



Canada

IL Centre & Active Living

Physical Activity
&
Healthy Lifestyles

Promoting a new perspective on disability
Voir au-delà du handicap



**ACTIVE
LIVING
ALLIANCE**

FOR CANADIANS
WITH A DISABILITY

**ALLIANCE
DE VIE
ACTIVE**

POUR LES CANADIENS/
CANADIENNES AYANT
UN HANDICAP



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Overview

IL Centres and Active Living

- Healthy Lifestyle Concerns
- Promoting the Health of People With Disabilities
- Healthy Lifestyles Model
- Kick Start the Wellness Planning Process
- Ongoing Support

SUCCESS based on 5 Key Factors

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Concerns

70% of people with disabilities are physically inactive.

ALACD 2002

“Second to the use of tobacco, the major contributing factor to poor health and chronic disease is Physical Inactivity.”

*Bauman, A. MD, Ph.D. Physical Inactivity –
The neglected risk factor, What to do about it?*

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Promoting Health

Promoting the Health of People With Disabilities

- Managing one's health is key to becoming self-sufficient, maintaining independence and enjoying full participation in society.
- “A regular regimen of 30-45 minutes of physical activity will reduce the risk of developing coronary heart disease, hypertension, colon cancer and diabetes.”
Surgeon General 1996

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Promoting Health

Leading Health Indicators

- Physical activity
- Substance abuse
- Tobacco use
- Mental Health
- Overweight & obesity
- Responsible sexual behavior
- Injury and violence
- Environmental quality
- Immunization
- Access to health care

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Common Excuses

What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?

Randy Glasbergen 2003

- “I’m a person with a disability I can’t exercise!”
- “I have no time”
- “I can’t afford it”
- “I can’t get transportation”
- “My attendants schedule doesn’t permit the opportunity”
- “I don’t know what to do”
- “I don’t like exercise”
- “The facility is not accessible”
- “Fitness trainers are not trained to include me”



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Healthy Lifestyles Model

A Holistic approach to healthy living is used considering:

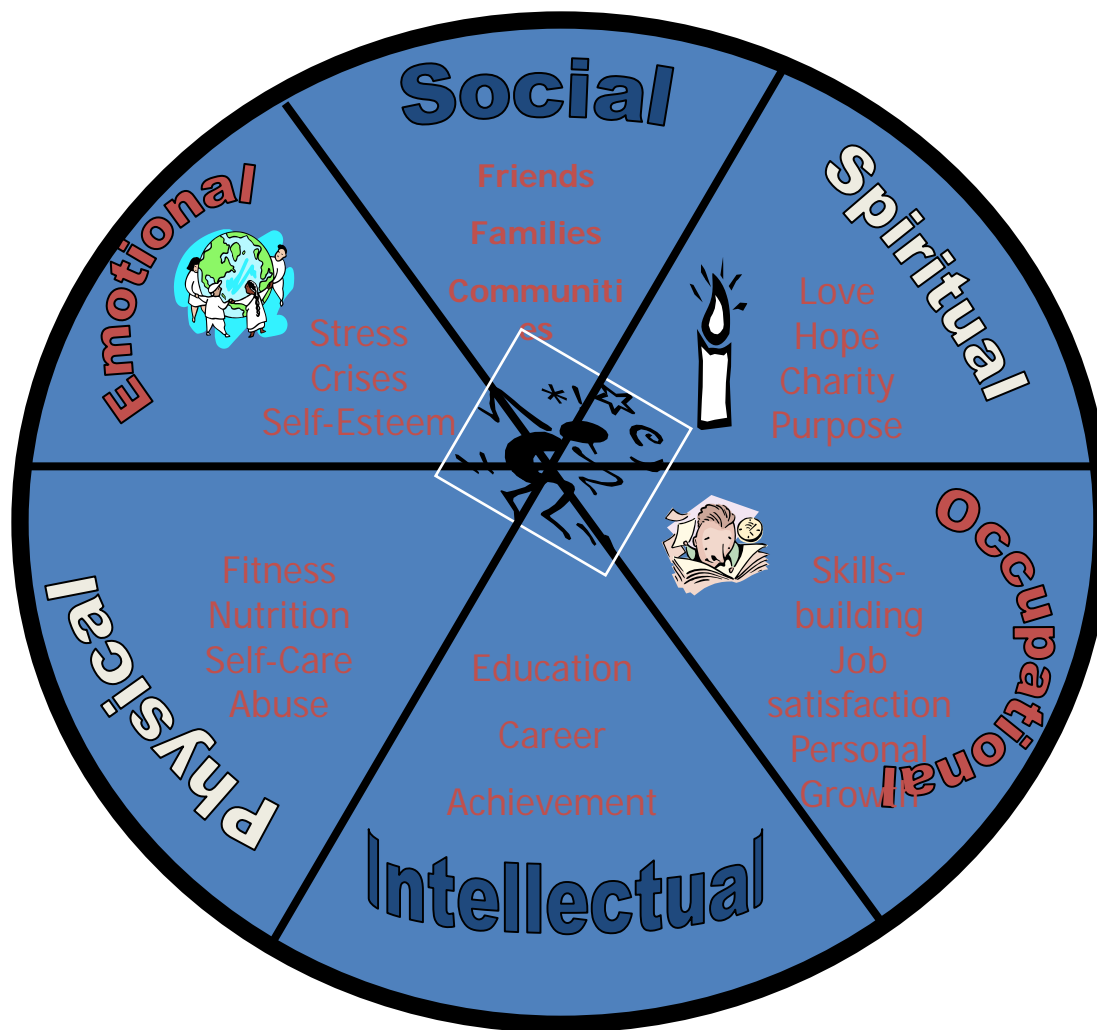
- Emotional Health
- Physical Health
- Meaningful Activities
- Social Health
- Spiritual Health

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Wellness Wheel



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Achieve a Healthy Life

The key is for each person to explore what they need to change in one or more of the 5 areas to live a healthier life.

“Whenever I feel like exercise I lie down until the feeling passes.”

Robert M. Hutchins

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Wellness Planning Process

Kick Start the Wellness Planning` Process

1. Provide learning opportunities and activities which support participants in exploring individual:
 - Needs
 - Strengths
 - Interests
 - Barriers – physical, social, financial and attitudinal (both from self and others)

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Wellness Planning Process

2. Based on Independent living philosophy where individuals self define healthy lifestyle while engaging in self reflection and self discovery.

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Wellness Planning Process

3. Individuals identify important values.
4. Training topics for review include: nutrition, fitness, stress and relationships, preventing illnesses, recreation opportunities.



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Wellness Planning Process

5. Tools and resources offered to support individual healthy lifestyle plans

6. Design and delivery is by people with disabilities

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Ongoing Support

- Partner development offering community support
- Develop and share current resources supporting inclusion and participation of people with disabilities
- Promote the health benefits of healthy living
- Share successes – “enhance other” confidence by expressing our confidence.

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Wellness Planning Process

7. Review the potential benefits

8. Set SMART goals

- Specific
- Measurable
- Achievable
- Relevant
- Time based

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SUCCESS based on 5 Key Factors

- Support and commitment from the IL Centre Management & staff
- Centre policies reflective of the program goals & objectives
- Organizational culture values health
- Program marketing efforts that reach, teach & influence
- Program is designed and owned by the people *Welco a small business source book 1998*

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Summary

Achieving an active lifestyle is within all of us.

Determine how you can set yourself along the path to a
active healthy life.

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Thank You

This Healthy Lifestyle and Person with Disabilities Initiative is a partnership between the Canadian Association of Independent Living Centres (CAILC) and the Active Living Alliance for Canadians with a Disability (ALACD). This partnership and its outcomes were made possible through funding from the Public Health Agency of Canada. This power point presentation was created by the Winnipeg & St. John's Independent Living Centres.



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