

PARTICIPANT GUIDE FOR

Healthy Living Reflection



Government of
Northwest Territories

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CANADIAN **PARTNERSHIP**
AGAINST **CANCER**



PARTENARIAT CANADIEN
CONTRE LE **CANCER**

Module 1: Physical Activity

“Life is a precious gift; you really have to make the most of it!”

(Dan Daniels, 2014)

Dan Daniels shares that “the overall quality of a person’s life is better when doing regular activity because it’s not just the physical activity you benefit from, it’s also the time you spend with others, the healthy relationships with friends who are on the same journey to maintaining good health.” In this film Dan Daniels shared his own story of being physically active. So today we will share about what we do to stay physically active.



Preparation

View the Health and Social Services Film: Physical Activity.

Print a copy of the NWT Physical Activity assessment and the Physical Activity toolkit from the website or ask a health care provider for a copy.

More information is on the following Website: www.hss.gov.nt.ca

Share or write about your experience

- a. When we say “be active” what does it mean to be active?

- b. What do you do to stay active?

- c. What can you remember about activities you used to do that required physical efforts?

- d. What about your parents and your family, what activities did they do to stay active?

- e. Do you see benefits for yourself if you become more active?

- f. What benefits will you experience if you keep up your level of physical activity for 5 years?

- g. What else can be done to encourage this type of storytelling of your life experiences?

Reflection

Share your stories with others. Take some time now to write down your reflection on the questions below.

Have you learned any new ways to make changes to promote healthy living?

Hearing your own voice, and the voices of others, what will be your new plan?

How can you put the new changes into action?

Who can you count on to provide support or guidance to make these changes?

Self-guided Activities

Complete the physical activity self-assessment (see handout). What do you understand from the assessment?

- ❖ Your health benefit score may be excellent but if you spend a large amount of time sitting (6 hours in your work day) then this can lead to ill health. Each person has their own level of physical activity. Individuals may also have different reasons for becoming more active. If you know what motivates you, this can help you to stay on your path of being physically active. The need to get up and get moving is not new - being physically active to live and survive every day was and is a way of life. Reclaiming a purpose to become more physically active can have positive lasting effects on your physical health, your mental and emotional health, and your social wellbeing.

Start working through the booklet (Physical Activity tool kit). In each section, complete the workbook section indicated below.

Taking the first step: Deciding to be physically active

- A1 – Your reasons to be more active
- A2 – Finding your motivation

Making a physical activity plan

- B1 - Step 1-Why, what, where, when, who
- B2 – Step 2-Write out your physical activity plan
- B4 – Step 3-Adding details to your plan

Setting goals

- C1 – What are you doing now?
- C2 – What activities would you like to try?
- C4 – Your own SMART chart
- C6 – Setting your own small goals

What stop you from being physically active?

- D3 – What stop you from being more active?

Benefits of physical activity

- E1 - What benefits are important to you?
- E2 – How would being active improve your life?

Physical activity and your blood pressure

- F2 – What aerobic activities would you like to do?
- ❖ The next few sections in the workbook talk more about benefits of physical activity in relation to blood pressure, diabetes and healthy weight.

Module 2: Healthy Eating & Weight Management

“Eat food that is rooted!”

(Gladys Norwegian, 2014)

Gladys Norwegian’s wish to pass on to others and especially to her grandkids is that “each person is responsible for their own journey. The food you put in your body affects everything else in your life: the way you think, the way you act, your sleep, energy levels and your relationships.” In this film Gladys Norwegian shared her own story of healthy eating and healthy living. We will be sharing our experience of eating healthy?



Preparation

View the Health and Social Services Film: Healthy Eating.

Print a copy of the Healthy Eating Assessment and Healthy Eating and Weight Management Guide from the website or ask a health care provider for a copy.

More information is on the following Website: www.hss.gov.nt.ca

Share or write about your experience

- a. What does it mean to eat healthy?
- b. What kinds of food would you normally eat in a day?
- c. Where do you get your food from? Do you get your food from the land/water/store/others?
- d. How often do you eat home cooked meals, store bought prepared foods or restaurant foods?

- h. What benefits will you experience in the long term if you continue to eat healthy?

Reflection

Share your stories with others. Take some time now to write down your reflection on the questions below.

Have you learned any new ways to make changes to promote healthy living?

Hearing your own voice, and the voices of others, what will be your new plan?

How can you put the new changes into action?

Who can you count on to provide support or guidance to make these changes?

Self-guided Activities

- ❖ Depending on where we live in the North, it can be challenging to obtain fresh affordable, healthy foods. We need to reflect on Northern People's ways of living before we became so dependent on the convenience of prepared package foods and eating out. Was the diet then any different than today? When we work toward a healthy weight we can prevent diseases such as cancers, heart disease and diabetes. Each person has unique needs and eating healthy takes care of our bodies. There are many benefits to ourselves, our families, and the communities we live in.

Complete the healthy eating assessment (see handout) . What does this show you?

Go through the Healthy Eating Guide and information about impacts on healthy eating and healthy weight.

Complete the workbook section indicated below, one section at a time.

Lead a discussion with others by asking the questions in the following activities:

What foods and drinks will you choose for good health? Write down some ideas in table below. (Refer to Healthy Eating Guide - Page 7)

Food & Drink	Choose most often	Choose sometimes	Choose least often
Vegetables and fruit			
Grains			
Milk & alternatives			
Meat & alternatives			
Drinks			

What are some reasons why people gain weight? (Compare your answers with Healthy Eating guide - Page 5)

Write down 5 ways to eat better.

1.

2.

3.

4.

5.

Are you already doing some of these things?

Is there something else you may want to try?

Did any suggestions surprise you?

(Compare your answers with Healthy Eating Guide - Pages 8 & 9)

How do you know what and how much to eat during meal times? (Compare your answers with Healthy Eating Guide - Pages 10 & 11)

Do you read nutrition labels on food you buy from the store? How can these help you to make healthy choices? (See Healthy Eating Guide - Pages 12 to see what is on this label.)

- ❖ See Healthy Eating Guide - Pages 13 & 14 for sample menus for women and men.

Do you use Canada's food guide to plan your meals? Is this helpful or do you have some other way to make sure you are choosing from the various food groups to have a balanced diet? (See Healthy Eating Guide - Page 15)

- ❖ Keeping track of what you eat for 3 months will help you to pick up on your pattern of eating and drinking. This can be done if you keep a journal.

Write down in the table provided your daily intake of food and drink for yesterday.

- What have you noticed that you do well?
- Is there something you may want to consider changing?

Was there anything that surprised you as a result of journaling? (See Healthy Eating Guide - Page 17)

Daily Intake Record

Time	Food or drink	How much?	Where did you eat or drink? Mood/thoughts?	Activity

- ❖ People who decide on their actions and write them down are more likely to reach their goals. Start here!

Write out a plan to change one thing to promote healthy eating. (See Healthy Eating Guide - Page 19)

How confident are you that you will complete this plan, on a scale of 0 to 10? Who will keep you accountable?

What tips or suggestions can you use to change habits and thoughts and stay on your path of eating healthy and making healthy choices? (Compare your answers with Healthy Eating Guide - Page 20)

What are some triggers for overeating? (See Healthy Eating Guide - Page 21)

Eating healthy is taking the first step. What else can you can do to promote a healthy weight? Compare your answers with Healthy Eating Guide - Page 22)

❖ See Healthy Eating Guide – Pages 23 - 29.

There are benefits to eating healthy foods together with family and friends.



Module 3: Tobacco Cessation

“Put yourself around people who will encourage you!”

(Roy Erasmus, 2014)

When Roy Erasmus began smoking, cigarettes were everywhere. “People didn’t know about the harmful effects of it.” 20 years later when he finally decided to quit, “it was a known fact that smoking was definitely bad for you. There are over 4,000 chemicals in cigarette smoke, many of which are known causes of cancer and chronic diseases. Quitting is like anything else, if you want to do a good job you need to prepare for it.”

Preparation

View the Health and Social Services Film: Tobacco Cessation

Print a copy of the Tobacco Quit Plan from the website or ask a health care provider for a copy.

More information is on the following Website: www.hss.gov.nt.ca

Share or write about your experience

Share your stories with others. Take some time now to write down your reflections on the questions below.

What is your understanding of tobacco free living?

What about your parents and your family, what practices did they do to live tobacco free?

Do you think there are changes you can make to improve your health and if so what would these changes be?

What benefits can you see for yourself if you quit using tobacco?

What benefits will you experience in the long term?

Have you learned any new ways to make changes to promote healthy living?

Hearing your own voice, and the voices of others, what will be your new plan?

How can you put these changes into action? Complete the quit plan (see handout).

Who can you count on to provide support or guidance to make these changes?



Module 4: Alcohol Management

“Healing from the inside one heart at a time!”

(George Tuccaro, 2014)

George Tuccaro shares his journey of alcohol recovery. “For years I had been inside of this cocoon, holding all my hurts and pains so tight to my chest, not letting anyone know about it. When I made the decision to change, I began to let go of all that garbage and forgive myself for hanging on to it for so long. Even if you have just a glimmer of hope today, tomorrow will take care of itself. And it starts with healing from the inside.”

Preparation

View the Health and Social Services Film: Alcohol Management.

More information is on the following Website: www.hss.gov.nt.ca

Share or write about your experience

Share your stories with others. Take some time now to write down some comments to the questions below.

What does it mean to be healthy in relation to alcohol misuse?

What is your understanding of alcohol management or alcohol free living?

What about your parents and your family, what practices did they do to live healthy?

Do you think there are changes you can make to improve your health and if so what would these changes be?

What benefits can you see for yourself if you quit alcohol use or misuse?

What benefits will you experience in the long term?

Have you learned any new ways to make changes to promote healthy living?

Hearing your own voice, and the voices of others, what will be your new plan?

How can you put the new changes into action?

Who can you count on to provide support or guidance to make these changes?



Module 5: Healthy Relationships

“Believe and you will find your way!”

(William Apsimik, 2014)

William and his wife Eva Apsimik have lived in many communities all over the north and have been married for 59 years. They have learned some important rules to maintain a healthy relationship.

Preparation

View the Health and Social Services Film: Healthy Relationships.

More information is on the following Website: www.hss.gov.nt.ca

Sharing or write about your experience

Share your stories with others. Take some time now to write down some comments to the questions below.

What is your understanding of healthy relationships?

What about your parents and your family, what practices did they do to live healthy and have healthy relationships?

Do you think there are changes you can make to improve your relationships and if so what would these changes be?

What benefits can you see for yourself if you have healthy relationships?

What benefits will you experience in the long term?

Have you learned any new ways to make changes to promote healthy living and healthy relationships?

Hearing your own voice, and the voices of others, what will be your new plan?

How can you put the new changes into action?

Who can you count on to provide support or guidance to make these changes?

