



STRONG AND STEADY

Strong and Steady
is a Red Deer Primary Care Network Program

reddeerpcn.com



Week 1 PCN Office 10:00am-12:00pm

Welcome & Introductions
Benefits of Exercise
Exercises
Nutrition
Social Isolation
Discussion / Questions

Week 2 PCN Office 10:00am-12:00pm

Falls prevention discussion
Exercises
Nutrition
Social isolation and falls
Discussion / Questions

Week 3 Golden Circle 4620 – 47A Avenue

Community Activity Golden Circle 10:30 – 12:00pm Sit and be fit class

Week 4 PCN Office 10:00-12:00pm

Safety in the home and in the community Exercises
Nutrition
Mental Health and falls
Discussion / Questions

Week 5 PCN Office 10:00– 12:00pm

Exercises
Nutrition
Social Connection
Where do you go from here?
Discussion / Questions



STRONG AND STEADY

Week 1

CANADIAN 24-HOUR MOVEMENT GUIDELINES

FOR ADULTS 65 YEARS OR OLDER:

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

This document is intended for use by policy makers, health professionals, and researchers, and it may be useful to interested members of the public.

These 24-Hour Movement Guidelines are relevant to adults aged 65 years or older, irrespective of gender, cultural background, or socio-economic status. These Guidelines may not be appropriate for adults aged 65 years or older living with a disability or a medical condition; these individuals should consider consulting the *Get Active Questionnaire*, disability/condition-specific recommendations, or a health professional for guidance.

Adults aged 65 years or older should participate in a range of physical activities (e.g., weight bearing/non-weight bearing, sport and recreation) in a variety of environments (e.g., home/work/community; indoors/outdoors; land/water) and contexts (e.g., leisure, transportation, occupation, household) across all seasons. Adults aged 65 years or older should limit long periods sedentary behaviours and should practice healthy sleep hygiene (routines, behaviours, and environments conducive to sleeping well).

Following the 24-Hour Movement Guidelines is associated with these health benefits:

- a lower risk of mortality, cardiovascular disease, hypertension, type 2 diabetes, several cancers, anxiety, depression, dementia, weight gain, adverse blood lipid profile, falls and fall-related injuries; and
- improved bone health, cognition, quality of life and physical function.

The benefits of following these Guidelines far exceed potential harms. Following these Guidelines may be challenging at times; progressing towards any of the Guideline targets will result in some health benefits.

These 24-Hour Movement Guidelines were informed by the best available evidence, expert consensus, stakeholder consultation, and consideration of values and preferences, applicability, feasibility, and equity. A glossary and more details on the Guidelines, the background research, their interpretation, guidance on how to achieve them, and recommendations for further research and surveillance are available at <https://csep.ca/guidelines>.

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:



- **Moderate to vigorous aerobic physical activities** such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week
- Physical activities that challenge balance



- Several hours of **light physical activities**, including standing

SLEEP



Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR



Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.



Progressing towards any of these targets will result in some health benefits.

Suggestions for Warming Up and Cooling Down

Sit in a chair with your back straight, looking forward. Your shoulders should be down and back, chin tucked in slightly, and arms on the armrests or in your lap. Use this starting position for each exercise.

Work up to doing the exercise 8 times.

Toe Raises

Start with your feet flat on the floor about shoulder width apart. Raise your toes off the floor, shifting all the weight to your heels. Hold for four seconds. Lower your toes to starting position. Repeat.

Heel Raises

Start with your feet flat on the floor about shoulder width apart. Raise your heels off the floor, shifting all the weight to your toes. Hold for four seconds. Lower your heels to starting position. Repeat.

Ankle Circles

Raise one foot off the floor and slowly rotate your ankle in a full circle to the left eight times (counter-clockwise), then to the right eight times (clockwise). Lower your foot to the floor. Repeat with other foot.

Knee Lifts ****People with a hip replacement should not do this exercise.**

With your knees bent, lift one leg up. Hold for four seconds. Lower your leg. Repeat with the other leg.

Marching in Place

March in place using your legs at first, gradually lift them a little higher. Add some arm movements by swinging your arms while you march. March for one to two minutes.

Arm Circles

With your arms out to the side at shoulder height, slowly make small circles forward. Gradually make the circles bigger. Do eight times then go in the other direction. Remember to start with smaller circles gradually making them bigger.

Elbow Circles

Start with your arms out to the side at shoulder height. Bend your elbows and touch your shoulders with your hands. Make full circles forward eight times, and then make full circles backward eight times.

Wrist Circles

With your arms out in front at shoulder height, make circles with your wrists. Repeat the other direction.

Shoulder Rolls

Slowly rotate your shoulder, making circles. Rotate them forward eight times and then backward eight times.

Shoulder Shrugs

With your arms at your sides, slowly shrug your shoulders up towards your ears. Lower your shoulders. Repeat.

Shoulder Checks ****People with neck problems should not do this exercise.**

Keep your arms at your sides, your shoulders back and down, and your chin tucked in slightly. Look straight ahead. Without turning your whole body, slowly turn your head to look over your left shoulder. Slowly return and look straight ahead. Slowly turn your head to look over your right shoulder. Slowly return and look straight ahead. Repeat.

Do the following exercises every day and often throughout the day.

● Cough muscle

Cough. Hold the muscles that get tight when you cough for as long as you can and during your day to day activities. You can still breathe and talk when these muscles are tight.

● Walk

Whether walking inside or outside, choose a path that is clear. Wear comfortable clothing and supportive walking shoes. If you are not used to walking, hold onto the back of a chair for support and walk on the spot.

Begin with 2 minutes and gradually increase to 15 minutes or longer.

● Reach up, reach out, give yourself a hug

Sit or stand, reach up as high as you can, reach out to the sides as wide as you can, then give yourself a hug. Hold each position up to 30 seconds.



● Leg stretch

Sit in a chair, straighten one leg. Slowly bend towards your straight leg as if you were reaching for your knee, shin, ankle or toes. Hold up to 30 seconds. Repeat with the other leg.



● Quad Stretch

Laying on side, reach back with same arm or assist and grab ankle. Pull gently towards bum until you feel a slight pull in the front of your thigh. Hold for 30 seconds and repeat with other leg.



Do the following exercises every other day. Start with 5 repetitions and work up to 15.

● Chair crunch

Sit firmly towards the front of a chair with your feet flat on the floor. Gradually lean back in the chair until you feel your stomach muscles start to pull. Slowly pull yourself back to a sitting position.



● Getting out of a chair

Sit firmly in a chair with your feet flat on the floor. Use the arms of the chair to slowly push yourself out of the chair to a standing position. Slowly sit back in the chair.

When you are able to do this exercise easily, cross your arms in front of you and use your legs to push yourself out of the chair.



● Wall pushup

Face a clear space on a wall. Place your hands shoulder width apart.

Slowly bend your elbows and lower your body to the wall keeping your body straight.

Push your body away from the wall by straightening your arms.



● Standing leg curl

Stand with your feet shoulder width apart and hold onto a chair for support if needed. Shift body weight over to right leg and bend other knee, forming a 90-degree angle by lifting the lower leg backward. Raise heel toward buttocks. Return to standing position. Repeat with other leg.



● Side leg raises

Stand with your feet shoulder width apart. Use a chair for support if you need it. Slowly lift your leg out to side then back to standing. Repeat the same number of raises on the other side.



● Heel Raises

Stand behind a chair for support. Lift your heels off the floor until you are on the tips of your toes. Slowly lower your heels back to the ground.



Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice



Choose
whole grain
foods

Discover your food guide at

Canada.ca/FoodGuide

Eat well. Live well.

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



**Limit foods high in sodium,
sugars or saturated fat**



Be aware of food marketing

Discover your food guide at

Canada.ca/FoodGuide

Protein Foods

Good nutrition is important at any age



Meat, poultry, fish, eggs, beans, peas, lentils, tofu, seeds, nuts, nut butters, milk, and fortified soy beverages are sources of **protein**.

Eat protein foods each day.

PROTEIN FOODS

Eating a variety of protein foods will ensure that you get key nutrients like **vitamin B12, D, E, calcium, and iron**.

Tips to add protein foods to your daily food choices:



Cook more servings of meat, poultry, or fish than you would eat at a meal, and refrigerate the leftovers to use later on a salad or in a sandwich



Use low-sodium canned beans, peas, lentils, or edamame in salads, soups, and pastas



Add nuts and seeds to salads, yogurts, smoothies, and muffins



Add fish, poultry, eggs, or tofu to salads, soups, and pastas



Add nut butters to toast, crackers, celery, and apple slices

SOURCES OF PROTEIN

Aim for 20 grams of protein at each meal. Approximate values:

Meat, poultry, fish, seafood	Serving size	Protein (g)
Steak	3 oz*	26
Skinless chicken breast	3 oz*	23
Pork	3 oz*	22
Shrimp	3 oz*	20
Salmon	3 oz*	19
Egg	1 large egg	6
Dairy	Serving size	Protein (g)
Plain Greek yogurt (2% fat)	1 cup	23
Cheddar cheese	½ cup	14
Cottage cheese	½ cup	12
Plain yogurt (0% fat)	1 cup	10
Milk (2% fat)	1 cup	8
Plant-based protein	Serving size	Protein (g)
Tofu	½ block	23
Cooked lentils	1 cup	16
Cooked chickpeas	1 cup	15
Cooked black beans	1 cup	15
Green peas	1 cup	8
Quinoa	1 cup	8
Soy beverage	1 cup	7
Peanuts	2 tbsp	7
Chia seeds	2 tbsp	5

*For reference, 3 oz is about the size of a deck of cards.

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Healthy Fats

Good nutrition is important at any age



Choosing foods that contain **unsaturated fat** instead of foods that are high in saturated fat, **can help lower your risk of heart disease.**

Get **20-35%** of your total calories from fat (e.g., 40-65 g for 1,800 kcals).

HEALTHY FAT

Unsaturated fat is good for your health. Foods that are high in unsaturated fat are avocado, nuts, seeds, etc.

Tips to help you reduce saturated fat and increase unsaturated fat:



Pick lean cuts of meat (e.g., chicken breast, pork loin, steak)



Enjoy fatty fish like salmon, trout, herring, or mackerel



Add avocado, nuts, and seeds to salads and pastas



When preparing food, use vegetable oils (e.g., olive, canola)



Limit coconut oil, ice cream, deep-fried foods, butter, lard, etc.

TIPS WHEN SHOPPING

Choosing foods that are low in saturated fat **does not have to be challenging.**

Tips to choose foods low in saturated fat while grocery shopping:

%

Read nutrition labels and choose products with:

- **No** trans fat
- Saturated fat with a % Daily Value of **5% or less**



Choose low-fat milk products more often, including:

- Milk, cottage cheese, and yogurt with **milk fat less than or equal to 2%**
- Cheeses with **milk fat less than 20%**

BAKING & COOKING WITH FAT

Tips to reduce saturated fats when baking and cooking:

Recipe	Substitution
Butter, margarine, shortening, or oil in baking	Replace up to ½ with unsweetened applesauce, pureed pumpkin or sweet potato, or mashed bananas
Butter, margarine, or oil in cooking	Use water, low-sodium broths, or vinegar
Full fat cream cheese or sour cream	Use low-fat cream cheese, cottage cheese, or skimmed ricotta cheese
Pan or deep frying	Try baking, boiling, broiling, grilling, poaching, sautéing, or stir-frying
Butter or oil on cooked vegetables	Season vegetables with lemon juice, herbs, or vinegar

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Quick Meals and Snacks

Good nutrition is important at any age

Healthy meals and snacks can be easy to prepare.

Choose vegetables and fruits, whole grain foods, and protein for a well-rounded meal. Enjoy at least 1 cup (250 mL) of fluid at each meal (e.g., water, milk, soy beverage, coffee, or tea).

FOOD GROUP IDEAS

Pick a combination of:

- An item from **2 different** food groups for a **snack**
- An item from **3 different** food groups for a **meal**

Vegetables:	Fruits:
Broccoli, cauliflower, celery, leafy greens, carrots, cucumber, leeks, tomatoes, peppers, corn, onions, potatoes, squash, beets, peas, mushrooms, parsnips, turnips	Pears, apples, berries, cherries, peaches, bananas, mangoes, pineapple, grapes, oranges, plums, watermelon, dates, apricots, grapefruit, kiwi
Whole grain foods:	
Whole grain pasta, whole grain bread, whole grain crackers, whole grain cereal, whole oats, quinoa, brown rice, wild rice, barely, bulgur, buckwheat, millet, spelt, corn, popcorn	
Animal-based protein:	OR Plant-based protein:
Eggs, lean beef, lean pork, chicken, turkey, quail, fish and shellfish, low-fat milk, low-fat yogurt, low-fat cheese, whey protein powder	Seeds, nuts and nut butters, beans, peas, chickpeas, lentils, soybeans, edamame, tofu, seitan, tempeh, nutritional yeast, fortified soy beverage

QUICK BREAKFAST

Breakfast ideas:

1

- $\frac{3}{4}$ cup regular or Greek yogurt with $\frac{1}{4}$ cup of All Bran™ Buds
- 1 sliced orange

2

- 1 slice multigrain toast with 1 tbsp peanut butter
- 1 banana

3

- $\frac{1}{2}$ cup of cooked whole grain oats with $\frac{1}{2}$ tsp of cinnamon
- $\frac{1}{4}$ cup cottage cheese with $\frac{1}{4}$ cup strawberries

QUICK HOT AND COLD MEALS

Hot meal ideas:

- 1 can of low-sodium vegetable soup with 1 $\frac{1}{2}$ oz of grated cheese and 1 serving of whole grain crackers
- $\frac{1}{2}$ cup cooked vegetables, 3 oz of cooked shrimp, and 1 whole grain taco shell
- 1 cup of baked beans with 1 slice of multigrain toast and an apple
- $\frac{1}{2}$ cup cooked vegetables and 3 oz of cooked chicken served over $\frac{1}{2}$ cup of cooked brown rice or quinoa

Cold meal ideas:

- 1 whole wheat roll with a slice of cheese, tomato, and 1 large hard-boiled egg
- 1 whole wheat pita with $\frac{1}{4}$ cup hummus and $\frac{1}{2}$ cup of chopped vegetables
- 1 cup of spinach, 1 cup of low-sodium canned black beans, 1 serving of whole wheat croutons, and 1 serving of low-fat salad dressing
- 3 oz of low-sodium canned tuna, 1 serving of whole grain crackers, and $\frac{1}{2}$ cup of chopped vegetables

Increase serving size if it does not maintain your weight or satisfy your hunger.

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STRONG AND STEADY

Week 2

Primary Care Network

Ph#: 403.343.9100

Address: 5120 47 Street

Website: www.reddeerpcn.com

Services:

- Registered Nurses
- Mental Health
- Pharmacy
- Recreation Therapy
- Workshops

AHS Home Care Referral line

Ph#: 1.855.371.4122

Website:

www.albertahealthservices.ca/cc/page15488.aspx

Services:

- Occupational Therapy (*Home equipment*)
- Physiotherapy (*Walkers, exercises*)
- Nursing needs - In home support
- Dietician

Lifeline

Ph#: 1.866.349.1862

Website: www.lifeline.ca

Medical alert provider

Red Cross – Short Term Loan Program

Ph#: 403.346.1241

Address: 105, 5301 43 Street

Website: www.redcross.ca/in-your-community/alberta/find-a-branch/red-deer-office/red-deer-office-short-term-loan-program

- Short term medical equipment rentals

Rehabilitation Advice Line

Ph#: 1.833.379.0563

Website: www.ahs.ca/RAL

The service can:

- assess your rehabilitation needs over the phone and link you to rehabilitations services
- speak to parents, guardians or caregivers about a child's development or well-being
- give advice on activities and exercises that help with physical, functional, or developmental concerns
- provide strategies to manage the day-to-day activities affected by these concerns.

Golden Circle

Ph#: 403.343.6074

Address: 4620 47A Ave

Website: www.goldencircle.ca

Services:

- Exercise classes
- Social connection groups
- Hot Meals
- Frozen meals
- Driving/ home maintenance support

Lending Cupboard

Ph#: (403)356-1678

Address: 1-7803 50 Ave

Website: www.lendingcupboard.ca

Hours: 9:00am to 4:30 (Monday, Wednesday & Friday)

- Short term medical equipment rentals

Alzheimer's Society

Ph#: 403.342.0448

Website: <https://alzheimer.ca/ab/en/about-us/offices-alberta-northwest-territories/red-deer-central-alberta>

Meals on Wheels

Ph#: 403.340.2511

Website: www.reddeermealsonwheels.com

a non profit service that provides a hot, nutritious noonday meal to those unable to prepare or obtain one for themselves

Family Services of Central Alberta

Ph#: 403.343.6400

Website: fsca.ca/peer-power-seniors-peer-to-peer-support-program

Seniors over the age of 55 who are looking to increase their social contacts in a mutually respectful manner.

Suggested Foot Care Contacts & Phone Numbers

Updated as of January 2026

In Home Foot Care

Bekki the Foot Care Nurse	587.877.5720
Feet First Foot Care (Louise)	403.506.6038
Feet Terrific Foot Care (Jessa)	587.371.3338
Footcare by Kaitlin	587.377.6099
Footcare Therapy (Rhonda)	403.740.2943
Solano Foot Care (Haydee)	403.782.0841
Step It Up Foot Care (Bonnie)	403.650.1904
Susan Viterwijk (also at Dutchess Manor)	403.650.1904

Red Deer Community Foot Care

Barefoot Beauty Therapeutic Day & Spa Ltd.	403.406.9438
Feet Terrific Foot Care (Jessa)	587-371-3338

Podiatrist

Dr. Joshua Leavitt/Jason Lehr – The Foot Institute, Red Deer	403-342-0566
Dr. Scott Smith - 201, 4820 50 th Avenue; Red Deer	403-340-3343
Dr. Scott Smith – Golden Circle every 2 nd week	403-343-6074
Dr. Darren Woodruff – Central Alberta Podiatrists, 179C – Unit 101, Leva Ave., Red Deer (Orthotic modifications)	403-340-1468

Custom Made Footwear & Orthotics

Steenwyk Custom Shoes & Orthotics Free Assessment/Form Filling 5550-45 St. G12, Red Deer (Non-Insured Health Benefit approved)	403-340-0066
Precision Prosthetics Orthotic Services Ltd. Free Orthotics Assessment 4605B 63 St., Red Deer (NIHB approved)	403-347-3435

***The Red Deer PCN does not endorse or recommend any of the providers listed.
Please use your own discretion when selecting services.***

Nutrition Facts

Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

Calories 110

% Daily Value*
% valeur quotidienne*

Fat / Lipides 0 g 0 %
Saturated / saturés 0 g 0 %
+ Trans / trans 0 g

Carbohydrate / Glucides 26 g

Fibre / Fibres 0 g 0 %
Sugars / Sucres 22 g 22 %

Protein / Protéines 2 g

Cholesterol / Cholestérol 0 mg

Sodium 0 mg 0 %

Potassium 450 mg 13 %

Calcium 30 mg 2 %

Iron / Fer 0 mg 0 %

*5% or less is a little, 15% or more is a lot

*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

Vegetables, Fruits, and Fibre

Good nutrition is important at any age



Vegetables and fruits taste great and contain lots of **vitamins, minerals, and fibre.**

Eat **5-7 servings*** of vegetables and fruits each day.

VEGETABLES & FRUITS

Choose **dark green or brightly-coloured vegetables and fruits** more often, as these are rich in vitamins and minerals.

Tips to add vegetables and fruits to your daily food choices:



Fill half of your plate with vegetables and fruits during your meal



Keep cut, ready-to-eat vegetables and fruits in the fridge



Use frozen or canned vegetables and fruits low in salt and sugar



Add chopped veggies to your salad, omelette, soup, or pasta



Add fruit (e.g., berries) to your cereal, yogurt, or smoothie

***One serving:** 1 medium-sized fruit, ½ cup of fruit or cooked vegetables, 1 cup of salad, etc.

FIBRE

Fibre can help you **maintain a healthy body weight** and **lower your risk** of heart disease and some cancers.

Eat **21 to 30 grams** of fibre each day.

The following foods have at least 2 grams of fibre:

Vegetables and fruits
<ul style="list-style-type: none">• 1 whole: artichoke, sweet potato with skin, banana, orange, nectarine, apple, pear, star fruit, kiwi, guava• ½ cup: broccoli, carrots, spinach, collard greens, brussels sprouts, pumpkin, parsnips, taro, raspberries• ¼ cup: dried apricots, raisins, figs, prunes
Whole grain foods
<ul style="list-style-type: none">• 1 slice: whole wheat bread, rye bread• ½ piece: whole wheat pita, bagel, or English muffin• ¾ cup: multigrain cereal, oatmeal• ½ cup: whole wheat pasta, barley
Protein foods
<ul style="list-style-type: none">• ¾ cup: black beans, lima beans, kidney beans, soybeans, pinto beans, white beans, chickpeas, peas, lentils• ¼ cup: hummus, almonds, hazelnuts, macadamia nuts, pine nuts, soy nuts, pistachios, sunflower seeds, ground flax seeds

Snacks that are high in fibre:

- Homemade trail mix with multigrain cereal, dried apricots, raisins, pistachios, and sunflower seeds
- Low-fat/low-sugar yogurt with ground flax seeds and raspberries
- Whole wheat pita and carrots with hummus
- An apple and roasted, unsalted almonds
- Popcorn and orange slices

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Whole Grain Foods

Good nutrition is important at any age



Whole grains are the **least processed** type of grain, and have all 3 parts of the kernel intact. Whole grains provide **fibre, vitamins B and E, minerals, and protein.**

Make $\frac{1}{4}$ of the food you eat each day whole grains.

WHOLE GRAIN FOODS

Whole grains are good for your health. Some examples are: whole oats, brown and wild rice, barley, quinoa, corn, etc.

Tips to add whole grain foods to your daily food choices:



At breakfast, enjoy a bowl of oatmeal or whole grain cereal



Add barley, quinoa, or corn to soups, salads, and stir-fries



Substitute brown or wild rice in dishes that call for white rice



For a snack, enjoy whole grain toast or crackers



Try gluten-free options like amaranth, corn, millet, or quinoa

SHOPPING FOR WHOLE GRAINS

In Canada, there are **no regulations** for using the term "whole grain" on product labels. **Many products with "whole grain" on the label may actually be low in whole grains.**

Tips to choose whole grain foods while grocery shopping:



Read nutrition labels and choose products with:

- The words **"whole grain"** on the package **AND**
- **First ingredients** like: whole wheat flour, whole rye, whole oat or oatmeal, whole corn, whole barley, etc.



Inspect nutrition labels for "multigrain" products, as they **may not include whole grains** in their list of ingredients



Choose whole grains that are good sources of fibre:

- Products should have **at least 2 grams** of fibre per serving
- Products that claim to be "high in fibre" must contain **4 grams of fibre or more** per serving

NUTRITION FACTS

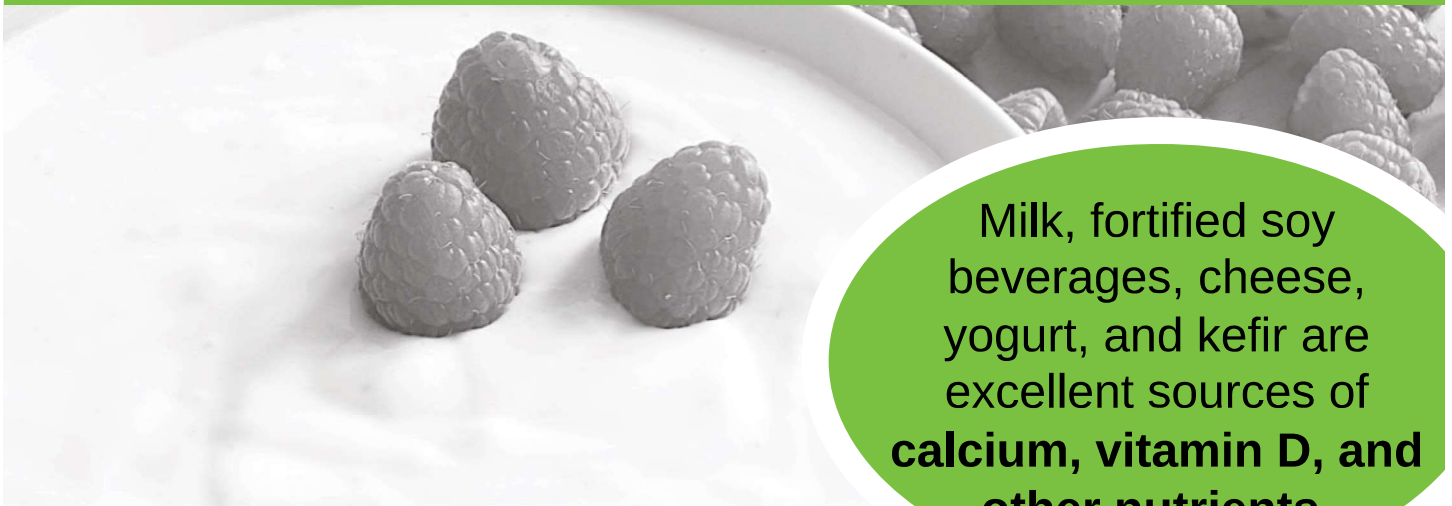
Cooked whole grain	Fibre (g/ 100g)	Protein (g/ 100 g)
Amaranth	2.0	4.0
Barley	3.8	2.3
Bulgur	4.5	3.1
Millet	1.3	3.5
Quinoa	2.8	4.4
Wild rice	1.8	4.0

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Calcium and Vitamin D

Good nutrition is important at any age



Milk, fortified soy beverages, cheese, yogurt, and kefir are excellent sources of **calcium, vitamin D, and other nutrients.**

Aim for **1200 mg of calcium** and **800 IU of vitamin D** each day if you are over 70 years old.

CALCIUM & VITAMIN D

Calcium and Vitamin D are important for **strong bones.**

Tips to increase calcium and vitamin D in your diet:



Sprinkle grated cheese on sandwiches, salads, and vegetables



Add yogurt, milk, or fortified soy milk to cereal and smoothies



Use milk, fortified soy milk, or skim milk powder to prepare cream soups, stews, or hot cereals



Try other calcium-rich foods like white, navy, or baked beans, almonds, sesame seeds, broccoli, and figs



Try other vitamin D-rich foods like salmon, sardines, eggs, fortified rice beverages, fortified orange juice, and margarine

VITAMIN D & SUNLIGHT

Information on vitamin D and sunlight:

- When your skin is exposed to the sun, your body makes vitamin D
- In Canada, it is hard for your body to make enough vitamin D during the fall and winter
- Eat vitamin-D rich foods and enjoy the sunlight each day to meet your daily requirements

If you are concerned you are not getting enough calcium or vitamin D in your diet, speak with your healthcare provider about supplements.

BANANA SMOOTHIE

Ingredients (1 serving):

- 1 cup milk or fortified soy milk
- 1 frozen banana
- 1 tsp honey
- ¼ tsp vanilla
- 1 pinch of cinnamon

Instructions:

- In a blender, combine all ingredients and blend until smooth

Tip:

- Add flax seed oil to get your omega-3 fats



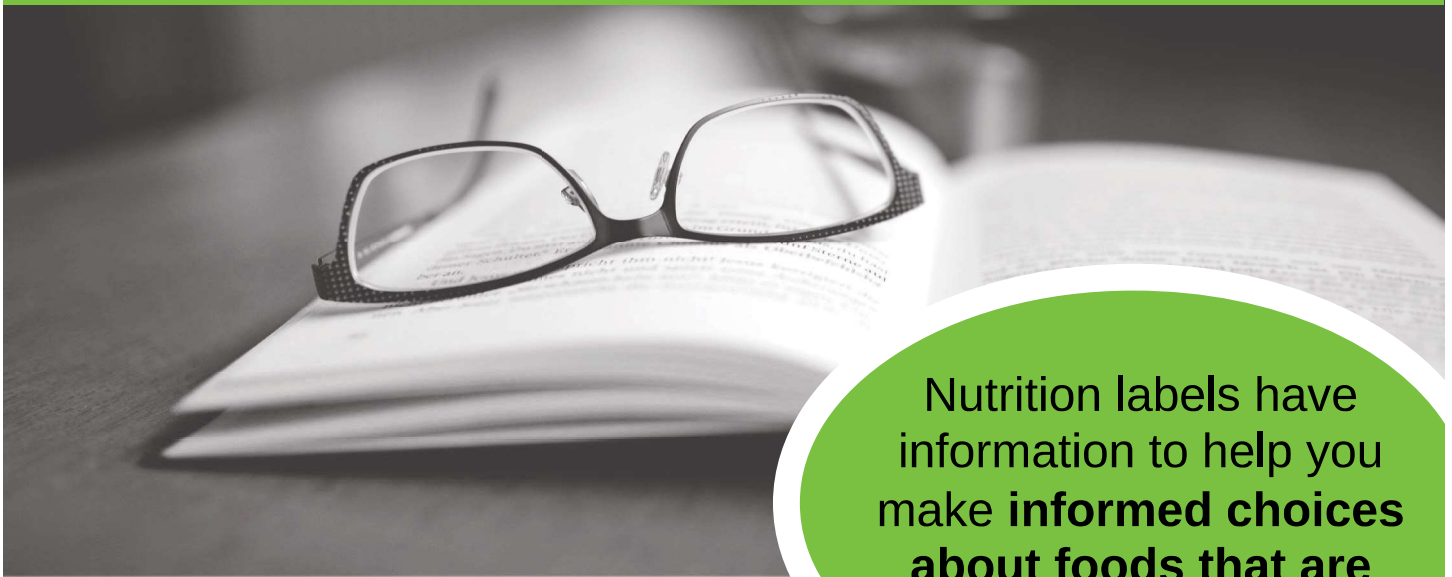
Calories: 271 kcal
Protein: 6 g
Fat: 4 g
Carbs: 55 g
Fibre: 5 g
Sodium: 104 mg
Calcium: 450 mg
Vitamin D: 120 IU

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Nutrition Labels

Good nutrition is important at any age



Nutrition labels have information to help you make **informed choices** about foods that are **healthier for you.**

Read nutrition labels while grocery shopping and preparing food.

NUTRITION LABELS

Information found on nutrition labels:

1

Nutrition facts table: suggested serving size, calories, nutrients (e.g., protein, vitamins, and minerals), and % Daily Values

2

Ingredient list: ingredients in a product by weight (most to least)

3

Nutrition claims: nutrient content and health benefit claims

4

Allergen labels: food allergen and gluten warnings

5

Date labels: how long your unopened product will last safely

- Examples: “best before date” and “expiration date”

MAKING INFORMED CHOICES

Nutrition labels can help you **compare and choose foods**, and know what **ingredients a food product contains**.

Tips to make informed choices with nutrition labels:



Look at **serving sizes** to:

- Understand how much of a nutrient you are eating in a serving
 - **Adjust values and calories** based on how much you eat
- Compare calories and nutrients between similar products



Read the **% Daily Value**:

- **5% or less** means the product has little of the nutrient
- **15% or more** means the product has a lot of the nutrient



Choose what you want to **focus on**:

- **Nutrition claims** can help you choose foods that have a nutrient that you want more of (e.g., protein, iron, or calcium)
- **% Daily Values** can help you choose foods lower in saturated fat, trans fat, cholesterol, sodium, and sugar

INGREDIENTS WITH MANY NAMES

Nutrient	Other names
Saturated fat and trans fat	Butter, margarine, lard, hydrogenated fat or oil, shortening, meat fats, tallow
Sodium	Salt, words with “sodium”, brine
Sugar	Syrup, juice, honey, words ending in “ose” (e.g., glucose or maltose), molasses

More ingredient names can be found [here](#).

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Learn more! Explore helpful resources and tools at: food-guide.canada.ca

Staying Hydrated

Good nutrition is important at any age



Drinking enough fluids will help keep you hydrated and can prevent headaches, dizziness, fainting, and constipation.

Drink **8 cups** of fluids each day.
1 cup is equal to 250 mL.

STAYING HYDRATED

Water is the best choice for staying hydrated. Other fluids include milk, coffee, tea, and soup.

Tips to increase your fluid intake:



Keep a bottle or glass of water nearby, and refill it when needed



Drink a glass of water when you wake up



Drink fluids during meals and snacks



Drink more fluids in hot weather and when you are active



Flavour your water with berries, lemon, or cucumber

SIGNS OF DEHYDRATION

Dehydration happens when you lose more fluid than you take in. It is important to drink fluids even before you feel thirsty, as not everyone experiences the same signs of dehydration.

Signs that you may be dehydrated:

- Thirst
- Dry lips and dry mouth
- Flushed skin
- Headache
- Dizziness and fainting
- Dark yellow, strong-smelling urine
- Low blood pressure
- Increased heart rate

SIMPLE SELF-CHECK

Questions to ask yourself to check if you are drinking enough:



Check your thirst:

- Do I feel thirsty?
- Do my mouth or lips feel dry?



Check your urine (it should be light yellow):

- Is my urine dark yellow and does it have a strong smell?
- Am I producing little urine throughout the day?



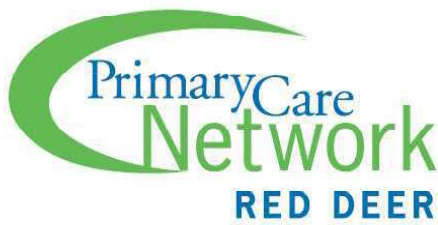
Check how you feel:

- Do I feel dizzy or light-headed?
- Do I have a headache?

If you answered “yes” to one or more of these questions, you may not be drinking enough. Drink some fluids to rehydrate!

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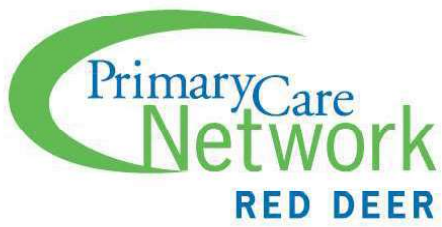
STRONG AND STEADY

Week 3



4620-47A Avenue, Red Deer

10:30am to 12:00pm



STRONG AND STEADY

Week 4

Home Safety Checklist

	Yes	No	To Do
Are the front steps and walkway in good repair and free of debris?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is the front entrance well lit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are your stairways well lit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have light switches at the top and bottom of the stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are stairs free of clutter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have handrails on both sides of the staircase?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have and use safety grab bars installed for shower tub and toilet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you use a rubber bath mat in the tub and shower?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you use a nonslip mat outside your tub or shower?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you use a night-light in the bedroom and bathroom?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a clear pathway between furniture clear of clutter or electrical or phone cords?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a phone near the bed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you need to have scatter rugs, are they secure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the kitchen, do you use a stable step stool with safety rail to reach high places?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Adapted from:
 Finding Balance: Be Falls Smart in Your Home
 Health Canada Healthy Living Preventing Falls in and Around Your Home

Budget-Friendly Nutrition

Good nutrition is important at any age








You can buy a variety of **healthy foods** and still **control what you spend**.

Some local senior's centres and organizations (e.g., Meals on Wheels) **offer low cost, hot meals.**

BUDGET-FRIENDLY SHOPPING

Healthy eating does not have to cost more. You can still choose many different healthy foods while eating on a budget.

Tips to eat healthy on a budget:

-  Make a list of groceries that you need and stick to the list
-  Go shopping with a friend and split large packages
-  Compare prices between similar food items and brands
-  Buy foods that are in-season, frozen, and canned
-  Look for senior discount days and other sales

TRANSPORTATION

Travelling to and from the grocery store can be challenging, **but there are still other ways to access healthy foods.**

Tips to access healthy foods with and without transportation:



Check if a community program offers rides to the grocery store



Split the cost of taxi or ride share program with a friend



Ask a family member or friend who drives if you can go together



Order your groceries by phone or online for home delivery

LOW COST FOODS

Vegetables and fruits

Fresh vegetables and fruits that are in-season, frozen vegetables and fruits, canned, low-sodium/low-sugar vegetables and fruits

Whole grain foods

Whole grain pasta, whole grain bread, brown or wild rice, oatmeal, cornmeal, cream of wheat

Protein foods

Dried or low-sodium canned beans, peas or lentils, eggs, tofu, canned fish, less expensive cuts of meat (e.g., stewing, blade, flank, pork shoulder), powdered milk

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Eating With Others and Alone

Good nutrition is important at any age







When we **eat with others**, we tend to **plan, cook, and eat a variety of foods**. Eating with others also **increases appetite**.

Eat meals with others as often as you can. This includes family, friends, and neighbours.

PREPARING & EATING FOOD WITH OTHERS

Eating healthy foods with family, friends, or neighbours is a great way to **connect and add enjoyment to your life**.

Tips to prepare and eat food with others:

-  Prepare meals and exchange recipes with others
-  Join a collective kitchen, cooking class, or dining club
-  Share a potluck dinner with family, friends, and neighbours
-  Check your local senior's centre for weekly meal services

PREPARING & EATING FOOD ALONE

You might find that making meals is a challenge when you are alone. With a little bit of planning, **you can still enjoy a variety of healthy foods while eating alone.**

Tips to make preparing and eating food alone easier:



Prepare simple, healthy meals when you have the most energy



Prepare for days when you are not interested in cooking by making larger batches of stews, soups, casseroles, and other dishes that are easy to freeze and re-heat



Have some of your meals delivered (e.g., Meals on Wheels)



Have a nice place to eat (e.g., set the table with flowers)



Take your meal outside, watch TV, listen to the radio, or read

ENJOY YOUR FOOD

Tips to help enjoy your food with and without others:

- Appreciate the appearance, smell, texture, and taste of your food
- Be aware of your feelings, thoughts, emotions, and behaviours while eating
- Take your time while eating and enjoy each bite

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Skipping Meals and Appetite

Good nutrition is important at any age



Skipping a meal, especially breakfast, will make it hard to get all the nutrients you need each day.

Aim for at least **3 meals** each day.

EATING ENOUGH FOOD

Meals do not have to be complex or require cooking. Pick meals and snacks that are healthy and easy to prepare.

Tips to make sure you are eating enough:



Plan your meals and snacks ahead of time



Include all 3 food groups in your meals (i.e., vegetables and fruits, whole grain foods, and protein foods)



Replace a meal with 2-3 snacks if you are not as hungry



Pack healthy snacks to take on-the-go*

***Snacks to take on-the-go:** orange, hard-boiled egg, nuts, veggies and dip, etc.

APPETITE

As we age, our appetites may decrease, but we still need to eat enough food to get the necessary vitamins, minerals, and protein to stay healthy.

Tips to help increase your appetite:



Exercise or take a walk before meals



Choose a comfortable, pleasant place to eat:

- **Decorate** the table with flowers, tablecloth, placemats, etc.
- **Sit** outside, by a window, with the TV or radio on, etc.



Add flavour to your meals with herbs and spices

- **Herbs:** parsley, mint, dill, basil, chives, fennel, thyme, etc.
- **Spices:** black pepper, cinnamon, turmeric, paprika, etc.



Try a new healthy recipe or food to spark your interest in eating

- [Canada's Food Guide](#): recipes for meals and snacks
- [Research Institute for Aging](#): recipes for healthy aging
- [UnlockFood](#): recipes for low-cost, healthy meals



Eat meals with family and friends as often as possible



Join a cooking club or community kitchen

Ask your healthcare provider if your medications may be the cause of appetite or taste problems.

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Difficulties Chewing and Swallowing

Good nutrition is important at any age



With age, chewing can become tiring or painful, and we may cough or choke when trying to swallow. These are signs of **chewing and swallowing problems**, which can **affect what and how much we eat**.





If you have problems with your teeth, gums, or dentures, **see your dentist**.

If you have trouble swallowing, **see your healthcare provider**.

CHEWING & SWALLOWING

If you have trouble chewing or swallowing, **choose soft foods or change the way you prepare foods**.

Tips to make foods easier to chew and swallow:

-  Try different food textures to see what suits you best
-  Chop, mash, or purée foods with a knife, blender, or processor
-  Add gravy or sauce to help soften and moisten food
-  Choose thick liquids*, as they may be easier to swallow

*More information about thick liquids can be found on the next page.

FOOD TEXTURES

Blended or puréed liquids (runs off spoon slowly)

Smooth, creamy soup, and applesauce

Soft foods and thick liquids (pudding-like)

Custard, pudding, yogurt, mashed potato, turnip, squash or yam, and smooth, cooked cereal

Semi-solid foods (firm, but not tough)

Cooked pasta, puréed food, scrambled eggs, tofu, and ground meat

Solid foods (firm, but not hard)

Soft-cooked vegetables, soft fruit, diced meat, and toast

SOFT FOODS

Vegetables and fruit

Well-cooked vegetables, low-sugar canned fruit, applesauce, puréed vegetables and fruits

Whole grain foods

Quinoa, well-cooked whole grain pasta, fresh whole grain bread, soft, whole grain cereal, oatmeal, cream of wheat

Protein foods

Low-fat/low-sugar yogurt, kefir, nut butters, cooked beans, peas, or lentils, tofu, egg, fish, ground meat (e.g., beef, chicken, pork)

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STRONG AND STEADY

Week 5

How To Get Up

Stay Independent.
Prevent Falls.



Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

If you have a fall:

- Lie still a minute.
- Stay calm.
- Check yourself for injuries.
- If you are not injured, use a sturdy piece of furniture to get up.
- If you are injured, call for help.

Even if you are unhurt, tell a healthcare professional, family member, or health care practitioner that you have fallen to lower your risk of falling again.

1

Roll onto your side, and then push up onto your elbows.



2

Use your arms to push yourself onto your hands and knees.



3

Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support.



4

Slide or raise the foot of your stronger leg forward so it's flat on the floor.



5

Lean forwards and push up using your arms and front leg, slowly rising to a standing position.



6

Turn around and sit down. Sit for a minute or two and catch your breath.



Email: info@findingbalancealberta.ca
Phone: 780.492.6019
Website: www.findingbalancealberta.ca



LOCAL CONTACT INFORMATION:

Funding provided, in whole or in part, by Alberta Health. Provision of funding by Alberta Health does not signify that this project represents the policies or views of Alberta Health. | Sources available upon request. | REV: 06-2022

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Food Safety

Good nutrition is important at any age

Food can cause illness when it is not handled safely. Common mistakes include not cooking, chilling, or reusing foods properly, cross-contamination with raw foods or allergens, and unclean surfaces, utensils, dishes, or hands.

SYMPTOMS OF FOODBORNE ILLNESS

You may feel sick right after eating unsafe food, or you might feel sick days or weeks later. Often, symptoms do not last long, but they can become serious and require medical attention.

Symptoms to watch out for:

- Stomach cramps
- Vomiting
- Headache
- Nausea
- Diarrhea
- Fever and chills

If you think you have a foodborne illness, report it to your healthcare provider.

FOOD RECALL WARNINGS

Food recalls happen when a **food producer stops sales** as it is believed that a product **may cause foodborne illness.**

Foods can be recalled due to discovery of:

- Microorganisms (e.g., bacteria or parasites)
- Foreign objects (e.g., glass or metal)
- Major allergens that do not appear on the nutrition label

More information on local food recalls and warnings found [here](#).

SAFE FOOD HANDLING PRACTICES

There are many things that you can do to **prevent spoilage, cross-contamination, and foodborne illness.**

Tips for safe food handling:



Wash your hands before, during, and after handling food



Clean surfaces, dishes, and utensils before and after use



Use different cutting boards, dishes, and utensils for fresh foods (e.g., vegetables, fruits, and grains) and raw meats



Keep hot foods at or above 60°C (140°F)



Do not leave perishable food out for more than:

- 1 hour during summer outdoor activities
- 2 hours at room temperature



Refrigerate foods at 4°C (40°F) or lower



Freeze foods at -18°C (0°F) or lower



Check local food advisories and recalls



Throw away spoiled food (e.g., mold, weird texture, bad smell)

You cannot always tell if a food is spoiled by its appearance, smell, or taste. When in doubt, throw it out!


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Cooking Food Safely

Good nutrition is important at any age








Food can cause illness when it is not cooked well. Preparing food at its proper internal cooking temperature will make sure that it is safe and ready to eat.

FOOD THERMOMETER

The best way to know if your food is safe to eat is by using a food thermometer. You can buy a food thermometer at grocery, hardware, or kitchen/restaurant supply stores.

Food thermometer tips:

-  Leave the thermometer in for 30 seconds before reading
-  Test thin foods (e.g., hamburger) 1 minute after removing heat
-  Test thick foods (e.g., roast) 5-10 minutes after removing heat
-  Test in a few different places on foods with irregular shapes
-  Wash the thermometer in hot, soapy water after each use

INTERNAL COOKING TEMPERATURES

Beef, veal, and lamb	Temperature
Ground meat (burgers, meatballs, sausages)	71°C (160°F)
Roast, steak, filet (medium rare)	63°C (145°F)
Roast, steak, filet (medium)	71°C (160°F)
Roast, steak, filet (well done)	77°C (170°F)
Ham, pork loins, and pork ribs	Temperature
Ground meat (burgers, meatballs, sausages)	71°C (160°F)
Pieces and whole	71°C (160°F)
Poultry and eggs	Temperature
Ground chicken or turkey (burgers, meatballs, sausages)	74°C (165°F)
Frozen raw, breaded products	74°C (165°F)
Pieces (wings, breasts, legs, thighs)	74°C (165°F)
Whole poultry	82°C (180°F)
Egg dishes	74°C (165°F)
Seafood	Temperature
Fish	70°C (158°F)
Shellfish	74°C (165°F)
Other	Temperature
Leftovers*	74°C (165°F)

*Internal cooking temperatures may differ. More information can be found [here](#).

**Bacteria grows quickly between 4°C to 60°C (40°F to 140 F).
When finished cooking, keep food at or above 60°C (140°F).**

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Storing Food Safely

Good nutrition is important at any age



Storing food properly will help you **prevent food from spoiling and protect you against foodborne illness.**

GENERAL FOOD STORAGE

Buying and storing food with safety in mind will **prevent foods from spoiling or becoming contaminated.**

Food safety tips to use when buying and storing food:

- 1 Get cold or frozen food at the end of your shopping trip
- 2 Keep raw foods away from other food in your cart and fridge
- 3 Store meat, poultry, and seafood in sealed containers or bags on the bottom shelf of your fridge as soon as possible
- 4 Store your vegetables and fruits in your fridge crisper drawer
- 5 Dispose of canned food if it is dented, leaking, or rusted
- 6 Freeze foods that you will not eat by the “best before” date

FRIDGE AND FREEZER STORE TIMES

Food	Fridge 4°C (40°F) or lower	Freezer -18°C (0°F) or lower
Raw beef, pork, lamb, veal Ground beef, pork, lamb, veal	2-4 days 1-2 days	8-12 months 2-3 months
Cooked ham Bacon	3-4 days 1 week	2-3 months 1 month
Raw sausage Pre-cooked sausage	1-2 days 1 week	1-2 months 1-2 months
Raw poultry (whole) Raw poultry (pieces)	2-3 days 2-3 days	1 year 6 months
Fish* Fresh clams, crab, lobster Scallops, shrimp	3-4 days 12-24 hours 1-2 days	2-6 months 2 months 2-4 months
Open lunch meat*	3-5 days	1-2 months
Eggs in shell Eggs out of shell Hardboiled eggs	3-4 weeks 2-4 days 1 week	Don't freeze 4 months Don't freeze
Open milk Open butter* Frim cheese* Open cottage cheese, yogurt	3 days 3 weeks 5 weeks 3 days	Don't freeze Don't freeze 3 months Don't freeze
Leftover cooked meat, stews, egg dishes, vegetable dishes Leftover cooked poultry, fish Leftover meat broth, gravy Leftover soup	3-4 days 3-4 days 3-4 days 2-3 days	2-3 months 4-6 months 4-6 months 4 months

*Store times may differ for other types of this product. More fridge and freezer store times can be found [here](#).

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Using Leftovers Safely

Good nutrition is important at any age



Leftovers help avoid food waste, save money, and make quick future meals. **Store and reuse leftovers properly to prevent foodborne illness.**

STORE LEFTOVERS

Put large batches of food in the fridge to eat over the next few days, and freeze the rest. **Store leftovers within 2 hours of cooling.**

Food safety tips to use when storing leftovers:

1

To cool your leftovers:

- Divide the food into single servings for later use
- Wait for the food to stop steaming before putting it away

2

To store in the fridge (4°C | 40°F or lower):

- Put leftovers in covered containers (e.g., lids, aluminum foil)
- Label the type of food and the date you made it

3

To store in the freezer (-18°C | 0°F or lower):

- Put leftovers in containers that are made for the freezer, or wrap food in aluminum foil and place in re-sealable bags
- Label the type of food and the date you made it

DEFROST AND REHEAT LEFTOVERS

There are many ways to **safely defrost and reheat** your leftovers.

Food safety tips for defrosting and reheating leftovers:

1

To defrost your leftovers:

- Place on the bottom shelf of your fridge in a sealed container;
- Place in the microwave in a safe container; or
- Place in a sink with cold water, replacing water every 30 mins

2

To reheat your leftovers:

- Cook food immediately after it is defrosted
- Reheat food to a safe internal temperature
- Discard uneaten leftovers after they have been reheated

You cannot always tell if a food is spoiled by its appearance, smell, or taste. When in doubt, throw it out!

WAYS TO USE LEFTOVERS

Your leftovers can be used to make **new, exciting meals!**

Ideas to help you use your leftovers:

- Add cooked vegetables to omelettes, sandwiches, or pastas
- Add chopped fruits to smoothies, yogurt, or salads
- Add cooked poultry to stir-fries, soups, casseroles, or salads
- Add ground meats to chilis, casseroles, or pastas
- Add cooked fish or shellfish to tacos, salads, or soups/chowders
- Add hard-boiled eggs to sandwiches or salads

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WOLF CREEK PCN

Primary Care Network Exercise Specialist

- Exercise programs offered in Innisfail, and Penhold
- Please phone for more details

Alberta Health Services

Supervised Exercise Program AHS Central Zone 1-877-314-6997

- Cost – no charge
- Call to find locations of Supervised Exercise Programs in your area

Online Activity Programs

Finding Balance Alberta.ca

- Cost – no charge
- Online fitness videos and other fall prevention resources

The most common source of injury to seniors is through falls. Muscle weakness is a large contributing factor to these incidents, so it is recommended to exercise for 30 minutes or more, at least 5 times a week. There are many lower intensity activities that seniors can do to improve muscle strength and balance while not over-exerting the body, including yoga, tai chi and walking groups.

CONTACT INFORMATION

RED DEER

Down Town House	403-346-4043
GLAD – RDRHC Rehab	403-343-4508
Taoist Tai Chi	403-346-6772
Michener Hill Curling Club	403-346 0440
Primary Care Network PC	403-343-9100
AHS Programs	1-877-314-6997
The Golden Circle	403-343-6074
Collicutt Centre	403-358-7529
Pidherney Curling Club	403-346-3777
Dawe Center	403-406-8600
Rec. Center	403-309-8411
Riverbend Golf & Rec.	403-343-8311

INNISFAIL

Innisfail Seniors Centre	403-227-6601
FCSS (ext. 225)	403-227-3376
Town of Innisfail	403-227-3376
Recreation (ext. 217)	403-227-3376
Wolf Creek PCN	403-227-3356
Exercise Specialist(#2125)	403-227-3356
Taoist Tai Chi	403-240-4566

SYLVAN LAKE

Sylvan Lake Senior Centre	403-887-5428
Sylvan Lake Lodge	403-887-2555
Family and Community Centre	403-887-1137

SPRUCE VIEW

FCSS	403-505-9091
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BOWDEN

FCSS	403-224-2207
------	--------------

PENHOLD

FCSS	403-886-3288
------	--------------

Seniors Drop-In Centre	403-886-2999
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BLACKFALDS

Abbey Centre	403-885-4039
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Improve Balance, Strength, Coordination and Stay Active

Central Alberta



Falls Prevention Coalition

Keeping active is not only incredibly important in staying healthy but also in falls prevention.

For more information,
Visit the Finding Balance website
<http://findingbalancealberta.ca/>



FIND US ON FACEBOOK
Central Alberta Falls Prevention Coalition

CA Falls Prevention Coalition – September 2023

RED DEER

Golden Circle

Cost - Varies from \$2

- Move and Groove
- Zumba, Yoga, Tai Chi, Dancercise
- Sit N' Be Fit
- Stretch, Flex, and Strengthen
- Bocce
- Carpet bowling
- Line Dancing
- Square Dancing
- Thursday Night Social Dancing
- Community based Fitness Class@ Sacred Heart

Red Deer PCN

Cost – No Charge

- Strong and Steady
- My Way to Health
- Outdoor gyms- group training available by request
- Disc Golf (Parks in Anders & Kentwood, portable targets also available)
- Prescription to Get Active

Walking programs / Facilities

Cost – Varies

- Parkland and Bower malls
- The Hardy Walkers
- Volkssport
- Gaetz United Church
- Red Deer Ramblers
- FCSS Walking Group
- RDPCN Walking Group



City Programs / Facilities

Cost – Fee subsidy available

- Gentle Functional Fitness
 - Zumba
 - Chair Yoga
 - BSS-Balance Strengthen & Stretch
 - Gentle Water Workout
 - Swimming programs
 - Silver Blades skating, Walking track, indoor ball, pickle ball, golf, hiking clubs
- Collicut Centre**
- Indoor Track – 7 days a week
 - Early Bird Walk & Soak – (Mon.-Fri.) all seniors are invited to use the lane swim until 9 am, use the track, steam room and hot tubs from 7am to 10 am for only \$2



DownTown House

Cost – Drop-in fee \$6

- Carpet Bowling
- Square Dancing

Red Deer Curling

Cost – Membership

- Pidherney Centre
- Michener Centre

RDP Seniors

Cost - \$100

- Maintenance Program at Bethany

Be Fit for Life Centre @ RDC

- Consultation/assessment service

Blackfalds

Abbey Centre – Vibrant Living 50+

Cost – Varies

- Walking Club
- Yoga, Chair Yoga
- Pickleball
- Fit & Functional
- Skating

SYLVAN LAKE

Sylvan Lake Seniors Centre

Cost – call for information

- Exercise
- Restorative Stretching
- Men's Yoga

Sylvan Lake Lodge

Cost – Drop-in fee \$6

- Strong and Fit



Family and Community Centre

Cost – No Charge

- FCSS Walking Group

INNISFAIL

Innisfail Seniors Drop-In Centre

Cost – Free

- Floor Curling
- Carpet Bowling

Innisfail Library Learning Centre

- Movers and Groovers
- Yoga

Innisfail High School

- Pickleball

Innisfail United Church

- Tai Chi