



FALL PREVENTION MONTH
ACTIVITY JOURNAL



Interested in sharing
your experience during
Fall Prevention Month?
Please check out the
Notes page at the end
of this Activity Journal
for more information.



THE VIRTUAL TREK

November is recognized nationally as Falls Prevention Month with education, awareness and a fun challenge provided by the Finding Balance campaign. The Virtual Trek is an engaging activity that was first launched in 2014 by Finding Balancer Alberta.

Following its success in that province, the Virtual Trek made its way here in 2018 with the support of **Finding Balance NB** in collaboration with **Trauma NB** and other provincial stakeholders.

During the month of November, we encourage you to use this Activity Journal to log your steps and/or physical activity minutes in the weekly calendar. At the end of the month, you can then add the number of steps taken during each week to calculate the total number of steps taken during the month.

In addition, participants are encouraged to reflect and have discussions about each of the **Four Main Pillars of Fall Prevention** throughout November - one for each week of the month.



For more information about the four main pillars of fall prevention in older adults, visit the Finding Balance NB website at www.findingbalancenb.ca.

JOIN THE MOVEMENT

Anyone can join the Virtual Trek Around New Brunswick. It can be a good way to get physically active while learning about fall prevention. In addition, this can be a chance to have a friendly competition to see who moved more during Fall Prevention Month.

This is why many say that the Virtual Trek presents a great opportunity to get in touch with family and friends for fun and informative activities, regardless of the age.

Since it's never too late to increase your level of physical activity, please consider the following tips to help you get started:

- Take part in at least 150 minutes (2.5 hours) of moderate- to vigorous-intensity activity each week. If you wish, you can spread out the activities into sessions of 10 minutes or more.
- Try to add muscle and bone strengthening activities at least twice a week to help with posture and balance.
- Choose physical activities you enjoy. You are encouraged to look for available programs in your community that may be tailored for older adults.

BE CAREFUL NOT TO OVEREXERT YOURSELF!

Only engage in a level of exertion you feel comfortable with when active. For more information on how to exercise safely, check out the **Safety Tips** section of this Activity Journal.

HOW DO I COUNT MY STEPS?

Pedometers are a useful device that can help you track your steps throughout the day. It is recommended that you wear your pedometer all day and then log the total number of steps taken in the corresponding weekly calendar. However, you can also convert the amount of time spent and the intensity of an activity into an approximate number of steps.

In general, if you are doing **moderate-intensity activity** you can talk, but not sing your favorite song during the activity. You may also sweat a little, your heart will beat faster, and you will breathe a bit harder. Examples include: brisk walking, golf, pickleball and swimming.

If you are doing a **vigorous-intensity activity**, your heart rate will increase quite a bit and you will not be able to say more than a few words without needing to pause to catch your breath. You are also more likely to sweat in greater amounts than when engaged in moderate-intensity activities. Examples include: jogging, aerobics and active sports such as squash and basketball.

ACTIVITY CONVERSION

1 minute of moderate-intensity physical activity = 100 steps

1 minute of vigorous-intensity physical activity = 200 steps

WEEK 1

NOVEMBER

Weekly
Total

1

2

3

4

5

6

7

Steps

Minutes

Total
Steps

WEEK 2

NOVEMBER

Weekly
Total

8

9

10

11

12

13

14

Steps

Minutes

Total
Steps

WEEK 3

NOVEMBER

Weekly
Total

15

16

17

18

19

20

21

Steps

Minutes

Total
Steps

WEEK 4

NOVEMBER

Optional

**Weekly
Total**

22

23

24

25

26

27

28

29

30

Steps

Minutes

Total
Steps

TOTAL NUMBER OF STEPS TAKEN DURING FALL PREVENTION MONTH

	Weekly Total Steps
Week 1	
Week 2	
Week 3	
Week 4	
Total Number of Steps	

SAFETY TIPS

As you get older, staying physically active becomes increasingly important as a recommended way to help prevent falls. Small amounts of daily activity can make a huge difference. Here are some helpful tips to help you stay safe:

- Consult your primary care provider before trying out a new exercise program or if you are unsure about the type and amount of physical activity needed to help reduce your risk of falls.
- It's important to be able to see your surroundings to spot potential hazards that might be in your way. Remember to have your eyes checked every year.
- Wear comfortable clothing and shoes that fit well, support your feet, cover your heels, and have a good grip.
- Dehydration can make you dizzy. Try to drink plenty of fluids such as water or sports drinks, when you feel thirsty.
- Before lifting heavier weights during resistance training, learn the proper techniques to help avoid possible injuries.

If you experience any of the following symptoms during your fitness routine, stop and consult your primary care provider or a medical professional immediately:

Dizziness

Chest pain or pressure

Cold sweats

Shortness of breath

Strong or sudden pain

VIRTUAL TREK ROUTE

1. Moncton to Saint John..... 153km
2. Saint John to St. Stephen 113km
3. St. Stephen to Woodstock 121km
4. Woodstock to Edmunston 172km
5. Edmunston to Campbellton 188km
6. Campbellton to Bathurst..... 108km
7. Bathurst to Shippagan..... 98km
8. Shippagan to Miramichi..... 110km
9. Miramichi to Shediac..... 128km
10. Shediac to Moncton 129km

Total Distance (Kilometers) 1320km

Total Distance (Steps) about 1.7 million steps

MAP OF THE VIRTUAL TREK ROUTE AROUND NEW BRUNSWICK





Join the Virtual Trek around New Brunswick!



www.findingbalancenb.ca



NB Trauma Program
Programme de
traumatologie du NB

www.nbtrauma.ca

