



# WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

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**Each small step counts. From dynamic stretching in the morning, to taking a walk outside during lunch, to climbing some stairs instead of riding the elevator – it all adds up. Better to start with only 15 minutes a day than waiting until Saturday because that's the only time you can go to the gym. Didn't do any exercise yesterday? Forget the guilt and focus on what you're going to do today.**

### **Exercise Quiz taken from Heart Health Centre website Discovery Health**

1. Exercise releases endorphins in the brain altering moods.    **T F**
2. Exercise enhances high-density lipoproteins HDL levels, which improve health.    **T F**
3. Past exercise experiences have no effect on present experiences.    **T F**
4. Exercise helps keep lost weight off.    **T F**
5. Exercise plays an significant role in initial weight loss.    **T F**
6. Low/moderate activity, such as walking, (that requires less than 60 per cent max. capacity) leads to:
  - a ) increased food intake
  - b ) decreased food intake
  - c ) has no effect
7. Vigorous exercise (that requires 70 percent or more of maximal capacity) leads to:
  - a) increased food intake and stable body weight
  - b) increased food intake and unstable body weight
  - c) decreased food intake and stable body weight
  - d) no effect on food intake or body weight
8. Women who exercise tend to compensate by:
  - a) increasing their food intake
  - b) decreasing their food intake
  - c) no altering their food intake
9. A person who believes in "no pain" , "no gain" is likely to:
  - a) exercise consistently
  - b) get more benefits from their fitness regime
  - c) drop out
10. Consistent exercisers tend to:
  - a) Exercise when they can find time
  - b) Exercise over their lunch hour
  - c) Exercise in the morning
  - d) Exercise in the evening

*Answers next page....*



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## Answers To Exercise Quiz

1. T- Physical activity does improve moods, psychological well being and self-esteem. Plus, its likely to decrease mild anxiety depression, and stress, which are some of the negative feelings that precede a lapse in healthy eating. Use exercise as a way to interrupt this cycle.
2. T - If you are exercising primarily for reasons related to health, it is important to understand the role of exercise in increasing high-density lipoproteins, an effect that reduces cardiovascular risk.
3. F - Prior negative experiences with exercise can be a major barrier to regular activity. Unpleasant memories, such a being teased by peers, poor performance and other feelings of inadequacy may leave people ashamed, self-conscious, and uncomfortable with their bodies and exercise. Others can't tolerate, sweat, physical discomfort, or embarrassment over their body. Try developing a list of the costs and benefits of exercise as you se them. The more worth you attach to each the more influential they will be in determining your fitness habits.
4. T- Exercise is the single best predictor of long- term weight maintenance.
5. F- Exercise has a modest effect on initial weight loss. Dietary programs, exercise, and a combination of diet and exercise all produce similar short- term effects on weight loss.
6. B) Decreased food intake. Increasing activity to low or moderate intensity decreases food intake and body weight.
7. A) Increased food intake and stable body weight. More vigorous exercise leads to increased food intake and stable body weight.
8. A) Increasing their food intake. Studies have found that exercising women make compensatory increases in food intake but men do not. This may result from the incorrect assumption that exercise increases appetite.
9. C) Drop Out. High intensity exercise can increase tension and anxiety. Moderate - intensity (those requiring less than 60 per cent of maximal capacity) may promote better initiation and maintenance of exercise than more intensive programs. Moderate activity appears to be more readily maintained over the life span, whereas participation in vigorous activity declines dramatically with age.
10. Exercise in the morning. People who exercise at the start of the day are usually realistic and committed. They recognize that if they don't exercise early their routine will likely be disrupted. People who plan to exercise rather than do it "when I have time" are much more likely to work out on a consistent basis.

## Get Moving with Friends

Instead of trying to remade the world over another cup of java...

- Get together to go hiking in the woods, cross-country skiing, snowshoeing or in-line skating, depending on the season.
- After brunch, go for a walk together in the neighbourhood or in a nearby park or glide around the local skating rink
- Do some maintenance work: raking leaves at one home or painting at another.

More great ideas: Let loose with an aerobics class on video or sign up at a fitness centre to do karate, stability ball exercises, cardio-boxing, hip-hop dancing, boot camp, etc.

## Get Moving at the Office

- Go for a walk during your noon hour: Invigorate your body, clear your head.
- If distances allow, go to work by bike, on foot or in-line skates.
- Get off the bus or the subway one stop sooner.
- So some stretching during your coffee break
- Work out with co-workers during your lunch hour, or before or after work. Just setting a specific time to do it together can be the motivation you need!



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## Walking Maps for the Agency

### Walking route for St. Lawrence Drive area (Welland)

Starting at 110 St. Lawrence Drive:

Turn right and follow St. Lawrence to Hansler  
Turn right on Hansler Road to Towpath  
Turn right on Quaker Road  
Follow Quaker Road to St. Lawrence Drive  
Turn right back onto St. Lawrence Drive

This walk takes approximately 15 minutes- 20 minutes (depending on how fast you walk).

### Walking Route For Parkdale Place Area (Welland)

Starting at 32 Parkdale Place:

Turn left out of the house and follow to Edgar Street.  
Turn left onto Edgar Street.  
Turn left onto McLaughlin Street and follow to First Ave.  
Turn left onto First Avenue.  
Chippawa Park will be on your left hand side.  
Continue on First Avenue until reaching a definite pathway on your left which connects to another street. This is Weller Street.  
Follow Weller to Edgar Street.  
Turn left onto Edgar and follow to Parkdale Place.  
Turn left and follow until you reach 32 Parkdale Place on your right hand side.

### Walking Route for 261

From the front doors of the mail office, walk straight through the plaza parking lot, passing the gas station (will be on your left) to Hannover Drive.  
Cross Hannover and walk through the parking lot, passing Contact Niagara (on your right) to Erion Drive.  
Cross Erion and you will come to a right of way.  
Walk through the right of way to Heritage Court.  
Walk along Heritage Court to Huntington Lane.  
Turn left on Huntington Lane.  
Turn left on Harvest Oak Drive  
Turn left on Martindale Rd  
Continue on Martindale Rd to the office parking lot and walk back to the office.