



## Girls Power Fort McMurray 2018



This year the Girl Power Committee hosted the 11th Annual Girl Power Day on Wednesday May 9th, 2018. This event takes place at the Syncrude Sport & Wellness Centre and target Grade 5 students. For those of you that are new to this day, the intent of the event is to introduce Grade 5 girls to activities that will empower them to become the leaders of tomorrow by taking care of their body, mind and health.

We hope to spark lifelong habits by devoting a day targeted specifically towards the health of

Grade 5 girls. Throughout the day we are hoping to provide students with the opportunity to try various activities such as Sports, Dance, Yoga, Martial Arts and various types of Fitness Classes. As well as Lessons on Nutrition, Life Skills and Self Esteem with an emphasis on issues specific to that age group.

The goal is to encourage our youth to remain active and make positive choices as they get older. As this seems to be an age where activity levels begin to decrease and unhealthy habits form, the hope is to curb that trend by opening their mind to new physical activity and healthy living possibilities outside what they may be offered in school.

This is a full day event with the students being bussed to the Syncrude Sport & Wellness Centre from their respective schools and then bussed back to school for dismissal. There will be no cost to attend this event, as lunches and busing will be provided by Be Fit for Life. We just ask that the schools coordinate their own buses to arrive accordingly on the day of the event.

### Board of Directors

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**When women support each other, incredible things happen.**

**STRONG WOMEN DON'T USE THEIR STRENGTH TO KNOCK OTHERS DOWN, BUT TO HELP OTHERS CARRY THEIR BURDENS.**

## Meet Sharon Evens InMotion Network Board Chair

Photo of a triumphant Sharon after completing Via Ferrata at Norquay this August



It's that time of year again. Time to go back to school, back to work or if you never left work, time to enjoy the upcoming fall colors. For me, it's the end of one of my favourite activities, the outdoor soccer season.

I am part of a group of women that want to continue to be active as we age. The soccer community has accommodated players at different stages of life with over 30 years and over 40 year leagues.

As the aging population keeps increasing, more older people are recognizing a growing need for exercise in their lives. Maintaining an active lifestyle is crucial for sustaining health and happiness. Exercise can help older adults achieve a higher quality of life, and it can help them live longer as well.

Current research tells us the positive effects of exercise for the elderly include:

- reduced risk of developing conditions and disabilities
- lower blood pressure
- increased balance
- increased mobility
- weight maintenance
- increase flexibility

For me, sports can also provide other benefits such as socialization and connection with community.

Increasing access to sports and physical activity for all ages is important. In Motion targets females at all ages and skill levels. We are constantly looking for programs, projects or individuals which promote females in sports or physical activity.

As In Motion Network has evolved, we have also changed our focus. We are looking for new funding sources to broaden our reach. This year we are active in the area of indigenous people, health and education. This allows us to look for more opportunities to provide access to sports and physical activity for women and girls across the province of Alberta.

**I want to be surrounded by the kind of women who support other women.**



## **Eight Tips for Healthy Eating**

**These eight practise tips cover the basics of healthy eating, and can help you make healthier choice.**

**The key to a healthy diet is to:**

- 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 and drink too much, you'll put on weight.
- 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.
- It is recommended that men have around 2500 calories a day (10500kilojoules). Women should have around 2000 calories a day (8400 Kilojoules). Most adults are eating more calories than they need and should eat fewer calories.

Base your meals on starchy carbohydrates

[Starchy carbohydrates](#) should make up just over one third of food you eat. They include potatoes, bread, rice, pasta and cereals.

Choose wholegrain varieties (or eat potatoes with their skins on) when you can: they contain more fibre, and can help you feel full for longer.

Eat Lots of fruit and veg

It's recommended that we eat at least [five portions of a variety of fruit and veg every day](#).

It's easier than it sounds. To read the full article, click [here](#). Copyright @ NHS

## Meet Kody Taylor InMotion Network's Board Secretary



Kody Taylor is an Ojibway woman from the Berens River First Nation who grew up in the small community of Riverton, Manitoba. Growing up in a small community allowed for a real appreciation of grassroots programming. Kody actively participated in multiple sports as an athlete and a volunteer coach.

The love of sports and recreation spilled over into her professional life as Kody was the Assistant Executive Director of the Manitoba Badminton Association, under the umbrella of Sport Manitoba, for five years.

Kody, along with her 9 year old son Chayce, relocated to Edmonton to begin work as the Special Initiatives Manager with the Alberta Native Friendship Centres Association.

She was also the recipient of a Manitoba Aboriginal Youth Achievement Award (2011) and a Queen Elizabeth II Diamond Jubilee Medal (2012).

Kody holds two Bachelor of Arts Degrees from the University of Manitoba; the first in Native Studies and Ojibway (2014), the second in Political Science (2016).

As a single mother to a child who plays multiple sports, Kody understands the barriers that families face when it comes to participating in sport and recreation. She is excited to be part of the InMotion Network family to contribute what she can base on her experiences.

### Healthy Snacks:

Too many kids snack on empty-calorie foods that are high in calories but low in nutrition value. Those foods include sweets, cookies, doughnuts, chips, and soft drinks. Too many of these food can cause unhealthy weight gain as your child grows.

Tip: Choose baked tortilla chips instead of potato chips more often. Consider drinking water instead of pop.



## Recommendations for Physical Activity (Including Sleep and Sedentary Behavior)

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### Global Recommendations

The World Health Organization recommends the following

#### Adults aged 18-64

- Adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.
- Aerobic activity should be performed in bouts of at least 10 minutes duration.
- For additional health benefits, adults should increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity.
- Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.

#### Adults aged 65+

- Adults aged 65 years and above should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous intensity activity.
- Aerobic activity should be performed in bouts of at least 10 minutes duration.
- For additional health benefits, adults aged 65 years and above should increase their moderate intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous intensity aerobic physical activity per week, or an equivalent combination of moderate-and vigorous-intensity activity.
- Adults of this age group, with poor mobility, should perform physical activity to enhance balance and prevent falls on 3 or more days per week.
- Muscle-strengthening activities should be done involving major muscle groups, on 2 or more days a week.
- When adults of this age group cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow.

#### Children and Adolescents aged 5-17

- Children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous intensity physical activity daily.
- Amounts of physical activity greater than 60 minutes provide additional health benefits.
- Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week.

Global Recommendations on Physical Activity for Health, Click [Here](#)

## Get Up & Go Girls 2018, Thorsby Recreation Centre



Get up & Go Girl is a one day workshop designed for young women between the ages of 7 and 17. The workshop introduces several activities for the girls, as well as focus on healthy living, positive body image and self-esteem. We are so fortunate to be able to offer this year after year for our youth.

This year we kicked off the morning activities with Pickle ball, Drum Fit and Positive Affirmation Sign making. It was a great morning, and girls had their creative juices flowing with the sign making and participating in fun sports to get some healthy physical activity! Then, we ended the day with belly dancing and a DJ dance and friendship photo booth for the girls. Female empowerment is very important to our core focus with this event.

We want all young girls to know they are beautiful, smart, brave, and they can achieve anything they put their minds to! We want to instill these values in these young women so they grow up knowing they are worth it, smart, courageous and beautiful on the outside as well as the inside!

We believe that success starts from within, and loving yourself. We all have so much to offer this world, and each and every girl is important and unique, so we encourage the girls to embrace this mentality. We truly enjoy putting on this program for the young women in our community, and will continue to offer this program in the years to come!!



### Upcoming Events

#### Go Girl

- December 7, 2018 Lac La Biche, AB, Portage College.
- November 14, 2018 Calgary, AB, Genesis Centre 7555 Falconbridge Blvd. NE.
- October 26, 2018 Wetaskiwin, AB, Wetaskiwin Regional Public School.

#### Girl In Motion

- September - December, 2018 Edmonton, AB, DECSA.
- September – June 2019 Edmonton, AB, Harry Ainlay High School.

#### Women In Motion

- September 6 – December 20, 2018 Edmonton, AB, Warburg School.

