

A) Active Living Key Words

Activity

Joint

Bones

Kite

Breathe

Nature

Digestion

Shoulders

Energy

Stairs

Fitness

Stress

Garden

Stretch

Hiking

Walking

B) Introduction

Learning Outcomes

At the end of Lesson 2, learners should be able to:

- a) **use** the words that are listed in the Lesson 2 key words list and discuss what they mean in the context of this lesson and their lives
- b) **state** the benefits of active living for older adults
- c) **give** examples of the kinds of physical activity that can be incorporated into their daily routine
- d) **develop** and write a list of physical activities in a personal weekly plan

Lesson 2 literacy activities

The types of literacy activities in Lesson 2 are:

- a) **Reading** exercise on “Active Living”
- a) **Fill-in-the-blanks** with words from the above reading material that are on the key words list
- b) **Word search** - to find the words that are listed in the Active Living key words list
- c) **Brainstorming** activities on Active Living
- d) **Writing** exercises such as completing a personal weekly calendar of activities and other writing activities taken from the handbook “*Canada’s Physical Activity Guide to Healthier Active Living for Older Adults*”. (www.healthcanada.ca/paguide)

Activities are explained further in the lesson. Facilitators may use additional literacy activities to help learners enhance their understanding of Active Living.

C) Reading Exercise

Facilitator Notes: According to the SMOG test, the following text is written at about a Grade 8 or 9 reading level, or literacy level 2 and may be read using *assisted* or *choral* reading techniques. In *assisted* reading, facilitator and learners take turns reading parts of the text, whereas *choral* reading involves reading together. These techniques are described further in Section 2 of the manual of the Nova Scotia Tutor & Instructor Training and Certification Program.

Learner Activity

Active Living

When it comes to living life to its fullest, there is nothing like physical activity!

New research has shown that moderate levels of physical activity, equivalent to about 30 minutes a day of brisk walking or yard work, are what is needed for seniors to reap many of the benefits of active living. Here are some tips on how to be active from day-to-day. Your reward? More energy and vitality, and less stress and tension.

1. Start by seeing yourself as active. Stand tall, pull your shoulders back and step lively. Plan to add physical activity to your normal day.

C) Reading Exercise (continued)

2. Move your fingers and toes while talking on the phone. Take a stretch break when sitting for long periods of time. Roll your shoulders in large backward circles to correct the stooped back that develops when you are knitting or working at a desk.
3. Stretch and breathe deeply every day. It will keep you loose and help you relax.
4. Walk. Get off the bus early; walk around the mall once before you enter a store; walk to the store and carry small groceries home; take a friend in a wheelchair shopping; walk your dog (or borrow a neighbour's); use the stairs instead of the elevator.
5. Wash and polish your own car (you'll save money too); speed up your housework with music on the stereo.
6. Enjoy walking out-of-doors. See new neighbourhoods; try hiking, bird watching or star gazing with a special person. Take a grandchild on a picnic or nature trail walk.

C) Reading Exercise (continued)

7. Try swimming or aqua fitness. Moving around in the water is really helpful if you have joint or breathing problems.
8. Enjoy the rewards and healing power of a garden - in your back yard, on a rented plot or in pots on your balcony.
9. Take a preschooler to the park. Fly a kite or build a snowman with a young friend.
10. Join a group for dancing or fitness classes. There is nothing like enjoying an activity with lively music, while meeting new friends.

The health benefits of active living that are important to seniors are:

- Stronger bones and muscle
- Better heart and lung function
- Less risk for heart disease
- Better digestion, less constipation
- More energy and less tired

(Adapted from “*Seniors and Active Living*”, a fact sheet from the Manitoba Seniors and Healthy Aging Secretariat.)

D) Fill-in- the-Blanks Activity

Facilitator Notes: Having read the first text, learners are then asked to re-read the same text by filling the blanks with words from the key word list. This activity helps to re-enforce learning from the first reading and to place words in context.

Learner Activity

Active Living

When it comes to living life to its fullest, there is nothing like physical activity!

New research has shown that moderate levels of physical _____, to about 30 minutes a day of brisk _____ or yard work, are what is needed for seniors to reap many of the benefits of active living. Here are some tips on how to be active from day-to-day. Your reward? More energy and vitality, and less _____ and tension.

1. Start by seeing yourself as active. Stand tall, pull your shoulders back and step lively. Plan to add physical activity to your normal day.

D) Fill-in- the-Blanks Activity (continued)

2. Move your fingers and toes while talking on the phone. Take a _____ break when sitting for long periods of time. Roll your _____ in large backward circles to correct the stooped back that develops when you are knitting or working at a desk.
3. Stretch and _____ deeply every day. It will keep you loose and help you relax.
4. Walk. Get off the bus early; walk around the mall once before you enter a store; walk to the store and carry small groceries home; take a friend in a wheelchair shopping; walk your dog (or borrow a neighbour's); use the _____ instead of the elevator.
5. Wash and polish your own car (you'll save money too); speed up your housework with music on the stereo.
6. Enjoy walking out-of-doors. See new neighbourhoods; try _____, bird watching or star gazing with a special person. Take a grandchild on a picnic or _____ trail walk.

D) Fill-in- the-Blanks Activity (continued)

7. Try swimming or aqua fitness. Moving around in the water is really helpful if you have _____ or breathing problems.

2. Enjoy the rewards and healing power of a _____ - in your back yard, on a rented plot or in pots on your balcony.

3. Take a preschooler to the park. Fly a _____ or build a snowman with a young friend.

10. Join a group for dancing or _____ classes. There is nothing like enjoying an activity with lively music, while meeting new friends.

The health benefits of active living that are important to seniors are:

- Stronger _____ and muscle
- Better heart and lung function
- Less risk for heart disease
- Better _____, less constipation
- More _____ and less tired

E) Word Search Exercise

Facilitator Notes: In this activity learners are asked to circle the words in the puzzle that are found on the key words list in Section A. Learners may find it helpful to list the keywords in the margin. This activity helps with word recognition and recall. (Solutions are found in the appendices.)

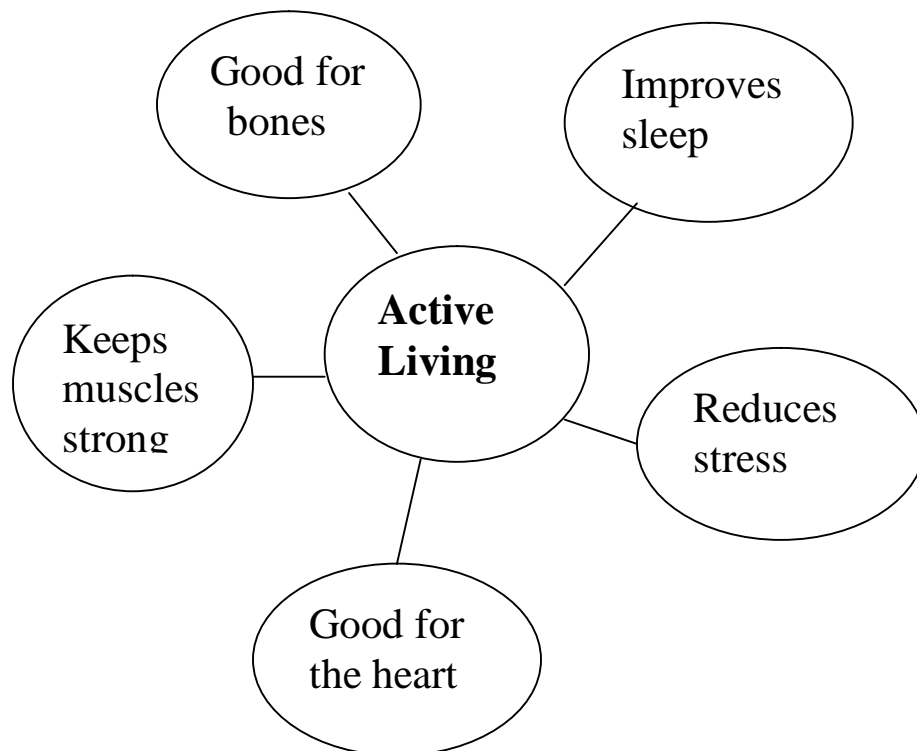
Learner Activity

Y	T	I	V	I	T	C	A	B	B	S	E
A	M	F	E	E	N	E	R	G	Y	T	R
C	W	S	I	H	U	K	Z	O	G	R	U
S	A	M	S	T	A	I	R	S	A	E	T
R	L	S	C	A	N	T	J	O	R	T	A
E	K	N	U	E	I	E	H	C	D	C	N
D	I	A	N	R	A	T	S	L	E	H	G
L	N	O	K	B	N	N	I	S	N	N	B
U	G	N	O	I	T	S	E	G	I	D	O
O	Y	N	O	F	T	K	P	K	Q	R	U
H	E	J	X	B	D	E	I	F	G	A	D
S	T	R	E	S	S	H	G	Y	E	M	S

F) Brainstorming Exercise

Facilitator Notes: This activity often helps learners change the way they think about things. It allows them to personalize the words they learned in the reading activity and to place them in their own context. The activity can be performed individually or as a group effort. Brainstorming is a good way to get ideas about a topic. In the following example, “*Active Living*” was entered in the middle circle and some of its benefits were entered in the outer circles.

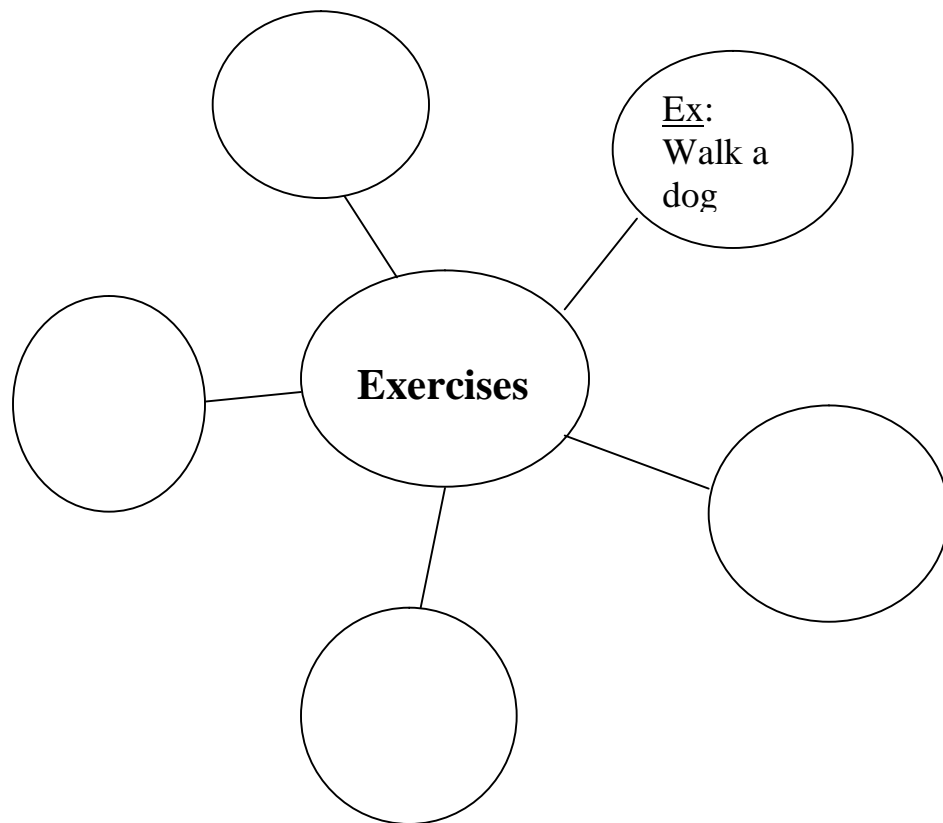
Example



F) Brainstorming Exercise (continued)

Facilitator Notes: In the following brainstorming activity, learners are asked to think of exercises that they or their communities can do to help seniors stay active. These are then entered in the outside circles.

Learner Activity



G) Writing Exercises

Facilitator Notes:

a) **Weekly calendar of activities:** Using some of the key words learned in this lesson, learners can enter the names of activities they plan to do in a typical week and for how long. The minutes for each day are totaled to see how close they are to the recommended minutes of activity per day. (See example on page 14 in the booklet “*Canada’s Physical Activity Guide to Healthy Active Living for Older Adults*” found at the end of Lesson 2.)

Learner Activity My Weekly Calendar of Activities

	Activity	Activity	Activity	Activity	Total Minutes
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					

G) Writing Exercises (continued)

b) **Sentence starters:** Learners should be encouraged to try the writing activities on pages 9 and 20 of “*Canada’s Physical Activity Guide to Healthy Active Living for Older Adults*” found at the end of Lesson 2.

G) Writing Exercises (continued)

c) **Writing “An Exercise Story”**: Included at the end of Lesson 2 are examples of exercise stories written by seniors on the National Institute of Health (NIH) Senior Health (U.S.) website

www.nihseniorhealth.gov/exercise/stories/stories.html.

Learners should be encouraged to read these, or stories similar to them, and to write their own stories about exercising.

Learner Activity

“My Exercise Story is

References and Resources

Title	Information
<i>An Exercise Story</i>	These are a series of personal anecdotes by older adults describing their experience with exercising- from the National Institute on Aging (U.S.) They can be found on the National Institutes of Health (NIH) website. www.nihseniorhealth.gov/exercise/stories/stories.html
<i>Canada's Physical Activity Guide to Healthy Active Living for Older Adults</i>	A Handbook available from Health Canada from 1-888-334-9769 www.healthcanada.ca/paguide
<i>Exercises (For Persons Age 60 and Older)</i>	This is one of several information sheets for older adults from the American Academy of Orthopaedic Surgeons. Available at www.orthoinfo.aaos.org
<i>Exercise for Older Adults</i>	Easy-to-read practical Q&As on the importance of exercise for older adults, from NIH Senior Health (U.S.) www.nihseniorhealth.gov/exercise
<i>Get on your Feet! 30 Minutes of Walking Each Day has Health Benefits</i>	This is a May 10, 2005 press release from the Canadian Physiotherapy Association www.physiotherapy.ca
<i>Growing Stronger- Strength Training for Older Adults</i>	This is an exercise program designed for seniors wishing to be stronger and healthier. Published by Center for Disease Control and Prevention (U.S.A.) and downloadable at www.cdc.gov/nccdphp/dnpa/physical

<p><i>National Institute on Aging AGE PAGE “Exercise: Getting Fit for Life”</i></p>	<p>This is a publication on tips for seniors about exercising safely from the National Institute on Aging Information Center (U.S.A.) www.niapublications.org</p>
<p><i>The importance of Physical Activity for Older Adults</i></p>	<p>This is a position paper published in 2002 by the Michigan Fitness Foundation outlining the benefits of physical activity and recommendations on how best to address the issue. www.michiganfitness.org</p>
<p><i>The Power of Strength Training for Older Adults</i></p>	<p>Article from the newsletter entitled “Research Update” Issue Number 2, March 2002 from Active Living Coalition for Older adults (ALCOA). www.ALCOA.ca</p>
<p><i>Videos</i></p>	<p>The Nova Scotia Seniors’ Secretariat Information Resource Centre has a number of videos (VHS) available on loan on fitness for older adults. These may be borrowed by calling 1-800-670-0065 or 424-0065 or e-mailing scs@gov.ns.ca.</p>