

# Be Active

## Warming Up For Your Daily Life!

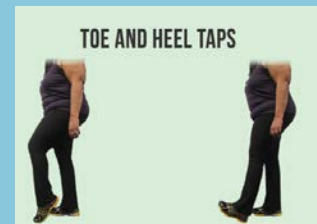


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# Welcome Activity

## Candle



**Candle:** Sit tall and breath in and out through the nose.

**Volcano:** Inhale reach up, exhale open & lower arms.

## Volcano



# Mountain



**Mountain:** Reach through arms keeping shoulders down.



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**Pretzel:** Sit tall as you twist.

# Pretzel



# Be Fit For Life Network

## **Be Fit For Life Grande Prairie**

Grande Prairie Regional College  
Sport, Fitness, Wellness Centre

## **Be Fit For Life Edmonton**

University of Alberta  
Faculty of Kinesiology, Sport and  
Recreation

## **Be Fit For Life Red Deer**

Red Deer College

## **Be Fit For Life Calgary**

University of Calgary  
Faculty of Kinesiology

## **Be Fit For Life Medicine Hat**

Medicine Hat College  
Sport and Wellness



## **Be Fit For Life Fort McMurray**

Keyano College  
Sport and Wellness

## **Be Fit For Life Lac La Biche**

Portage College  
Fitness and Recreation

## **Be Fit For Life Vermilion**

Lakeland College  
Recreation

## **Be Fit For Life Lethbridge**

Lethbridge College  
Continuing Education

# WHAT IS PHYSICAL LITERACY?

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

*International Physical Literacy Association, May 2014  
Canada's Physical Literacy Consensus Statement, June 2015*



## The Elements of Physical Literacy

The definition of physical literacy includes four essential and interconnected elements whose relative importance may change throughout life.

### **Motivation and confidence** (Affective)

Motivation and confidence refers to an individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.

### **Physical competence** (Physical)

Physical competence refers to an individual's ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.

### **Knowledge and understanding** (Cognitive)

Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.

### **Engagement in physical activities for life** (Behavioural)

Engagement in physical activities for life refers to an individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis. This involves prioritizing and sustaining involvement in a range of meaningful and personally challenging activities, as an integral part of one's lifestyle.



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# Physical Literacy for All

## Core Principles

Five core principles underlie the definition in this Statement.

### Physical literacy:

- is an inclusive concept accessible to all
- represents a unique journey for each individual
- can be cultivated and enjoyed through a range of experiences in different environments and contexts
- needs to be valued and nurtured throughout life
- contributes to the development of the whole person.



# FINDING BALANCE PROGRAM

- Provides older adults and practitioners with the latest information and resources to help seniors live an active and independent lifestyle.
- The program is developed and coordinated by the [Injury Prevention Centre](#) in partnership with seniors' groups, health care organizations and practitioners across Alberta.



# FALLS ARE THE LEADING CAUSE OF INJURIES AMONG OLDER ADULTS





No matter what their abilities are today,  
you can help them improve  
their strength and balance.

- Include strength and balance activities on most days of the week.
- Supervised group programs can help them learn exercises and grow confidence.
- People with strong legs and good balance are less likely to fall.
- They are never too old, or too young, to start.



# Getting Active - Key Reminders

- Warm up for Older Adults - 10 to 15 mins of a 1 hour activity
- Not just for exercise classes but also important before tasks like yard work, shovelling, housework or going for a walk.
- A good warm up should include a variety of movements that get the body prepared for activity.
- This routine improves strength and balance which can help to prevent falls!



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# Considerations

- Set up your venue
- Focus on the ABC's: Alignment, Breathing and Control
- Progression and Duration
- Modify to Suit Participants

## GETTING READY TO MOVE

CHOOSE 2-4

### SHOULDER ROLL



### REACHING UP



### SIDE TO SIDE ROTATION



### WALKING



### FOOT ALPHABET



### MARCHING



## CHALLENGING BALANCE

CHOOSE 1-2

### WALKING A LINE



### SIDE TO SIDE STEP



### STAGGERED STANCE



### LUNGE



### SINGLE LEG BALANCE



### SINGLE LEG BALANCE WITH ARM REACH



## BUILDING STRENGTH

CHOOSE 1-2

### LEG CURL



### SIDE LEG LIFT



### HEEL RAISE



### TOE AND HEEL TAPS



### WALL PUSH-UP



### SIT TO STAND



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- Have slow controlled movement
- Go at your own pace/speed ability
- Breathe throughout



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# For more information

Look for workshops and courses provided by:

- The Physical Culture Association of Alberta
- The Alberta Fitness Leadership Certification Association
- Your local Alberta Be Fit For Life Centre

For more resources and information - [findingbalancealberta.ca](http://findingbalancealberta.ca)

More advanced movement prep for older adults: <https://www.playcalgary.ca/resources/active-for-life/>