



# Hark!

**It's 11 am and ALL'S WELL!  
NEWSLETTER  
September, 1999**

### *The Active Living Lab*

*Welcome to the "Active Living Lab" at the University of Alberta Butterdome. This is the first edition of HARK! The ALL'S WELL NEWSLETTER. With this newsletter, we hope to keep you informed about the class in which you have just enrolled. The class filled up completely after Edith Kirby announced it in the Edmonton Journal on August 20! I am Dr. Sandy O'Brien Cousins, and I am not a medical doctor, but rather a professor in exercise gerontology. I am interested in promoting the health and wellness of older adults. I research barriers to older adult participation in physical activity, and I am interested in ways to help older adults Age Better with a Little Exercise so that they are ABLE to enjoy life to the fullest. I will be supervising the course all the way, and the students and I hope that you will truly have a wonderful experience with us. Call me anytime at 492-1033 if you wish.*

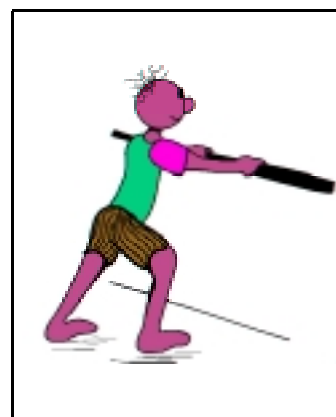
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#### **What is the Active Living Lab?**

The Active Living Lab is set up to help 25 physical education students practice leading and assisting older adults become more physically active. YOU are the focus of interest. YOU, the older adults, provide the reality for the students. Few young people know older adults very well, and visa versa. Some of you may become very good friends with others in the class.

#### **What do students want to learn?**



Physical Education students are well trained in anatomy, physiology and motor skills. But they rarely get off campus to practice what they learn, and this is where you come in. By coming to campus, you allow us to train students on site! That is why we do not charge you any money for this class. You may wish to purchase some of the published course materials, such as the *Fit For Your Life* strength training syllabus for \$5.00.

Students hope to:

1. Learn how to organize and lead an enjoyable physical activity programs for adults;
2. Learn more about what keeps folks motivated to be active;
3. Understand more about the conditions and health issues that concern you most;
4. and..., most important, replace their stereotypes about older people with true appreciation for who you really are.



### **What to expect**

The Active Living Lab is intended to be appropriate for a range of abilities, but will not be suitable for people who are very frail or get breathless very easily. People should work at their own pace, and stop if they feel a movement is not a good one for them. We select exercises to promote fitness for older people and will adapt here and there for those who have joint problems.

We hope to provide a range of interesting physical activity that will suit people who trying to improve their mobility, strength, general fitness, coordination and balance. The activities will be gentle in exertion, but sustained for 10 to 30 minutes so that your heart rate will increase slightly. You will feel warm and some people may work a bit harder to feel

The class will be using various locations in the Butterdome. Please meet at the water fountain

perspiration.

The barometer of success for us is your faces. If you are smiling, or even laughing during the class, then we are very rewarded. We can make you exercise, but if we can have you enjoy it, then we are all winners!!!

### **Ratings of Perceived Exertion**

In recent years, fitness professionals have found that taking heart rate checks are hard for people to do accurately, and take too much time from the class. We will try RPE or ratings of perceived exertion, and you will be rating your self. The lowest exertion rating is = 6 (very, very easy) and the highest is = 22 (very, very hard). I think you will find that the active living class will make you feel between 10 and 15 most of the time.

### **Health and Wellness Assessment**

Some basic tests may be used to find out more about your current functional level. Some examples are: a timed walk; standing balance; self-rated vitality scale.

### **How to get to campus?**

Come to campus by bus or LRT if at all possible.

Parking at the University is

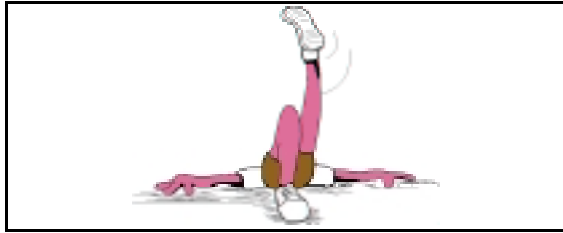
very hard to find, and is expensive too. People can drive and park at the Soutgate Shopping Centre on the west side near the bus terminal. Buses frequently travel to campus from there. Ask to be let off near the Butterdome (114 St. and 87 Avenue). Come down the stairs or elevator to the main floor near the track. We will be there to greet you at about 10:45 am.

### **Where is the class?**

near the NE corner of the main floor track.

From there we will move to a place where we





can all warmup together.

**Lockers and changing**

Come dressed for the class if you can. However you may use the change rooms near the towel dispensing counter. If you bring a lock, you can use a locker temporarily. See the equipment room staff if you want to rent a permanent lock and locker. We prefer that you come changed, and we will put your coat and other belongings inside the wrestling studio which is secure during class. Please leave expensive jewellery and large sums of money at home.



**What to wear?**

Dress for warmth! Come to campus in a warm outfit that includes a soft and flexible pants and jacket or sweater (warmup outfit). Underneath you can have another layer of a T-shirt and shorts or tights. Socks and runners will be useful for walking on the track. Once we get moving, you will warm up, and then you can take off the top layer. Bring a small athletic or beach bag to hold your belongings. A water or juice bottle is a good idea, but there is a water

fountain nearby.

**Please fill out the following and bring to the first class.**

NAME \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

Alberta Health Care Number

\_\_\_\_\_

Emergency Contact Name and phone number \_\_\_\_\_

\_\_\_\_\_

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1. Has a doctor ever said you have a heart condition? **YES NO**
2. Do you have chest discomfort brought on by physical activity? **YES NO**
3. Has a doctor ever recommended medication for high blood pressure? **YES NO**
4. Do you tend to fall over as a result of dizziness? **YES NO**
5. Do you have a bone or joint problem that could be aggravated by exercise? **YES NO**
6. Have you developed neck, shoulder or chest pain recently? **YES NO**

What goals do you have in mind for this program? What do you personally hope to accomplish? \_\_\_\_\_

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*Class starts September 23*