to your diet.

**H**ealthy eating helps us maintain health, strength, independence, and quality of life as we age. Even small changes can lead to a better eating pattern.

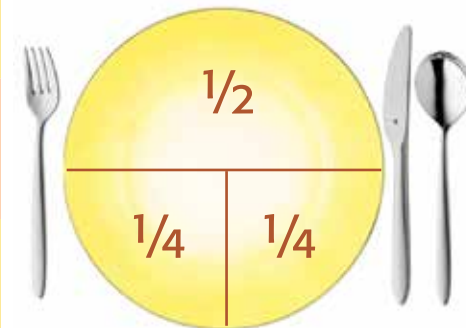
Canada's Food Guide tells us to eat a variety of healthy foods each day.

- ♥ Include plenty of vegetables and fruits in your meals and snacks. Try making half of your plate vegetables and fruits.
- ♥ Eat a variety of protein foods. These include eggs, milk and cheese products, beans, fish, and meat. Try making protein foods one quarter of your plate.
- ♥ Choose whole grain breads, pastas, and cereals. Whole grains include all parts of the grain and have more fibre. Try making them one quarter of your plate.

## Healthy Eating

### Dinner Plate Food Portions

- $\frac{1}{2}$  Vegetables and Fruits  
*try for half a plate*
- $\frac{1}{4}$  Whole grain breads, pastas, and cereals  
*potato, rice, pasta*
- $\frac{1}{4}$  Protein foods  
*eggs, milk and cheese products, beans, fish, and meat.*



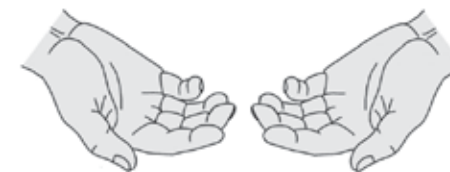
### Serving Sizes



**FRUITS/GRAINS & STARCHES:** Choose an amount the size of your fist for each of grains and starches, and fruit.



**FATS:** Limit fat to an amount the size of the tip of your thumb.



**VEGETABLES:** Choose as much as you can hold in both hands.



**MEAT & ALTERNATIVES:** Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



## Mental Health

### Did you know...

Regular physical activity benefits older adults who have gone through depression and anxiety. Symptoms are more likely to decrease with physical activity. Self confidence improves.

Regular exercise is good for the brain; it helps thinking, memory and concentration.

Staying connected with family and friends is also good for your mental health.

It is normal to experience ups and downs throughout life. Mental health is the capacity to feel, think and act in ways that allow you to enjoy life and deal with life's challenges.

Older adults may go through changes in their mood, thinking, and behaviour. They are usually signs that something requires attention from a healthcare provider.

Although depression is the most common mental health problem in older adults, it is not a normal part of aging. Depression is an illness that can be treated. Emotional stress, caused by excitement, anger, worry, or fear, can cause an increase in blood sugar. Physical activity helps to control this. At the same time, it has a positive effect on your mental health.

## Checklist

Your mental health is just as important as your physical health. We all get "the blues" sometimes, but clinical depression usually doesn't get better on its own.

Have you had any of these symptoms of depression for at least two weeks?

- Feeling sad?
- No interest in, or pleasure, from things you used to enjoy?
- Less energy, feeling tired and sluggish all the time?
- Not feeling well, having aches and pains?
- Feeling guilty or worthless?
- Having trouble thinking and concentrating?
- Having sleeping problems (too much or not enough)?
- Changes in your appetite and weight?
- Feeling agitated or restless?
- Thinking about suicide or death?

If you answered Yes to any of these questions, talk to a healthcare provider. If you do not have a family doctor, you could go to a walk-in clinic, your local hospital, or community health centre.

Remember that depression is a treatable illness. Be honest and truthful about your symptoms when you speak to a healthcare provider.

## Resilience



### Did you know...

Despite the challenges of aging, many older adults report feeling more content and happier than younger people.

**A**n important part of positive aging is resilience. Resilience means being able to adapt, even in the face of adversity, trauma, and tragedy.

### *Learn to cope with change*

As you age, there will be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

### *Seeking help*

Some people may be able to use their own strategies to build their resilience. But at times, an individual might get stuck or have difficulty making progress on the road to resilience. Getting help when you need it is crucial in building your resilience.

Help can come from your family or friends, your spiritual leader, or a health professional.

## Resilience

**W**hen a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

### *Tips for becoming more resilient*

- See the 'silver lining' – be optimistic.
- Learn healthy ways to manage stress.
- Do things that are meaningful to you. For instance, volunteering, connecting with nature, practising your faith.
- Keep your connections with friends and family strong.
- Join groups that share your interests and give you a chance to meet new people.
- Take care of your health and stay active.
- Take daily action to deal with life's challenges.





# Chart



# Beliefs & Attitudes

## Did you know...

It takes 21 days to adopt a new habit.

To change a behaviour you go through 5 stages (see page 34).

It's scientifically proven that our brains continue to develop as we get older. Yes, you can teach an old dog new tricks!

**C**hange is very difficult for anyone. Whether you are changing your diet, starting a new activity, or trying to quit smoking, there will be challenges. It is natural to feel frustrated, anxious, nervous, uncomfortable, or unsure.

The first step to success with any behaviour change is to be ready and willing to try it. Small steps add up to real changes over time. Be patient with yourself and celebrate your little successes along the way.

We all have the ability to learn throughout our life. Age is not a barrier. We grow new brain neurons every day. But just like our muscles, we must challenge and exercise our brain everyday if we want to keep those new neurons working for us. Here is your chance to try new things that make you think. Remember what is good for your body is good for your brain.

**R**ecord if you agree, disagree, or are not sure. Over time, see if your beliefs and attitudes have changed.

## Beliefs about Healthy Eating

DATE			
I believe that what I eat is very important to my health.			
I would need more information or ideas if I wanted to eat healthier.			
I would probably buy healthier foods if I knew more about what kinds of food to buy.			
I would probably eat healthier foods if I knew more about ways to cook healthy food.			
I know what kinds of foods are healthy for me to eat.			
I think that I could reduce my risk of having high blood sugar by making changes in the food I eat.			

## Beliefs about Physical Activity

DATE			
I think that getting regular exercise is very important for my health.			
I would need more information or ideas if I wanted to be more active.			
I would probably be more active if I knew more about what kinds of activities I could do.			
I would probably be more active if I knew where I could go to exercise.			
I know how much exercise I should do.			
I think that I could reduce my risk of having high blood sugar by getting more exercise.			



## Beliefs & Attitudes

### Helpful Hint

Try a new activity or a new food. If you don't like it, try something else.

Lots of people may relapse – if you do, just start again and keep on going.

**M**aking a change in your lifestyle is a series of stages you go through:

#### Stage 1

Not interested

#### Stage 2

Thinking about it

#### Stage 3

Preparing to make a change

#### Stage 4

Actually making a change

#### Stage 5

Sticking with it

Even when we have good intentions, sometimes it's hard to stick with it, and that's okay. But do try to take action. Why? Because action followed by a relapse is far better than taking no action at all.



## Chart

**C**hoose three key dates, several weeks apart. Pick which stage you are at on that date. As you progress through the stages you are getting closer to changing your habits.

### 5 Stages of Change for Healthy Eating Habits

	DATE		
<b>Stage 1</b>	I have no plans to change		
<b>Stage 2</b>	I plan to change within 6 months		
<b>Stage 3</b>	I plan to change within 30 days		
<b>Stage 4</b>	I made a change less than 6 months ago		
<b>Stage 5</b>	I made a change more than 6 months ago		

### 5 Stages of Change for Physical Activity Habits

	DATE		
<b>Stage 1</b>	I have no plans to change		
<b>Stage 2</b>	I plan to change within 6 months		
<b>Stage 3</b>	I plan to change within 30 days		
<b>Stage 4</b>	I made a change less than 6 months ago		
<b>Stage 5</b>	I made a change more than 6 months ago		



## Setting Goals

### Helpful Hint

Setting goals is important. Use the SMART method when you set each goal.

- S** Specific
- M** Measurable
- A** Attainable
- R** Realistic
- T** Timely

**S**etting goals is important. It can help to give you a focus and measure your success. You may want to consider the different sections of the Passport and make a goal based on a particular area, such as physical activity, healthy eating, mental health and so on.

When making a goal, consider using the SMART method as it will help you to create a specific goal that will be attainable, instead of a general goal that is difficult to be measured.

An example of a general goal would be, "To get in shape", or "Eat better."

A specific goal would be, "Start walking two mornings a week for 15 minutes each day, rain or shine", or "Include a piece of fresh fruit with every lunch meal", or "Drink two glasses of water every day." These goals are specific, measurable, attainable and realistic (depending on your current lifestyle) and timely.

## Setting Goals

**W**rite down your goals below, check off the boxes to make sure your goal meets all five points, and you will have already improved your chances of success.

My goal is:  S  M  A  R  T

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My goal is:  S  M  A  R  T

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My goal is:  S  M  A  R  T

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My goal is:  S  M  A  R  T

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## Your Journey to Success

Choose two dates – the date you started your journey to a healthier lifestyle and a date many weeks or months down the road. If you have joined a special program, put in its start and end dates.

See how far you have traveled on your journey. If you took a wrong turn – that’s okay, as long as you got back on track. Your journey is for life, and the benefits are a healthy lifestyle and an improved quality of life.

For each date, record your responses to the statements below, and answer each statement as YES (Y) or NO (N). Remember, the more often you are able to say Yes, the closer you are to success.

DATE				
<b>Physical Activity</b>	Y	N	Y	N
I make physical activity a part of my daily routine.				
I usually do some moderate physical activity most days of the week.				
If I need a buddy to stick with my activity, I have found one.				
I have found an activity that I like and will keep doing it.				
I can keep physically active even when the weather is bad.				
<b>Physical Measurement</b>	Y	N	Y	N
My weight has decreased.				
My waist girth measurement has decreased.				
My blood pressure has improved.				
My cholesterol has improved.				
My blood sugar levels have improved.				

## Your Journey to Success

<b>Lifestyle</b>	Y	N	Y	N
If I smoke, I have decreased the number of cigarettes per day.				
If I drink alcohol, I understand how this affects my health.				
I inspect my feet every day.				

<b>Healthy Eating</b>	Y	N	Y	N
I eat fruit and vegetables every day.				
I eat at least every 6 hours.				
I drink water regularly.				
I limit my sweets.				
I choose high fibre foods.				

<b>Mental Health</b>	Y	N	Y	N
My mental health is good, or has improved.				
I feel better about myself.				

<b>Beliefs and Attitudes</b>	Y	N	Y	N
I believe that I can make healthy food choices.				
I am making changes to my food choices or I plan to change my food choices within 30 days.				
I understand the importance of daily physical activity.				
I am increasing my level of daily physical activity or I plan to increase my activity within 30 days.				



No journey is ever complete, but now you are well on your way to a healthier lifestyle. Hopefully, your Passport is now filled with memories and the record of your journey. Congratulations!





# Notes

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## Additional Charts



### Tracking My Activities

Date	Activity	Length of Time	Intensity of Activity		
			light	moderate	vigorous

Original Chart on page 19

## Additional Charts



### Tracking My Activities

Date	Activity	Length of Time	Intensity of Activity		
			light	moderate	vigorous

## Additional Charts



**T**hese additional charts are for your use if you wish to continue recording your measurements.

DATE			
Height			
Weight			
Waist Girth			
Blood Pressure			
Cholesterol			
Blood Sugar			

DATE			
Height			
Weight			
Waist Girth			
Blood Pressure			
Cholesterol			
Blood Sugar			

Original Chart on page 15

## Additional Charts



**T**his chart helps you to keep track of changes in your eating habits. Write in five key dates. For each key date, answer each statement as Yes or No. For each additional Yes, you're on your way to nutritional success.

DATE						
I eat fruit every day	Yes/No					
I eat vegetables every day	Yes/No					
I eat at least every 6 hrs	Yes/No					
I drink water every day	Yes/No					
I limit sweets	Yes/No					
I limit high fat food items	Yes/No					
I choose high-fibre foods	Yes/No					

Original Chart on page 23

## Definitions

**Blood glucose:** Glucose, a form of sugar, is a fuel that your body needs. Glucose comes from foods that contain carbohydrate, such as fruit, milk, starchy foods, sugar, and some vegetables. Your diabetes care team can help set personalized goals for blood glucose levels.

**Haemoglobin A1C (A1C):** In the body, sugar (glucose) sticks to red blood cells which contain haemoglobin. The red blood cells live for about three months. The A1C test gives a measure of blood glucose levels over that period of time.

**Blood pressure:** This is a measurement of the force of your blood against the blood vessel walls. An example of a blood pressure measurement is 130/85. The top number (130) is the pressure when your heart contracts and pushes blood out (systolic pressure). The bottom number (85) is the pressure when the heart rests between beats (diastolic pressure).

Blood pressure varies with:

- ♥ the strength of the heartbeat
- ♥ the volume of blood being pumped
- ♥ the 'give' or elasticity of the blood vessels  
(‘Hardened’ arteries can cause high blood pressure.)

## Definitions

**LDL (Low Density Lipoproteins):** This is a form of cholesterol that we have in our blood and cells. LDL is often called “bad” cholesterol. Higher levels of LDL cause cholesterol to stay in the blood vessels. This increases the risk of heart disease.

**HDL (High Density Lipoproteins):** This is also a form of cholesterol that we have in our blood and cells. HDL is often called “good” cholesterol. It helps remove excess cholesterol off blood vessel walls. This prevents cholesterol from building up and causing heart disease. ‘Your Total Cholesterol to HDL Ratio’ is a measurement of how well your blood vessels are being cleaned up by the ‘good’ cholesterol.

**mmol/L:** A unit of measurement that your health care team uses to monitor your cholesterol levels. Blood sugar is measured in this way as well.

**Carbohydrate counting:** Carbohydrates turn into glucose in your body. That means they affect your blood glucose level more than other things you eat and drink. ‘Counting carbs’ can help you manage your blood glucose level.

**Glycemic index (GI):** This index assigns a value to foods based on how slowly or quickly they cause increases in blood glucose levels. Eat foods with a lower GI more often to help control blood sugar.

## Resources

### Diabetes

Active Aging Canada, 1-800-549-9799  
[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

Diabetes Canada, 1-800-226-8464  
[www.diabetes.ca](http://www.diabetes.ca)

Diabetes Education Line, 1-800-226-8464  
[www.diabetes.ca/campaigns/information---support-virtual-care](http://www.diabetes.ca/campaigns/information---support-virtual-care)

Diabète Québec, 1-800-361-3514  
[www.diabete.qc.ca](http://www.diabete.qc.ca)

Dieticians of Canada – Preventing and managing Type 2 diabetes  
[www.unlockfood.ca/en/Diabetes.aspx](http://www.unlockfood.ca/en/Diabetes.aspx)

National Indigenous Diabetes Association, 1-204-927-1221  
[www.nada.ca](http://www.nada.ca)

Public Health Agency of Canada, 1-888-334-9769  
[www.diabetes.gc.ca](http://www.diabetes.gc.ca)

## Resources

### Chronic Diseases

Active Aging Canada Research Updates, 1-800-549-9799  
[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

Alzheimer's Society of Canada, 1-800-616-8816  
[www.alzheimer.ca](http://www.alzheimer.ca)

Arthritis Society, 1-416-979-7228  
[www.arthritis.ca](http://www.arthritis.ca)

Canadian Cancer Society, 1-888-939-3333  
[www.cancer.ca](http://www.cancer.ca)

DICE - A resource for people living with dementia and their care partners  
[the-ria.ca/wp-content/uploads/2020/04/DICE-Being-Active-at-Home.pdf](http://the-ria.ca/wp-content/uploads/2020/04/DICE-Being-Active-at-Home.pdf)

GLAD® a unique exercise and education program designed for individuals with osteoarthritis  
[gladcanada.ca/](http://gladcanada.ca/)

Heart & Stroke, 1-888-473-4636  
[www.heartandstroke.com](http://www.heartandstroke.com)

Osteoporosis Canada, 1-800-463-6842  
[osteoporosis.ca](http://osteoporosis.ca)

Osteoporosis and physical activity  
[osteoporosis.ca/clinical-practice-guidelines/](http://osteoporosis.ca/clinical-practice-guidelines/)

Too Fit To Fracture program developed to help people living with osteoporosis learn about exercise:  
[osteoporosis.ca/clinical-practice-guidelines/](http://osteoporosis.ca/clinical-practice-guidelines/)

If you want assistance from a trained professional to teach you the right exercises for osteoporosis, look for a Bone Fit™ trained professional:  
[bonefit.ca/bonefit-map-locator/](http://bonefit.ca/bonefit-map-locator/)



## Resources

### *Physical Activity & Strength Training*

Active Aging Canada, 1-800-549-9799  
[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

Canadian Centre for Activity and Aging, 1-866-661-1603  
[www.uwo.ca/ccaa/](http://www.uwo.ca/ccaa/)

Canadian Society for Exercise Physiology, 1-877-651-3755  
<https://csepguidelines.ca/adults-65/>

Exercise is Medicine  
[www.exerciseismedicine.org/support\\_page.php/rx-for-health-series/](http://www.exerciseismedicine.org/support_page.php/rx-for-health-series/)

ParticipACTION – Benefits and Guidelines  
[www.participaction.com/en-ca/benefits-and-guidelines/adults-65-plus](http://www.participaction.com/en-ca/benefits-and-guidelines/adults-65-plus)

Physical activity tips for older adults (65 years and older)  
[www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html](http://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html)

Public Health Agency of Canada – Physical Activity Tips for Older Adults  
[www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html](http://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-older-adults-65-years-older.html)

The Rural Route to Active Aging  
[sites.ualberta.ca/~active/older-adults/rural/guides/booklet-rural.pdf](http://sites.ualberta.ca/~active/older-adults/rural/guides/booklet-rural.pdf)

## Resources

### *Lifestyle*

Healthy Feet from Wounds Canada, 1-416-485-2292  
[www.woundscanada.ca/for-patients-public](http://www.woundscanada.ca/for-patients-public)

Sleeping as we Age  
[sinaigeriatrics.ca/patient-resources/managing-sleep-in-older-adults/](http://sinaigeriatrics.ca/patient-resources/managing-sleep-in-older-adults/)

### *Alcohol*

What Older Adults Need to Know About Drinking Alcohol  
[ccsmh.ca/wp-content/uploads/2020/09/CCSMH\\_Alcohol\\_brochure\\_ENG.pdf](http://ccsmh.ca/wp-content/uploads/2020/09/CCSMH_Alcohol_brochure_ENG.pdf)

Alcohol and Diabetes  
[www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/alcohol-and-diabetes.pdf?ext=.pdf](http://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/alcohol-and-diabetes.pdf?ext=.pdf)

### *Falls*

Public Health Agency of Canada – You CAN prevent falls  
[www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/you-prevent-falls.html](http://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/publications/publications-general-public/you-prevent-falls.html)

Falls in Seniors from Parachute Canada  
[parachute.ca/en/injury-topic/fall-prevention-for-seniors/](http://parachute.ca/en/injury-topic/fall-prevention-for-seniors/)

### *Smoking*

For tips on how to quit smoking visit or call the Smokers Help Line, 1-877-513-5333  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

Canadian Cancer Society's – You can quit one step at a time, 1-888-939-3333  
[www.cancer.ca/~media/cancer.ca/CW/publications/OSAAT%20you%20can%20quit/32081-1-NO.pdf](http://www.cancer.ca/~media/cancer.ca/CW/publications/OSAAT%20you%20can%20quit/32081-1-NO.pdf)

Learn more about the risks of smoking, the benefits of quitting, and tips on how to quit from the Heart & Stroke.  
[www.heartandstroke.ca/heart-disease/risk-and-prevention/lifestyle-risk-factors/smoking-and-tobacco](http://www.heartandstroke.ca/heart-disease/risk-and-prevention/lifestyle-risk-factors/smoking-and-tobacco)

## Resources

Talk Tobacco is a program to help First Nations, Inuit or Métis quit smoking or vaping, 1-833-998-8255  
[smokershelpline.ca/talktobacco/about](http://smokershelpline.ca/talktobacco/about)

It's never too late to quit. Learn about different tools to help you make a plan to quit from SmokeFree60+:  
[60plus.smokefree.gov/](http://60plus.smokefree.gov/)

### *Cannabis*

Be Wise, Cannabis and Older Adults  
[www.activeagingcanada.ca/participants/projects/cannabis-and-older-adults.htm](http://www.activeagingcanada.ca/participants/projects/cannabis-and-older-adults.htm)

Centre for Addiction and Mental Health, 1-800-463-2338  
[www.camh.ca](http://www.camh.ca)

### *Healthy Eating*

Basic Meal Planning from Diabetes Canada  
[www.diabetes.ca/resources/tools---resources/basic-meal-planning](http://www.diabetes.ca/resources/tools---resources/basic-meal-planning)

Canada's Food Guide  
[food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)

Canada's Food Guide – Healthy Eating For Seniors  
[food-guide.canada.ca/en/tips-for-healthy-eating/seniors/](http://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/)

Dieticians of Canada – Find a dietician, 1-416-596-0857  
[members.dietitians.ca/DCMember/s/find-dietitian?language=fr](http://members.dietitians.ca/DCMember/s/find-dietitian?language=fr)

Healthy eating as you get older from the Dieticians of Canada  
[www.unlockfood.ca/en/Seniors](http://www.unlockfood.ca/en/Seniors)

Healthy eating tips from Diabetes Canada  
[www.diabetes.ca/nutrition---fitness/healthy-eating](http://www.diabetes.ca/nutrition---fitness/healthy-eating)

Nutri-eSCREEN, Eating Habits Questionnaire  
[www.nutritionscreen.ca/escreen/default.aspx](http://www.nutritionscreen.ca/escreen/default.aspx)

## Resources

### *Recipes*

Recipes from Diabetes Canada  
[www.diabetes.ca/nutrition---fitness/recipes?Categories=&MealType=&SearchText=&Sort=&Page=1](http://www.diabetes.ca/nutrition---fitness/recipes?Categories=&MealType=&SearchText=&Sort=&Page=1)

Canada's Food Guide – Recipes  
[food-guide.canada.ca/en/recipes/](http://food-guide.canada.ca/en/recipes/)

Heart-healthy recipes from Heart & Stroke  
[www.heartandstroke.ca/healthy-living/recipes](http://www.heartandstroke.ca/healthy-living/recipes)

Recipes from the Dieticians of Canada  
[www.unlockfood.ca/en/Recipes.aspx](http://www.unlockfood.ca/en/Recipes.aspx)

### *Mental Health*

Canadian Coalition for Seniors Mental Health,  
1-289-846-5383 EXT.223  
[ccsmh.ca](http://ccsmh.ca)

Canadian Mental Health Association, 1-416-646-5557  
[cmha.ca](http://cmha.ca)

Centre for Addiction and Mental Health, 1-800-463-6273  
[www.camh.ca](http://www.camh.ca)

Recognizing and Managing Anxiety  
[sinaigeriatrics.ca/patient-resources/managing-anxiety/](http://sinaigeriatrics.ca/patient-resources/managing-anxiety/)

### *Beliefs & Attitudes*

Prochaska, Norcross, DiClemente. *Changing for Good* New York, 1994

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### Diabetes

ALCOA Research Update, Issue 1, May 2001

[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

Canadian Diabetes Association

[www.diabetes.ca](http://www.diabetes.ca)

Knott et al. Alcohol Consumption and the Risk of Type 2 Diabetes: A Systematic Review and Dose-Response Meta-analysis of More Than 1.9 Million Individuals From 38 Observational Studies. *Diabetes Care* 2015 Sep; 38(9): 1804-1812

Public Health Agency of Canada, *Type 2 diabetes Info-sheet for seniors*, 2006

[www.phac-aspc.gc.ca/seniors-aines/publications/public/age/info/type2-diabetes/index-eng.php](http://www.phac-aspc.gc.ca/seniors-aines/publications/public/age/info/type2-diabetes/index-eng.php)

### Chronic Diseases

Active Living Tips, Issue 1, October 2011

ALCOA Research to Action, October 2004

ALCOA Research Update, Issue 9, October 2004

ALCOA Research Update, Issue 12, September 2007

[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

Exercising with Osteoarthritis. *Exercise is Medicine*.

[www.exerciseismedicine.org/assets/page\\_documents/EIM%20Rx%20series\\_Exercising%20with%20Osteoarthritis.pdf](http://www.exerciseismedicine.org/assets/page_documents/EIM%20Rx%20series_Exercising%20with%20Osteoarthritis.pdf)

Exercise helps ease arthritis pain and stiffness. Mayo Clinic.

[www.mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20047971](http://www.mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20047971)

Ginis et al. *Formulation of evidence-based messages to promote the use of physical activity to prevent and manage Alzheimer's disease*. *BMC Public Health*. 2017;17(1):209.

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Howard & McDonnell. *Physical Activity in Primary Stroke Prevention*. *Stroke*. 2015; 46:1735–1739.

McTiernan et al. *Physical Activity in Cancer Prevention and Survival: A Systematic Review*. *Med Sci Sports Exerc*. 2019 June; 51(6): 1252–1261.

*Physical Activity – An Important Factor in Preventing Osteoporosis*

Osteoporosis Canada, October 2006

[www.osteoporosis.ca/index.php/ci\\_id/5523/la\\_id/1.htm](http://www.osteoporosis.ca/index.php/ci_id/5523/la_id/1.htm)

*Your Guide to Strong Bones*

Osteoporosis Canada, April 2007

### Physical Activity

ALCOA, *Be Active, Eat Well*, 2005

[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

Canadian Physical Activity Guidelines

[csep.ca/english/view.asp?x=804](http://csep.ca/english/view.asp?x=804)

Centres for Disease Control and Prevention

[www.cdc.gov/healthyweight/index.html](http://www.cdc.gov/healthyweight/index.html)

Collis, Martin.

*Walking, Weight and Wellness, Your Pedometer Resource Guide*, Trafford Publishing (Sept. 29, 2006)

*The 2010 Canadian Hypertension Education Program recommendations for the management of hypertension: part 1 - blood pressure measurement, diagnosis and assessment of risk*. *Canadian Journal of Cardiology*. 2010 May; 26(5): 241-8. Quinn, R. R. et al.

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### Strength Training

Active Living Tips, Issue 4, October 2011  
[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

Canadian Centre for Activity and Aging,  
*Senior Fitness Instructor Manual*, London, 1997

### Balance

Falls in seniors. Parachute Canada.  
[parachute.ca/en/injury-topic/fall-prevention-for-seniors/](http://parachute.ca/en/injury-topic/fall-prevention-for-seniors/)

### Lifestyle /Alcohol

Canadian Association of Wound Care  
*How healthy are your feet?*  
[www.cawc.net](http://www.cawc.net)

Canadian Guidelines on Alcohol Use Disorder Among Older Adults 2019. Canadian Coalition for Seniors Mental Health. 2019.  
[ccsmh.ca/wp-content/uploads/2019/12/Final\\_Alcohol\\_Use\\_DisorderV6.pdf](http://ccsmh.ca/wp-content/uploads/2019/12/Final_Alcohol_Use_DisorderV6.pdf)

CDA Alcohol + Diabetes, March 2007

ParticipACTION  
[www.participaction.com](http://www.participaction.com)

### Healthy Eating

ALCOA, *Be Active, Eat Well*, 2005  
[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

Canadian Diabetes Association,  
*Clinical Practice Guidelines*, 2009

Eating Well with Canada's Food Guide, 2007  
[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

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### Mental Health

Canadian Coalition for Seniors' Mental Health, *Depression in Older Adults: a guide for seniors and their families*, 2009  
[ccsmh.ca/en/booklet/](http://ccsmh.ca/en/booklet/)

Canadian Diabetes Care Guide  
[www.diabetescareguide.com/en/monitoring.html](http://www.diabetescareguide.com/en/monitoring.html)

Canadian Society for Exercise Physiology,  
*The Canadian Physical Activity, Fitness & Lifestyle Approach*.  
Ottawa, 2003

### Resilience

MacLeod et al. *The impact of resilience among older adults*.  
*Geriatric Nursing*. Volume 37, Issue 4, July–August 2016,  
Pages 266-272.

### Beliefs and Attitudes

Prochaska, Norcross, DiClemente  
*Changing for Good*, New York, 1994

Saskatoon Regional Health  
*Building Resistance, An Education program for people with pre-diabetes*, June 2005

## Daily Dose

**M**any of us struggle to be physically active on a regular basis. Exercise—particularly starting an exercise program—challenges people to change their behavior, and that’s hard. More than half the attempts to begin exercise programs lapse within a few months.

One approach to this problem is to structure exercise right into our lifestyle. When we think about exercise as an integrated part of daily life, it stops being an add-on. Instead, it complements what we do every day.

Daily active living simply enhances simple activities in a daily routine. Here are some examples:

- walking to the store instead of taking the car
- climbing stairs instead of riding the elevator
- active playing with grandkids
- taking on a more vigorous chore for the day

This kind of active living can complement a daily exercise program or replace it from time to time. It’s about making active choices that become a way of life.

In addition to incorporating active living into your life, you can also consider adding in a little ‘daily dose routine’. Daily dose routines are mini movement routines that you can do at the same time as activities you do every day.

### Lower Body Daily Dose

Here is the first of several ‘daily-dose’ routines. This one is for your lower body. You can do this routine whenever you brush your teeth. Eventually, just going into the bathroom will cue you to do this exercise.

## Daily Dose

**Note:** Use the edge of the sink for balance and support while you do these routines.

### Partial squats

1. Stand tall with your legs apart.
2. Bend your knees and slowly lower yourself as if you were about to sit in a chair.
3. Slowly straighten up.
4. Repeat.



### Hamstring curls

1. Stand straight with your legs apart and knees slightly bent.
2. Slowly lift your right heel up behind you.
3. Lower your foot back to the ground.
4. Repeat the exercise, alternating legs.



### Side-leg lifts

1. Stand tall with your legs apart and knees slightly bent.
2. Moving from the hip, lift your right leg slowly out to the side.
3. Slowly bring your leg back to the starting position.
4. Repeat the exercise, alternating legs.





## Daily Dose

### *Knee-up hip roll*

1. Stand with your legs together.
2. Lift your right knee up in front of you.
3. Slowly swing your leg out to the side, moving from the hip. Keep your knee bent and pointing out to the side.
4. With your knee still bent, slowly return your leg to the front.
5. Lower your leg to the starting position.
6. Repeat the exercise, alternating legs.



### *Toe or foot lifts*

1. Stand with your legs apart and knees slightly bent.
2. Keeping your heel on the floor, slowly lift your right foot up.
3. Return your foot to the floor.
4. Repeat the exercise, alternating feet.



## Daily Dose

### **Trunk and Core Daily Dose**

This daily dose routine is linked to relaxing on the bed or sofa (commercial time, if you are watching TV!) For added stability, you may prefer to do these exercises on the floor, if you can get down on the floor and up again easily. One set equals performing an exercise for the number of counts specified. Do 3 sets per day.



A



B

### ***Bent Elbow Push-Up***

1. Lie face down and place your forearms flat under your shoulders.
2. Slowly lift your trunk up, keeping your forearms on the sofa or bed, and hold for a few seconds at the top (A).
3. Lower yourself slowly to the starting position (B).
4. Do this movement 5 times.

## Daily Dose

### Bent Knee Lowers

1. Lie on a bed or sofa and lift your right leg up with your knee bent to a 90° angle.
2. Slowly lower your leg while straightening your knee. Be sure to keep your stomach muscles pulled in tight throughout the movement.
3. Alternating legs, complete this exercise 5 times on each side.



### Hip Bridge Lift

1. Lie with your knees bent and stomach pulled in.
2. Tighten the muscles in your buttocks and slowly lift your hips, keeping your heels and shoulders on the sofa or bed.
3. Slowly return to the starting position.
4. Perform this exercise 5 times.



## Daily Dose

### Knee-to-Chest Stretch

1. Lie down with your stomach pulled in, slowly bring your right knee up and pull it gently toward your chest.
2. Hold for 15 seconds.
3. Slowly lower your knee to the starting position.
4. Alternating legs, do this exercise twice on each side.



### Core Activation

1. Lie down and pull in your stomach to tighten your pelvic floor muscles.
2. Breathe.
3. Perform this exercise twice for 15 seconds each time.



## Daily Dose

### Upper Body Daily Dose

This mini-routine is associated with getting dressed/undressed in your bedroom. One set equals performing an exercise for the number of counts specified. Do 3 sets per day.

#### Wall Push-Up

1. Stand upright, place your hands on the wall at shoulder height, with your feet about 24" (60 cm) from the wall.
2. Slowly lower your forehead to the wall, then return to the starting position.
3. Complete this exercise 10 times.



#### Back Scratch Stretch

1. Stand upright, put your right hand over your right shoulder and place your other hand behind your waist.
2. Gently try to bring your hands closer together.
3. Hold for 15 seconds.
4. Complete this exercise twice on each side, alternate arms.



## Daily Dose

### Single-Arm Wall Stretch

1. With a straight arm, put your right hand on the wall at shoulder height.
2. Slowly turn your body away from the wall to gently stretch the chest.
3. Hold for 15 seconds.
4. Alternate arms, perform this exercise twice on each side.



### "Stick-Em-Up" Pull Back

1. Raise your arms to shoulder height, elbows bent, hands open and palms facing out.
2. Slowly pull your shoulder blades back and together, then return your shoulders to a forward position.
3. Perform this exercise 10 times.

## Daily Dose



### Tight-Grip Shoulder Circle

1. Stand tall, raise your arms to shoulder height, make a tight fist with each hand.
2. Do 10 large, comfortable circles with your arms moving forward.
3. Do 10 large, comfortable circles with your arms moving backward.
4. Don't forget to breathe!

**Be sure to consult** with a physician, physical therapist, or other trained health or exercise professional before doing a new exercise routine, in case you have medical and physical conditions that affect the exercises and how they are applied.

#### About the Author

John C. Griffin, MSc, is a retired professor from the Fitness and Health Promotion Program at George Brown College in Toronto, as well as a consultant, speaker, coach, and writer.

please detach & give to your group leader, or mail to Active Aging Canada (address on back)

## Evaluation Survey

Your feedback is important to us. Please, read the following questions. Check off, or fill in the answer that best applies to you.

1. My age is:  under 55  55-60  61-65  66-70  
 71-75  76-80  81+
2. Province I live in: \_\_\_\_\_ Postal Code: \_\_\_\_\_
3. I used the Passport as part of a:  Program  On my own  
 Other (please specify)  
\_\_\_\_\_
4. I found the Passport helpful:  Yes  Sort Of  No
5. What aspects of the Passport were most helpful?  
 The check lists  The charts  
 Resources & References  Tips for Diabetics  
Other (please specify): \_\_\_\_\_
- 6a. I picked up some tips that will help me better manage my diabetes:  Yes  Sort Of  No  N/A
- 6b. I made lifestyle changes as a result of using the Passport:  
 Yes  Sort Of  No
- 6c. If the answer to 6b is Yes, these are the lifestyle changes I made:  
 reduced my stress levels  
 increased my physical activity  
 improved my eating habits  
 quit or reduced smoking  
 increased the amount of water I drink  
 other (please specify)  
\_\_\_\_\_
7. Please share any additional thoughts you have about the Passport. Feel free to use additional paper as required.  
\_\_\_\_\_

## *Follow-up Survey*

**A**ctive Aging Canada would like to follow up with participants 6–12 months after completing the program. If you are interested in participating in a follow-up survey, please provide the following information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of course completion: \_\_\_\_\_ / \_\_\_\_\_  
month      year

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