“Lack of activity destroys the good condition of every human being while movement and methodical physical exercise save it and preserve it”

- Plato
INACTIVITY IS THE 4TH BIGGEST GLOBAL KILLER

WHY?
MIGRATION OF POPULATION FROM A RURAL PHYSICAL LABOR INTENSE ENVIRONMENT TO A SOCIETY THAT HAS GONE THROUGH THE INDUSTRIAL REVOLUTION
REALITY CHECK

• Only 15% of Canadian adults achieve 150 min moderate to vigorous aerobic activity per week (14% women/17% of men)

• 70% of time is spent sedentary

• Most Canadians express the desire or intention to become more physically active
EXERCISE IS MEDICINE

How much is enough?
Are you getting the right dose?
WHAT'S THE SOLUTION?

**Directions for use**
At least 30 minutes 5 days a week, or 150mins of exercise a week.

**Side effects**
- 35-40% Reduction in risk of heart related events
- 50% reduction in breast cancer death
- 50% reduction in bowel cancer death
- 42% reduction in diabetes related death
- 42% reduction in risk of developing diabetes
- A significant reduction in blood pressure: about 7mmHg systolic and nearly 6mmHg diastolic
- Reduction in risk of falls and maintenance of bone health in men and post menopausal women
- And generally happier, healthier patients!

**Uses**
For the prevention and treatment of most non communicable diseases such as: heart disease, cancer, hypertension, stroke, obesity, diabetes, osteoporosis, mental health problems, parkinson’s disease, multiple sclerosis, asthma, chronic obstructive airways disease, musculoskeletal problems and for over 100 different diseases that commonly present to family and hospital doctors and a wide variety of allied health professionals.
The Exercise Pill...

“...to treat your high blood pressure, diabetes, hyperlipidemia, osteoporosis... take this new pill every day. Take it out for a jog, then take it to the gym, then take it for a bike ride...”
TOWARDS A BETTER FUTURE...

Physical activity/exercise plays important roles in the promotion of health, the prevention of chronic disease and conditions, the rehabilitation from disease.
UW Fitness Offers:

- Small group Personal Training
- One-on-one Personal Training
- Comprehensive Fitness Assessments
- Consultation and Program Design

SIGNATURE PROGRAMS

- UW WELL-FIT
- UW Living Fit
- Teens in Motion
Small group personal training for UW Staff/Faculty

» Monday/Wednesday 11:45-12:45
» Monday/Wednesday 4:20-5:20
» Tuesday/Thursday 11:45-12:45
Staff Training

1. Sign up on line

2. PAR Q+ and consent

3. Evaluate blood pressure and resting heart rate

4. Program design
COMPONENTS OF HEALTH RELATED FITNESS

1) Body Composition
2) Cardiovascular Endurance
3) Muscular Endurance
4) Muscular Strength
5) Flexibility

A healthier version of you!
SIGNATURE PROGRAMS

- Teens in Motion
- UW Living Fit
- UW WELL-FIT
TEENS IN MOTION

• Encourage Physical Activity
• Educate about healthy lifestyles
• Gain confidence
• Try new skills
WHAT DOES THE PROGRAM INCLUDE;

✓ Group sessions at the University of Waterloo for 1-hour/week for 6 sessions.
✓ Workbook and pedometer to aid and track progress.
✓ Home-based resistance training program taught by our staff to insure proper form.
✓ Guidance on setting physical activity goals.
✓ Funded by Zonta Club of Kitchener-Waterloo
Cardiovascular Training

- Graded exercise test
- Individualized target HR/RPE
- Appropriate exercise mode
- Monitor HR/BP

Record
- sign/symptoms of intolerance
- current health
- medical changes
- complete exercise log
Muscular Strength & Endurance Training

- ~ 9 specific exercises
- 1-2 sets of 10-20 reps
- symptom limited intensity (RPE<15)
Flexibility Training

- 5-10 minutes of stretching exercises
- Major muscle groups
- Minimum 1 set, holding for 15-20 sec
Balance & Movement screens

- ADL’s
- Maintain independence
- Return to work
- Reduce injury
SPECIAL CONSIDERATIONS WITH CANCER PATIENTS

PICC Lines & port-a-catheters

Lymphedema

Δ in medical condition

Symptoms - ↑HR, fever,

Bone Metastasis

Radiation blisters
GET FIT FOR A HEALTHIER LIFE!

• More *active* = Greater *health benefits*
• Never too old to *start*
• Include *all* aspects of *fitness*
• Determine what *motivates* them
• *Reward* them and give *credit* for their *achievements*
• *Track progress* – *fitness apps*
• Choose *enjoyable* activities
• Prevent getting discouraged, creating *lasting change* is a *process*
THANK YOU!