



STAYING ACTIVE ACROSS THE LIFE COURSE

NEW PROGRAMS ACTIVATE SEDENTARY OLDER ADULTS

INCREASING PHYSICAL ACTIVITY levels in the lives of older adults is one of the key focus areas of the Provincial Government's Physical Activity Strategy. To support its goal of ensuring participation in physical activity occurs across the whole life course, the province provided funding to the Centre for Hip Health and Mobility (CHHM) to create and deliver an Older Adult Strategy [Active Aging BC (ABC)] that would provide and promote more opportunities for older adults to be physically active; enhance health, mobility, and social connectedness of older adults, and build community capacity that supports awareness of, and access to, physical activity opportunities for older adults.

Part of this funding was used to create the Choose to Move Program; a 6-month, evidence-based personal planning and support program that promotes greater physical activity among older adults (≥65) who are not regularly active.

CHHM also partnered with the BCRPA to develop ActivAge™, an older adult physical activity program that complements the Choose to Move program (providing its participants with an in-class fitness program option that is specifically tailored to improving their physical activity levels), and to leverage the BCRPA's expertise in facilitating community-based program delivery through its provincial network of local government recreation and parks members.



CENTRE FOR HIP HEALTH AND MOBILITY IS A UNIVERSITY OF BRITISH COLUMBIA AFFILIATED, INTERNATIONALLY RECOGNIZED RESEARCH CENTRE FOCUSED ON DEVELOPING NOVEL STRATEGIES WHICH PROMOTE PHYSICALLY ACTIVE CHOICES AND POSITIVELY INFLUENCE MOBILITY.

The coming together of these two organizations and their programs has proven to be a winning combination. Through these programs over 1,200 participants, and counting, have discovered the benefits of regular physical activity.

The pilot project began in January 2016 and to date has run in 22 select

community sites in all five health authority regions across the province. At its completion in March 2017 the programs will have been offered over 40 times.

In addition to increasing physical activity levels, each program also strives to increase social connectedness for this age group, increase awareness of

“Choose to Move inspired me to go from no exercise to daily stretches and taking yoga ...I can now go up and down stairs without worrying”

PARTICIPANT

*“I enjoyed having a specific time to come and exercise, and learn new techniques I’m able to do. I feel confident that I could comfortably perform the **ActivAge™** program, and then apply it at home. But I enjoyed the social aspect and making new connections!”*

PARTICIPANT

the importance of healthy living, and motivate and support the adoption of active lifestyles. These added elements combat some of the common barriers older adults face in relation to engaging in physical activities, and help ensure lasting lifestyle changes are made.

Benefits are also experienced by the communities offering these programs as they attract and retain new patrons and provide training supports to build the capacity of communities to deliver physical activity and recreation programming to older adults.

Registered BCRPA Fitness Leaders, with Older Adult specialization, receive training to lead each program, and remain as community-based accessible resources. The pilot initiative has provided 35 BCRPA registered Fitness Leaders throughout the province with training and knowledge to run these programs and help this specific segment of our population.

Reaching this inactive population will broaden the scope of program offerings and provide an avenue to connect to all residents – even those who have never stepped into a community centre before.

These hard-to-reach individuals who haven’t interacted with their community centres before are engaged with their local community recreation facility

“We are at a crossroads in Canada as the proportion of older adults (>age 85) now outnumbers children and youth under age 15. Prevention through physical activity is key as it enhances physical, mental and social wellbeing and supports older adults mobility and ability to live independently for as long as possible. Despite this adults over age 65 are among the most sedentary Canadians. To address this call to action we turned to BCRPA. With characteristic enthusiasm, skill and commitment BCRPA worked with us to design, deliver and evaluate a choice based physical activity program (Choose to Move; CTM) to older adults in communities across British Columbia. Early results are in and CTM is a winning model — in its first phase CTM effectively enhanced physical activity and social connectedness in BC seniors. It is only through these kinds of partnerships across sectors that we will succeed in making a difference in the health and ultimately the lives of older British Columbians.”

HEATHER MCKAY

Professor, Departments of Orthopedics and Family Practice Director, Centre for Hip Health and Mobility University of British Columbia.

CHOOSE TO MOVE IS A 6-MONTH, EVIDENCE-BASED PERSONAL PLANNING AND SUPPORT PROGRAM TO PROMOTE GREATER PHYSICAL ACTIVITY AMONG OLDER ADULTS (65+) WHO ARE NOT REGULARLY ACTIVE. WORKING WITH A REGISTERED BCRPA FITNESS LEADER (ACTIVITY COACH), PARTICIPANTS DEVELOP A PERSONALIZED PHYSICAL ACTIVITY ACTION PLAN CUSTOMIZED TO EACH PERSON’S NEEDS, INTERESTS, GOALS, RESOURCES AND ABILITIES. THE BEAUTY OF CHOOSE TO MOVE IS THAT PARTICIPANTS CAN CHOOSE ANY PHYSICAL ACTIVITY THAT THEY ENJOY AND FITS INTO A SCHEDULE THAT WORKS FOR THEM. FOR EXAMPLE, ONE MIGHT CHOOSE PROGRAMS OFFERED AT THE FACILITY (SUCH AS ACTIVAGE™), USE RECREATION CENTRE AMENITIES TO SWIM OR LIFT WEIGHTS, OR CHOOSE TO DO ACTIVITIES NEARER TO HOME SUCH AS WALKING, GARDENING OR HIKING.

www.activeagingbc.ca/physical_activity/Choose-to-Move/

**CHOOSE
to MOVE**

and staff, and the variety of program offerings available to them. This in turn enables community centres to transition participants into existing programming and further their physical activity pursuits.

The pilot phase of this initiative concludes in March 2017, but work is being done with respect to determining the legacy of these program offerings.

“Choose to Move inspired me to go from no exercise to daily stretches and taking yoga...I can now go up and down stairs without worrying”

PARTICIPANT

ACTIVAGE™ IS AN IN CLASS GROUP LED PHYSICAL ACTIVITY PROGRAM FOR INACTIVE OLDER ADULTS (≥65 YEARS OF AGE) THAT INTRODUCES PARTICIPANTS TO THE VALUE OF PHYSICAL ACTIVITY AND REINFORCES THEIR COMMITMENT TO INCORPORATING IT INTO THEIR DAILY LIVES. THE PROGRAM IS LED BY BCRPA REGISTERED FITNESS LEADERS WITH THE OLDER ADULT SPECIALTY.

A UNIQUE ASPECT OF ACTIVAGE™ IS THAT IN ADDITION TO PROVIDING PHYSICAL ACTIVITY SPECIFICALLY DESIGNED FOR OLDER ADULTS, IT ALSO ENCOURAGES SOCIAL INTERACTIONS AND OVERALL HEALTH. THE IMPROVEMENT OF PHYSICAL WELLBEING IS THE MAIN GOAL BUT THE CLASS ALSO FOSTERS SOCIAL ENGAGEMENT AND INTRODUCES HEALTHY-LIVING TOPICS AS APPROPRIATE. PROGRAM LEADERS INCLUDE AN EDUCATION COMPONENT WITHIN THE CLASSES.

www.bcrpa.bc.ca/ActivAge

ActivAge™

Increasing physical activity levels in the lives of older adults is one of the key focus areas of the Provincial Government's Physical Activity Strategy.

“ActivAge™ introduced a variety of exercises, using different muscle groups (including some I didn't know I had!). It can be a strenuous program, but it's great for us “golden agers”. It's fun, and the instructor is very positive, helpful, and knowledgeable.”

PARTICIPANT

CHOOSE TO MOVE AND ACTIVAGE™ COMMUNITIES:

BURNABY, CAMPBELL RIVER, CRANBROOK, DAWSON CREEK, KAMLOOPS, KELOWNA, LADYSMITH, LANGLEY - CITY, NANAIMO - REGIONAL DISTRICT, NEW WESTMINSTER, NORTH VANCOUVER, PRINCE GEORGE, PENTICTON, POWELL RIVER, PRINCE RUPERT, RICHMOND, SALMON ARM, SURREY, TERRACE, VANCOUVER, VICTORIA, WILLIAMS LAKE

