

# **Vitality Fitness & Health**

Exercise Motivation Package

# About “Vitality Fitness and Health”

## and this package

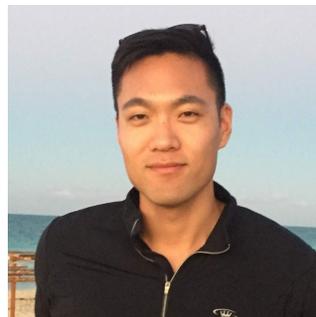
I know that getting active can be difficult, especially when starting at an older age, so I've focused my learning and expertise on helping retired adults get fit and stay healthy. “Vitality Fitness and Health” is a personal training and exercise-motivation service that helps older adults get in shape, maintain their independence, and control their quality of life.

Together, we will buck the trend of 4 in 5 Canadians not getting enough exercise to prevent some of the most common health issues. Healthcare costs relating to issues arising from inactivity is costing Canada about 1/3rd of our annual national public health care budget, or about \$80 Billion Canadian. The cost of grief and loss of independence is priceless.

**I would like to credit the Active Herts team and the University of Hertfordshire Higher Education Corporation (2017) for the research and design supporting this booklet. For more details please see [www.activeherts.org.uk](http://www.activeherts.org.uk)**

I am highly qualified and experienced in health and fitness coaching and motivation. I will work with you to set your own plan of action that will help you find ways to fit physical activity into your daily life based on your fitness level and interests. Moreover, I will be able to help you with muscle imbalances in your body which you may or may not know about.

Keep in touch throughout your journey!



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# Your Thoughts About Becoming Active...

List initial thoughts or ideas that come to mind when you think about becoming active.

What have you tried before that didn't work for you?

# Is Exercise Good For You?

## Advantages and Disadvantages of Exercise

Consider the possible positives and negatives of becoming more active by filling in the table below.

Advantages	Disadvantages

On a scale of 1-10, how confident do you feel about becoming active?

Not very confident

Very confident

1	2	3	4	5	6	7	8	9	10
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# Hurdles to Jump Over

## Overcoming your barriers

Think about your current situation. What things in your life might be hurdles that stop you from being active?

What's currently stopping you being active?	How can you overcome this?

# Time is Precious

## Plan exercise into your routine

This timetable will help you identify gaps in your week that you could use to be active. The key is to start small and slowly build up the number of minutes of activity you fit into your week/ Think about when you might have some free time to do something different.

Remember just 10 minutes a day will start to make a big difference!

Jot down when you could/would like to see your personal trainer, when you'd like to exercise on your own, and how long you can commit confidently to exercising.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# Get Focused

Set your goals and work towards them

Becoming active can seem like a really tough challenge. The key is to think about what you want to achieve and how you are going to do it. This task will help you to set your goals over the short, medium, and long term.

	What do you want to achieve?	How will you achieve it?
Short term (2 weeks)		
On a scale of 1 to 10, how confident are you in achieving this goal? (please circle) Not confident 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Very confident		
Medium term (3 months)		
On a scale of 1 to 10, how confident are you in achieving this goal? (please circle) Not confident 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Very confident		
Long term (12 months)		
On a scale of 1 to 10, how confident are you in achieving this goal? (please circle) Not confident 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Very confident		

# How to Change

## Your next steps for success

This action plan is your quick guide to success. Make a note of the things you are going to do to get active.

What am I going to do?	Where am I going to do it?	When am I going to do it?	Who am I going to do it with?

# Bumps in the Road

It won't always be a smooth ride but planning is key

Getting active is not a smooth ride for anyone. This task will help you plan how to avoid or cope with your bumps in the road and increase your chance of success.

Remember, I am always contactable if you feel you need a little extra support.

Difficult Situations: "If..."	How I will avoid or cope with them: "Then I will..."



# Benefits of Exercise

Did you know that being active can...

- Improve the health of your heart and lower your risk of a heart attack or stroke
- Help you manage high blood pressure
- Make you feel good and improve your mental health
- Give you more energy
- Prevent diabetes and help you manage it better
- Improve balance and reduce risks of falls
- Lower your cholesterol levels
- Help you to manage your weight
- Help you meet new people
- Reduce various aches and pains, like back pain or joint pain?
- Help prevent or manage depression?
- Help reduce the risk of Alzheimer's
- Help prevent or delay dementia?

These are just a few of the benefits and it is important to remember that most of all, exercise can be fun! It is about finding the activity that is right for you.

# Exercise Guidelines

What you should be aiming for

For a healthy heart and mind...	
Be Active	
Vigorous Exercise Examples	Moderate Exercise Example
Run	Brisk Walking
Sport	Cycle
Heavy Gardening	Swim
Minutes per week	
75 Vigorous Intensity (Breathing fast, difficulty talking)	150 Moderate Intensity (Increased Breathing, able to talk)

To keep your muscles, bones and joints strong...		To reduce your chance of falls
Sit Less	Build Strength	Improve Balance
Less TV	Gym	Balance Exercises
Less Sofa time	Yoga	Dance
Less Computer time	Resistance Bands	Tai Chi
Break up sitting time		2 Days per week

# Your Rewards

It's not all hard work! Remember it is important to reward yourself for the effort you put in, so here are a few ideas to try.

Immediate rewards that are free:

- Nice relaxing bath
- Read a book
- Invite friends round
- Listen to music
- Watch a film
- Spend time in the garden
- Go on a family day out
- Ask friends to look after the children and enjoy some downtime

Long-term priceless rewards:

- The pride in knowing that you did your best to prioritize your health and happiness
- The joy and thrill of exercise itself in its many forms, and the knowledge that you frequently spent time in your life doing something that you love and enjoy.
- Bolstering your independence and staying at the peak of your performance so that you can live your life the way you want, for longer.

How are you going to reward yourself?

# This is Where Your Path Begins...

1. Your First Appointment	2. Routine Personal Training Sessions	3. Three Month Milestone	4. Six Month Milestone	5. Twelve Month Milestone
<p>At this appointment, you will talk about the steps you can take to start getting active.</p> <p>Together we will look at what you want to achieve, how to get there, and how we can support you/</p> <p>This will include agreeing with your personal plan to guide you.</p>	<p>There will be routine personal training sessions at a frequency you desire.</p> <p>Each session can involve a combination of heart conditioning, strengthening, mobility, balance, and stretching exercises.</p> <p>Each session will include the opportunity to reflect and redesign your plan to suit your needs.</p> <p>If you feel you would like some motivation or extra guidance, you will be able to dedicate session time to talk about any concerns you may have.</p>	<p>Generally, the life-changing effects of exercise begin to be noticed around this timeframe.</p> <p>We will conduct a three-month review to look at your progress so far and see how you're getting on.</p> <p>At this appointment, you can discuss how you are feeling, identify any health improvements, and develop your plan for the coming months.</p>	<p>Hopefully, you are sticking to your plan and are feeling the benefits of being more active.</p> <p>I will contact you to arrange a telephone or one-to-one review to see how you are getting on.</p> <p>Further support may be offered to help motivate you to keep active.</p>	<p>Congratulations on reaching twelve months! You have done fantastically well.</p> <p>At this appointment, you can work with me to explore some times to maintain your healthy behaviours.</p> <p>Why not ask me how you can support others to become more active?</p>

Supporting you every step of the way

If you have any questions or need additional help, feel free to call or email me at any point.

# Your Appointments

Appointment	Date	Time	Venue
First			
3 Month Milestone			
6 Month Milestone			
12 Month Milestone			

Notes:

# Eat Well

## Basic Nutrition Guidelines

Eating a healthy, balanced diet is an important part of maintaining good health. It can help you feel your best and doesn't have to be too difficult either. Here are some tips to get you started.

The key to a healthy diet is to do the following:

Eat the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight. It is recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules). Most adults are eating more calories than they need, and should eat fewer calories.

Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

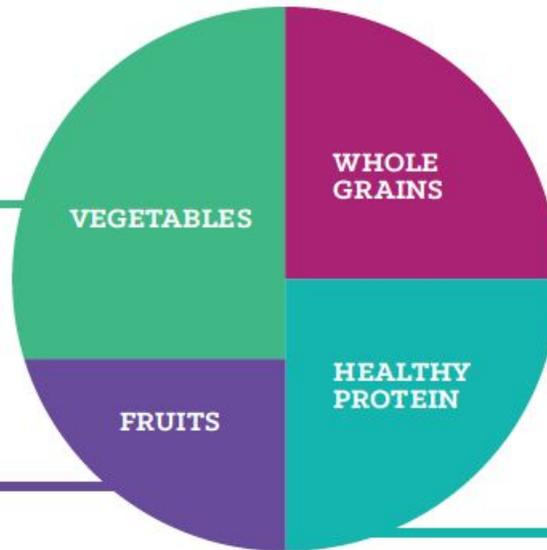
- Base your meals on starchy foods like – Potatoes, rice or pasta. They fill you up for longer and release energy slower. They are cheap too.
- Eat lots of fruit and veg – 5 a day is recommended and you will get essential vitamins and minerals to keep your body working well.
- Eat more fish – It has essential oils and is lower in calories than red meat or chicken.
- Cut down on saturated fat and sugar – Sugars mess with your energy levels and can make you feel tired and lazy or even change your mood. Fatty foods will make you gain weight rapidly and can clog up your arteries.
- Eat less salt – Even if you don't add salt to your food, you may still be eating too much. Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.
- Don't get thirsty - You need to drink about 1.6 to 2 litres of fluid every day to stop you getting dehydrated. All non-alcoholic drinks count, but water and lower-fat milk are healthier choices. Try to avoid sugary soft and fizzy drinks that are high in added sugars and calories, and are also bad for teeth.
- Don't skip breakfast - Some people skip breakfast because they think it will help them lose weight. A healthy breakfast is an important part of a balanced diet and provides some of the vitamins and minerals we need for good health. A whole grain, lower-sugar cereal with fruit sliced over the top is a good option.

## Healthy Eating Plate

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid Saturated fats.

The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colours.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.