

Training for Retirement

Module #1: The Importance of Preparing for Retirement

Canadian Older Adults Facts (Canadian Institute for Health Information, 2011)

Fact: Between 1986 and 2010, the number of Canadian seniors increased from 2.7 million to 4.8 million

Fact: Starting 2015, the proportion of seniors in the Canadian population will surpass the proportion of youth.

Fact: In 2008, about 3 out of every 4 (76%) Canadian seniors reported having at least 1 out of 11 chronic conditions

Fact: Women over 75 years old are more likely to be obese than men because they are more likely to be physically inactive.

Fact: Dementia is the most prevalent among seniors older than 65. It affects ~1 in 11 Canadians over 65. This is expected to double by 2038 along with the increase in the senior population.



Daily Dose: **Toothbrush Squat**



Complete these squats when brushing your teeth. You may hold the counter for support.

Start with standing with legs shoulder width apart. Bend knees and slowly lower yourself as if you're about to sit on a chair. Stop halfway. Slowly straighten up. Repeat 3-5x.

Remember: Tuck in pelvis and tighten stomach muscles (like when coughing) and exhale when lowering.

Sources:

Beattie-Huggan, P., MacDougall, S., Sajdak, L., & Smith, N. (2013). Leader's tool kit for healthy living workshops for older adults. Retrieved from <http://www.alcoa.ca/>

Canadian Institute for Health Information. (2011). Health care in Canada, 2011: A focus on seniors and aging. Retrieved from www.cihi.ca



Training for Retirement

Tracking your Progress

Write down “Y” or “N” for the first table, and “agree”, “disagree”, or “not sure” only under the appropriate column.

Healthy Eating

	Yes/No	Baseline Date:	Module 3 Date:	Module 6 Date:
I eat fruit every day	(Y/N)			
I eat vegetables every day	(Y/N)			
I eat at least every 6 hours	(Y/N)			
I drink water every day	(Y/N)			
I limit sweets	(Y/N)			
I limits high fat food items	(Y/N)			
I choose high fiber foods	(Y/N)			

Beliefs

	Agree/Disagree/Not Sure	Baseline Date:	Module 3 Date:	Module 6 Date:
I understand the importance of daily physical activity for my health	Agree/Disagree/Not Sure			
I feel better about myself	Agree/Disagree/Not Sure			
I believe I can make healthy food choices	Agree/Disagree/Not Sure			
If I smoke and/or drink alcohol, I have decreased the number of cigarettes and/or drinks per day	Agree/Disagree/Not Sure			
I know how much exercise I should do	Agree/Disagree/Not Sure			
I know what kinds of food are healthy for me to eat	Agree/Disagree/Not Sure			
I am making changes to my food choices or I plan to change my food choices within 30 days	Agree/Disagree/Not Sure			
I believe I can reduce my risk of high blood sugar by making changes in what I eat	Agree/Disagree/Not Sure			
What I eat is very important to my health	Agree/Disagree/Not Sure			

