Your Personal Passport to Healthy Living

Physical Activity
Healthy Eating
Mental Health
Beliefs & Attitudes
Your Personal Passport to Healthy Living

This Passport takes you on a healthy lifestyle journey. It’s designed to provide you with benefits that will last a lifetime.

Just as an official passport allows you to travel to, and learn about foreign countries, your Personal Passport will allow you to go on a journey of opportunities and new experiences. Travelling to a new country can be intimidating, when the food, language, and customs are foreign to you. You may experience the same concerns on this new personal journey. You will learn how physical activity, food choices, lifestyle habits, and maintaining positive mental health influence several chronic diseases.

Having a travelling companion often makes a trip more enjoyable. You may find that having a friend on this journey to a healthier lifestyle will also make it more fun and increase your chances for success.

Just as official passports get stamped, so can your Personal Passport. When you have made a lifestyle change, the stamps in your Passport may be validated if you wish, by you, a friend, or an instructor.

This is YOUR Personal Passport to use as you like.

Every step on your journey is important, be it big or small. Good luck and bon voyage!

We wish you success.

Yours in health,
Active Living Coalition for Older Adults

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Table of Contents

Inside Your Passport .................................................. 2
About ALCOA ............................................................ 3
Diabetes ................................................................. 4
Other Chronic Diseases ........................................... 6
Foot Care .............................................................. 9
Physical Activity .................................................... 10
Strength Training .................................................. 14
Lifestyle ............................................................... 16
Healthy Eating ....................................................... 18
Mental Health ......................................................... 22
Beliefs & Attitudes ................................................ 24
Setting Goals ....................................................... 28
Your Journey to Success ........................................ 30
Notes ................................................................. 32
Additional Charts .................................................. 36
Definitions ........................................................... 40
Resources ............................................................ 42
References ........................................................... 46
Evaluation Survey

Editor’s Note: the symbol is placed beside information specific to people with diabetes.
Managing or preventing chronic disease is essential for healthy aging and for staying independent. This Passport has a focus on Type 2 diabetes, but it also provides helpful information about other chronic diseases.

Many of these chronic diseases are 'lifestyle diseases'. This means that you can prevent and manage them with a healthier lifestyle. It’s a big challenge to change habits of 30 or 40 years. We suggest that you make this a lifetime journey, starting with small steps and making simple changes. Build these changes into your daily routine.

Your Passport is designed to be your personal tool for assessing your lifestyle. Record your activities and successes as your journey takes you along the road to healthier living.

The Active Living Coalition for Older Adults (ALCOA) is a charitable organization, incorporated in 1999. ALCOA envisions a society where all older Canadians are living active lifestyles thereby contributing to their physical and overall well-being.

ALCOA, in partnership with its member organizations (24 national and 35 local/provincial organizations) encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living.

In keeping with its role, ALCOA members are committed to upholding and advocating the following principles:

- **Respect** the experiences, contributions and resources of older Canadians by recognizing and integrating them
- **Inclusion** of older adults in all planning and decision making
- **Diversity** is embraced by respecting all points of view
- **Meaningful partnerships** are formed to work together with other individuals and organizations
- **Consensus** is strived for in decision-making
- **Access** to all older adults inclusive of socio-economic status, Aboriginal peoples, ethno-cultural background, geographic locations, and ability
- **Equity** by recognizing that everyone, regardless of present level of ability, capability and economic status, can improve their well-being through active living
Did you know...

Age is no barrier to a healthy, active lifestyle. Regular physical activity and healthy eating improves your general health and well being. It also helps prevent and control Type 2 diabetes.

Much of the food we eat is broken down into glucose (sugar) which is used for energy. Diabetes is a disease that prevents the body from using glucose (sugar) properly. To use sugar, the body needs insulin, which is produced in the pancreas. With diabetes, the body does not produce enough insulin or has difficulty using the insulin it makes.

Sugar builds up in the blood instead of being used as energy. If left untreated, high levels of blood sugar can slowly damage blood vessels and nerves. Complications may develop such as: loss of vision, cloudiness in the lens of the eye, kidney damage, nerve damage, increased risk of heart attack and stroke, high blood pressure, and impotence. However, if well managed, people can slow the progress of diabetes, and prevent or delay complications.

There are risk factors for Type 2 diabetes that cannot be changed:

- Age
- Family history of diabetes
- Ethnic background – People of Aboriginal, Hispanic, Asian, and African descent are higher risk groups
- A history of gestational diabetes (diabetes during pregnancy)

Risk factors for Type 2 diabetes that can be changed:

- Being overweight, especially if most of the weight is carried around the middle
- Inactivity
- Alcohol
- Smoking
- Not eating well
- High cholesterol or high triglycerides

Lifestyle changes can help manage blood sugar levels and control diabetes. Keep track of your results in Your Personal Passport to Healthy Living and monitor your successes.
Other Chronic Diseases

Did you know...

Researchers have found that being active can lower your resting heart rate and your blood pressure. That’s good for a healthy heart.

Physical activity, healthy eating, and some simple changes in your lifestyle can play a big role in preventing other chronic diseases.

Heart Disease & Stroke

Heart disease and strokes are primarily ‘lifestyle diseases’. How we choose to live affects our heart health. If you choose to eat mostly junk food, smoke cigarettes, and sit all day, your heart has to work overtime. Eventually, this behaviour will cause some part of your heart to break down.

But research shows those who exercise, live longer and develop heart disease less often. Studies also show that active men are less likely to have a stroke.

Cancer

Cancer mostly strikes older adults. Research shows that older women have the best protection from breast cancer if they have exercised regularly all of their lives. And, moderate exercise can help older women, even if they have never been physically active.

Physical activity also reduces the chance of developing colon cancer.

Arthritis

Millions of older Canadians suffer from the pain, stiffness, and swelling caused by arthritis.

Early diagnosis and treatment is important. Once you get the disease under control, you can start being more physically active. Research shows that maintaining a healthy weight and regular, appropriate, physical activity will not only make you stronger – it will also help you better manage the pain and stiffness.

Other Chronic Diseases

To help prevent cancer, spend at least 30 minutes a day doing moderate physical activity.

Exercise can make it less likely that a cancer will return. It can increase chances of survival.

Some people find it helps to apply heat or cold to an arthritic joint before or after exercise.

If you are experiencing pain or swelling, avoid physical activity until the pain or swelling subsides.
### Other Chronic Diseases

**Alzheimer Disease**
Alzheimer disease is not a normal part of aging. Research shows that physical activity helps to ward off mental decline as people age. It may even protect against this disease.

**Osteoporosis**
Osteoporosis is a disease that makes bones thin and weak. Weak bones can fracture when you lift, twist, or fall. To maintain healthy bones as we age eat a balanced diet that is low in sodium with adequate calcium, vitamin D, and vitamin B12. To prevent bone loss try activities where you carry your full weight, for example — walk, climb stairs, or dance. Strength training exercises, like using free weights or exercise bands, can increase bone mass in the spine and hip. Tai Chi helps to improve balance, which can help prevent falls.

### Foot Care For People With Diabetes

Sometimes, people with diabetes can have nerve damage with a loss of sensation to their feet and hands. There may be numbness and no feeling of pain, that could result in ulcers and poor wound healing. Don’t take chances. Treat your feet with care. Chronic wounds are ulcers or sores on the skin that last longer than they should. Ask your doctor about any wound or sore that will not heal.

**Foot Care Checklist**
- Are your feet numb, painful, or tingling?
- Do your feet feel like blocks of wood?
- Are your feet changing shape?
- Does one foot look or feel different than the other?
- Are your feet dry, callused, or cracked?
- Do they have sores or blisters?

If you answered Yes to any of these questions see your health care professional.

**Helpful hints**
- Keep feet clean and dry
- Check feet daily, looking for sores, changes in skin colour, odour
- Never go bare foot
- Have good fitting shoes
- Do not use heating pads, hot water bottles, or camp fires to warm feet
- Get help to cut your toenails
Physical Activity

Make physical activity a part of your daily routine. Start by doing more of what you are already doing.

Walk whenever you can. Treat your feet. Get a good pair of shoes for walking.

Start slowly, build up gradually.

Short, 10-minute bouts of activity all add up.

Build up to a total of at least 150 minutes per week of moderate to vigorous intensity aerobic physical activity.

Physical activity can: lower blood sugar, lower blood pressure, relieve stress, strengthen your heart, increase lung capacity, improve circulation, help you sleep, control weight and more.

Tips for Diabetics

Healthy ranges for older adults with diabetes:
- a waist girth for men of less than 40 inches, for women less than 35 inches
- blood pressure: 130/85
- LDL: equal or less than 2.0 mmol/L
- total cholesterol to HDL ratio: below 4
- fasting blood glucose: less than 7.0 mmol/L
- A1C 7.0% or less
- blood glucose levels 4–7 mmol/L before meals; less than 10 mmol/L up to 2 hours post-meals

(See Definitions page 40)

Tips for Success

Moderate-intensity activities will cause you to sweat a little and to breathe harder. Activities like:
- brisk walking
- bicycling

Vigorous-intensity physical activities will cause you to sweat and be ‘out of breath’. Activities like:
- cross-country skiing
- fast swimming

Exercising with friends may help you maintain your daily routine of activity.

Find an activity that you like and keep doing it.

Find an activity that will keep you physically active even when the weather is bad.

Record your measurements on this chart when you start using this Passport. Update your measurements after each check-up so that you can see your progress.

<table>
<thead>
<tr>
<th>DATE</th>
<th>Height</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist Girth</td>
<td>Blood Pressure</td>
<td>Cholesterol</td>
</tr>
<tr>
<td>Blood Sugar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional Charts are available on page 38
**Physical Activity**

Brisk walking is a perfect moderate physical activity. Walking can be done anywhere, anytime, without any special equipment.

**Safety Tips**

If you plan to start an exercise program that is more demanding than brisk walking, talk to your health care provider first.

Satisfy your thirst with water.

**Tips for Diabetics**

Wear your MedicAlert® bracelet or necklace.

Take 15 grams of carbohydrates (example: 6 Life Savers, ¾ cup regular pop) with you in case your blood sugar gets below 4.

Check your blood sugars before, and after vigorous exercise.

**Helpful hint**

How fast is ‘brisk’? That depends on you. On average, it means walking 3–4 miles (4.8–6.4 km) an hour, or about the speed you would walk if you were late for an appointment. It should not be so fast that you are unable to talk.

**Chart**

This chart will help you to keep track of your activities. This is a good way to monitor your improvement and success.

**Tracking My Activities**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Length of Time</th>
<th>Intensity of Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>light</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>moderate</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>vigorous</td>
</tr>
</tbody>
</table>

Additional Charts are available on pages 36 & 37

Your Personal Passport to Healthy Living
Strength Training

Over the years, adults lose muscle mass and strength. This normal loss in muscle size can make it hard to live safely and independently. As we age it may become more challenging to:

- Lift groceries
- Climb stairs
- Do heavy housework or gardening
- Cross the street quickly enough to keep up with the traffic lights
- Pick up your grandchildren

What's more, when older adults lose muscle mass and are inactive, they have an increased risk of disability, falls, and diseases such as diabetes. No matter what your age or ability, research shows that older adults can safely get stronger, even in a short time.

Safety Tips

For best results when training with weights:

- Always exercise the main muscle groups: arms, chest, back, abdomen, and legs.
- Do at least one ‘set’ of each exercise before resting (1 set = 8–12 times). The muscle group should feel tired, but work within a pain free range. Try for 1–3 sets.
- Train 2–3 times a week with one day in between.
- Maintain good posture. Never hold your breath. Keep breathing regularly while lifting the weight.

Did You Know...

People can develop their muscles right into their 90’s.

Some older adults have reached a strength level equal to someone 20 years younger.

You can do strength training at home or in a gym.

When you do strength training, you can regain some of the muscle mass you have lost due to aging. Then daily chores are easier, and you have better balance and more confidence.

Research shows that you will also:

- Have healthier bones
- Have better posture
- Decrease your body fat
- Reduce your risk of falling
- Be able to walk faster
- React quicker
- Climb stairs more easily
- Rise out of a chair more easily
**Lifestyle**

**Smoking**
Smoking on its own causes blood vessel damage, heart attacks, strokes, and lung disease.

**Alcohol**
Alcohol causes health and social problems for up to a quarter million older Canadians. Alcohol is okay in moderation. This means:

- **Men**: 1–2 drinks a day or less than 14 drinks a week,
- **Women**: 1–2 drinks a day but less than 9 drinks a week.

**Tips for Diabetics**
There is a risk of low blood sugar when drinking alcohol. Delayed low blood sugars can happen up to 24 hours after drinking. Medications can also be affected by alcohol so speak to your doctor.

**Helpful Hints**
- If you do not drink alcohol, don’t start.
- Drink slowly, and have non-alcoholic drinks as well.
- Pour your own drinks.
- Eat meals that are rich in carbohydrates before and while drinking alcohol.

**Tips for Diabetics**
- Have a bedtime snack if your blood sugar is lower than usual.
- Check blood sugars more often and before bedtime.
- Carry a snack in case of low blood sugar.
- Wear a MedicAlert® bracelet or make sure that people know that you have diabetes.

**Recipe for Managing Weight**

1 part physical activity
1 part healthy eating
1 pinch doctor’s advice
Mix and enjoy. Serve often.
Goes great with friends

---

**Did You Know...**

Diabetes and smoking don’t mix. People with diabetes already have an increased risk for heart disease. People with diabetes who smoke face three times the risk of having a heart attack, compared to people with diabetes who do not smoke.

If you do smoke, Stop!
### Good Eating Habits...
- Enjoy a variety of foods from each food group.
- Choose lower-fat dairy products and lean meats, fish and poultry.
- Limit foods high in fat such as fried foods, chips and pastries.
- Prepare foods with little or no fat, and reduce salt.
- Limit processed foods.
- Choose fruit and vegetables more often.
- Limit sweets such as desserts, candies, jam, honey and regular pop.
- Avoid large portions and second servings.
- Choose foods high in fibre (whole grain breads, cereals, lentils, dried beans, peas, brown rice, fruits and vegetables).
- Drink water throughout the day to prevent dehydration.

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### Chart

This chart helps you to keep track of changes in your eating habits. Write in three key dates. For each key date, answer each statement as Yes or No. For each additional Yes, you’re on your way to nutritional success.

<table>
<thead>
<tr>
<th>DATE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I eat fruit every day Yes/No</td>
</tr>
<tr>
<td>2.</td>
<td>I eat vegetables every day Yes/No</td>
</tr>
<tr>
<td>3.</td>
<td>I eat at least every 6 hrs Yes/No</td>
</tr>
<tr>
<td>4.</td>
<td>I drink water every day Yes/No</td>
</tr>
<tr>
<td>5.</td>
<td>I limit sweets Yes/No</td>
</tr>
<tr>
<td>6.</td>
<td>I limit high fat food items Yes/No</td>
</tr>
<tr>
<td>7.</td>
<td>I choose high-fibre foods Yes/No</td>
</tr>
</tbody>
</table>

Additional Chart available on page 39
Helpful hints

If you like sweets, cut down gradually. This is easier than trying to cut them out completely right away.

Eat whole grain bread instead of white bread.

Drink water more often. If you usually drink fruit juice, replace juice with water at least once a day.

Add just one more fruit or vegetable to your diet.

Aim for the following amounts of Vitamin D each day:

- 51–70 years = 600 IU
- over 70 years = 800 IU

Talk to your doctor about supplements.

---

Healthy Eating

Canada’s Food Guide recommends people older than 51 should try to eat the following number of food servings each day:

<table>
<thead>
<tr>
<th></th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables &amp; Fruit</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Grain Products</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Milk &amp; alternatives</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Meat &amp; alternatives</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

One Serving Equals

<table>
<thead>
<tr>
<th></th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veg/Fruit</td>
<td>1 cup raw leafy vegetables; 1 whole fruit; ½ cup juice; ½ cup vegetables</td>
<td></td>
</tr>
<tr>
<td>Grain</td>
<td>1 slice bread; ½ bagel; ½ cup cooked rice or pasta; ¾ cup hot cereal</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup milk, ¾ cup yogurt; 1½ oz cheese</td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td>2½ oz meat, 2 eggs, 2 tbsp peanuts; ¾ cup legumes</td>
<td></td>
</tr>
</tbody>
</table>

FRUITS/GRAINS & STARCHES: Choose an amount the size of your fist for each of Grains and Starches, and Fruit.

VEGETABLES: Choose as much as you can hold in both hands.

MEAT & ALTERNATIVES: Choose an amount up to the size of the palm of your hand and the thickness of your little finger.

FATS: Limit fat to an amount the size of the tip of your thumb.
Mental Health

Did you know...

Regular physical activity benefits older adults who have gone through depression and anxiety. Symptoms are more likely to decrease with physical activity. Self confidence improves.

Regular exercise is good for the brain: it helps thinking, memory and concentration.

Staying connected with family and friends is also good for your mental health.

It is normal to experience ups and downs throughout life. Mental health is the capacity to feel, think and act in ways that allow you to enjoy life and deal with life’s challenges.

Older adults may go through changes in their mood, thinking, and behaviour. They are usually signs that something requires attention from a healthcare provider.

Although depression is the most common mental health problem in older adults, it is not a normal part of aging. Depression is an illness that can be treated. Emotional stress, caused by excitement, anger, worry, or fear, can cause an increase in blood sugar. Physical activity helps to control this. At the same time, it has a positive effect on your mental health.

Checklist

Your mental health is just as important as your physical health. We all get “the blues” sometimes, but clinical depression usually doesn’t get better on its own.

Have you had any of these symptoms of depression for at least two weeks?

- Feeling sad?
- No interest in or pleasure from things you used to enjoy?
- Less energy, feeling tired and sluggish all the time?
- Not feeling well, having aches and pains?
- Feeling guilty or worthless?
- Having trouble thinking and concentrating?
- Having sleeping problems (too much or not enough)?
- Changes in your appetite and weight?
- Feeling agitated or restless?
- Thinking about suicide or death?

If you answered Yes to any of these questions, talk to a healthcare provider. If you do not have a family doctor, you could go to a walk-in clinic, your local hospital, or community health centre.

Remember that depression is a treatable illness. Be honest and truthful about your symptoms when you speak to a healthcare provider.
### Beliefs & Attitudes

Change is very difficult for anyone. Whether you are changing your diet, starting a new activity, or trying to quit smoking, there will be challenges. It is natural to feel frustrated, anxious, nervous, uncomfortable, or unsure.

The first step to success with any behaviour change is to be ready and willing to try it. Small steps add up to real changes over time. Be patient with yourself and celebrate your little successes along the way.

We all have the ability to learn throughout our life. Age is not a barrier. We grow new brain neurons every day. But just like our muscles, we must challenge and exercise our brain everyday if we want to keep those new neurons working for us. Here is your chance to try new things that make you think. Remember what is good for your body is good for your brain.

### Did you know…

It takes 21 days to adopt a new habit.

To change a behaviour you go through 5 stages (see page 26).

It’s scientifically proven that our brains continue to develop as we get older. Yes, you can teach an old dog new tricks!

### Chart

Record if you agree, disagree, or are not sure. Over time, see if your beliefs and attitudes have changed.

#### Beliefs about Healthy Eating

<table>
<thead>
<tr>
<th>Belief</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I believe that what I eat is very important to my health.</td>
<td></td>
</tr>
<tr>
<td>I would need more information or ideas if I wanted to eat healthier.</td>
<td></td>
</tr>
<tr>
<td>I would probably buy healthier foods if I knew more about what kinds of food to buy.</td>
<td></td>
</tr>
<tr>
<td>I would probably eat healthier foods if I knew more about ways to cook healthy food.</td>
<td></td>
</tr>
<tr>
<td>I know what kinds of foods are healthy for me to eat.</td>
<td></td>
</tr>
<tr>
<td>I think that I could reduce my risk of having high blood sugar by making changes in the food I eat.</td>
<td></td>
</tr>
</tbody>
</table>

#### Beliefs about Physical Activity

<table>
<thead>
<tr>
<th>Belief</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I think that getting regular exercise is very important for my health.</td>
<td></td>
</tr>
<tr>
<td>I would need more information or ideas if I wanted to be more active.</td>
<td></td>
</tr>
<tr>
<td>I would probably be more active if I knew more about what kinds of activities I could do.</td>
<td></td>
</tr>
<tr>
<td>I would probably be more active if I knew where I could go to exercise.</td>
<td></td>
</tr>
<tr>
<td>I know how much exercise I should do.</td>
<td></td>
</tr>
<tr>
<td>I think that I could reduce my risk of having high blood sugar by getting more exercise.</td>
<td></td>
</tr>
</tbody>
</table>
Helpful Hint

Try a new activity or a new food. If you don’t like it, try something else.

Lots of people may relapse — if you do, just start again and keep on going.

Making a change in your lifestyle is a series of stages you go through:

**Stage 1**
Not interested

**Stage 2**
Thinking about it

**Stage 3**
Preparing to make a change

**Stage 4**
Actually making a change

**Stage 5**
Sticking with it

Even when we have good intentions, sometimes it’s hard to stick with it, and that’s OK. But do try to take action. Why? Because action followed by a relapse is far better than taking no action at all.

Choose three key dates, several weeks apart. Pick which stage you are at on that date. As you progress through the stages you are getting closer to changing your habits.

### 5 Stages of Change for Healthy Eating Habits

<table>
<thead>
<tr>
<th>DATE</th>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
<th>Stage 4</th>
<th>Stage 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I have no plans to change</td>
<td>I plan to change within 6 months</td>
<td>I plan to change within 30 days</td>
<td>I made a change less than 6 months ago</td>
<td>I made a change more than 6 months ago</td>
</tr>
</tbody>
</table>

### 5 Stages of Change for Physical Activity Habits

<table>
<thead>
<tr>
<th>DATE</th>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
<th>Stage 4</th>
<th>Stage 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I have no plans to change</td>
<td>I plan to change within 6 months</td>
<td>I plan to change within 30 days</td>
<td>I made a change less than 6 months ago</td>
<td>I made a change more than 6 months ago</td>
</tr>
</tbody>
</table>
Setting Goals

Setting goals is important. It can help to give you a focus and measure your success. You may want to consider the different sections of the Passport and make a goal based on a particular area, such as physical activity, healthy eating, mental health and so on.

When making a goal, consider using the SMART method as it will help you to create a specific goal that will be attainable, instead of a general goal that is difficult to be measured.

An example of a general goal would be, “To get in shape”, or “Eat better.”

A specific goal would be, “Start walking two mornings a week for 15 minutes each day, rain or shine”, or “Include a piece of fresh fruit with every lunch meal”, or “Drink two glasses of water every day.” These goals are specific, measurable, attainable and realistic (depending on your current lifestyle) and timely.

Write down your goals below, check off the boxes to make sure your goal meets all five points, and you will have already improved your chances of success.

My goal is: ☐ S ☐ M ☐ A ☐ R ☐ T

_________________________________________________________

_________________________________________________________

My goal is: ☐ S ☐ M ☐ A ☐ R ☐ T

_________________________________________________________

_________________________________________________________

My goal is: ☐ S ☐ M ☐ A ☐ R ☐ T

_________________________________________________________

_________________________________________________________

My goal is: ☐ S ☐ M ☐ A ☐ R ☐ T

_________________________________________________________

_________________________________________________________
Choose two dates – the date you started your journey to a healthier lifestyle and a date many weeks or months down the road. If you have joined a special program, put in its start and end dates.

See how far you have traveled on your journey. If you took a wrong turn – that’s okay, as long as you got back on track. Your journey is for life, and the benefits are a healthy lifestyle and an improved quality of life.

For each date, record your responses to the statements below, and answer each statement as YES (Y) or NO (N). Remember: the more often you are able to say Yes, the closer you are to success.

### DATE

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Y</th>
<th>N</th>
<th>Y</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>I make physical activity a part of my daily routine.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>I usually do some moderate physical activity most days of the week.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>If I need a buddy to stick with my activity, I have found one.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>I have found an activity that I like and will keep doing it.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>I can keep physically active even when the weather is bad.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Measurement</th>
<th>Y</th>
<th>N</th>
<th>Y</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>My weight has decreased.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>My waist girth measurement has decreased.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>My blood pressure has improved.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>My cholesterol has improved.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>My blood sugar levels have improved.</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
</tr>
</tbody>
</table>

### Lifestyle

- If I smoke, I have decreased the number of cigarettes per day.  
- If I drink alcohol, I understand how this affects my health.
- I inspect my feet every day.

### Healthy Eating

- I eat fruit and vegetables every day.
- I eat at least every 6 hours.
- I drink water regularly.
- I limit my sweets.
- I choose high fibre foods.

### Mental Health

- My mental health is good, or has improved.
- I feel better about myself.

### Beliefs and Attitudes

- I believe that I can make healthy food choices.
- I am making changes to my food choices or I plan to change my food choices within 30 days.
- I understand the importance of daily physical activity.
- I am increasing my level of daily physical activity or I plan to increase my activity within 30 days.

No journey is ever complete, but now you are well on your way to a healthier lifestyle. Hopefully, your Passport is now filled with memories and the record of your journey. Congratulations!
### Tracking My Activities

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Length of Time</th>
<th>Intensity of Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>light</td>
</tr>
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<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Original Chart on page 13
These additional charts are for your use if you wish to continue recording your measurements.

<table>
<thead>
<tr>
<th>DATE</th>
<th>Height</th>
<th>Weight</th>
<th>Waist Girth</th>
<th>Blood Pressure</th>
<th>Cholesterol</th>
<th>Blood Sugar</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>DATE</th>
<th>Height</th>
<th>Weight</th>
<th>Waist Girth</th>
<th>Blood Pressure</th>
<th>Cholesterol</th>
<th>Blood Sugar</th>
</tr>
</thead>
</table>

Original Chart on page 11

This chart helps you to keep track of changes in your eating habits. Write in three key dates. For each key date, answer each statement as Yes or No. For each additional Yes, you’re on your way to nutritional success.

<table>
<thead>
<tr>
<th>DATE</th>
<th>I eat fruit every day</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I eat vegetables every day</td>
<td>Yes/No</td>
</tr>
<tr>
<td></td>
<td>I eat at least every 6 hrs</td>
<td>Yes/No</td>
</tr>
<tr>
<td></td>
<td>I drink water every day</td>
<td>Yes/No</td>
</tr>
<tr>
<td></td>
<td>I limit sweets</td>
<td>Yes/No</td>
</tr>
<tr>
<td></td>
<td>I limit high fat food items</td>
<td>Yes/No</td>
</tr>
<tr>
<td></td>
<td>I choose high-fibre foods</td>
<td>Yes/No</td>
</tr>
</tbody>
</table>

Original Chart on page 19
**Definitions**

**Blood glucose:** Glucose, a form of sugar, is a fuel that your body needs. Glucose comes from foods that contain carbohydrate, such as fruit, milk, starchy foods, sugar, and some vegetables. Your diabetes care team can help set personalized goals for blood glucose levels.

**Haemoglobin A1C (A1C):** In the body, sugar (glucose) sticks to red blood cells which contain haemoglobin. The red blood cells live for about three months. The A1C test gives a measure of blood glucose levels over that period of time.

**Blood pressure:** This is a measurement of the force of your blood against the blood vessel walls. An example of a blood pressure measurement is 130/85. The top number (130) is the pressure when your heart contracts and pushes blood out (systolic pressure). The bottom number (85) is the pressure when the heart rests between beats (diastolic pressure).

Blood pressure varies with:
- the strength of the heartbeat
- the volume of blood being pumped
- the ‘give’ or elasticity of the blood vessels
  (‘Hardened’ arteries can cause high blood pressure.)

**LDL (Low Density Lipoproteins):** This is a form of cholesterol that we have in our blood and cells. LDL is often called “bad” cholesterol. Higher levels of LDL cause cholesterol to stay in the blood vessels. This increases the risk of heart disease.

**HDL (High Density Lipoproteins):** This is also a form of cholesterol that we have in our blood and cells. HDL is often called “good” cholesterol. It helps remove excess cholesterol off blood vessel walls. This prevents cholesterol from building up and causing heart disease.

‘Your Total Cholesterol to HDL Ratio’ is a measurement of how well your blood vessels are being cleaned up by the ‘good’ cholesterol.

**mmol/L:** A unit of measurement that your health care team uses to monitor your cholesterol levels. Blood sugar is measured in this way as well.
### Resources

#### Diabetes

**Active Living Coalition for Older Adults (ALCOA)**  
1-800-549-9799  
[www.alcoa.ca](http://www.alcoa.ca)

**Canadian Diabetes Association**  
1-800-BANTING (226-8464)  
[www.diabetes.ca](http://www.diabetes.ca/Files/are-you-at-risk.pdf)

**Canadian Ethnocultural Council**, 1-613-230-3867  
[www.ethnocultural.ca](http://www.ethnocultural.ca)

**Diabète Québec**, 1-800-361-3514  
[www.diabete.qc.ca](http://www.diabete.qc.ca)

**Dietitians of Canada**, 1-416-596-0857  
[www.dietitians.ca](http://www.dietitians.ca)

**EatRight Ontario**, 1-877-510-510-2  
[www.eatrightontario.ca](http://www.eatrightontario.ca)

**Find a Certified Diabetes Educator**  

**HealthLinkBC**, 1-604-215-8110  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**National Aboriginal Diabetes Association**, 1-877-232-6232  
[www.nada.ca](http://www.nada.ca)

**Public Health Agency of Canada**, 1-888-334-9769  

#### Chronic Diseases

**ALCOA Research Updates**, 1-800-549-9799  
[www.alcoa.ca/e/research_update.htm](http://www.alcoa.ca/e/research_update.htm)

**Alzheimer’s Society of Canada**, 1-800-616-8816  
[www.alzheimer.ca](http://www.alzheimer.ca)

**Arthritis Society**, 1-416-979-7228  
[www.arthritis.ca](http://www.arthritis.ca)

**Canadian Cancer Society**, 1-888-939-3333  
[www.cancer.ca](http://www.cancer.ca)

**Heart & Stroke Foundation of Canada**, 1-613-569-4361  
[www.heartandstroke.com](http://www.heartandstroke.com)

**Osteoporosis Canada**, 1-800-463-684  
[www.osteoporosis.ca](http://www.osteoporosis.ca)

#### Physical Activity & Strength Training

**ALCOA**, 1-800-549-9799  
[www.alcoa.ca](http://www.alcoa.ca)

**Canadian Association for the Advancement of Women in Sport**, 1-613-562-5667  
[www.caaws.ca](http://www.caaws.ca)

**Canadian Centre for Activity and Aging**, 1-519-661-1603  
[www.uwo.ca/actage](http://www.uwo.ca/actage)  
[www.ccaa-outreach.com](http://www.ccaa-outreach.com)

**Canadian Society for Exercise Physiology**, 1-877-651-3755  
[www.csep.ca](http://www.csep.ca)

**Falls Preventions**, 1-613-952-7606

**Health Canada**, 1-866-225-0709  
[www.healthcanada.gc.ca](http://www.healthcanada.gc.ca)

**Pacific Rim Wellness**  
[www.pacificrimwellness.com](http://www.pacificrimwellness.com)

**Public Health Agency of Canada**  

**Saskatchewan in Motion Pedometer Challenge**  
[www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca)

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Your Personal Passport to Healthy Living
**Lifestyle**
Canadian Association of Wound Care
*How healthy are your feet?* 1-866-474-0125  
[www.cawc.net](http://www.cawc.net)

Canadian Cancer Society’s —  
*One Step at a Time* self-help booklets  
[www.cancer.ca](http://www.cancer.ca)

CDA Alcohol + Diabetes, March 2007
Smoker’s Helpline  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

**Healthy Eating**
ALCOA, 1-800-549-9799, *Be Active Eat Well*, 2005  
[www.alcoa.ca](http://www.alcoa.ca)

Canadian Diabetes Association  
1-800-BANTING (226-8464)  
[www.diabetes.ca](http://www.diabetes.ca)

Dietitians of Canada, Nutri-eSCREEN  
[www.eatrightontario.ca/escreen](http://www.eatrightontario.ca/escreen)

Eating Well with Canada’s Food Guide, 2007  
1-866-225-0709  

HealthLinkBC, 604-215-8110  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Nutrition Labeling Education Centre  
[www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

**Contact a Registered Dietitian**
To find one in your area, ask your local public health unit, or visit the Dietitians of Canada website at:  
[www.dietitians.ca/find](http://www.dietitians.ca/find)

**Resources**

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- **CDA Alcohol + Diabetes, March 2007**

- **Smoker’s Helpline**  
  [www.smokershelpline.ca](http://www.smokershelpline.ca)

**Healthy Eating**

- **ALCOA, 1-800-549-9799, Be Active Eat Well, 2005**  
  [www.alcoa.ca](http://www.alcoa.ca)

- **Canadian Diabetes Association**  
  1-800-BANTING (226-8464)  
  [www.diabetes.ca](http://www.diabetes.ca)

- **Dietitians of Canada, Nutri-eSCREEN**  
  [www.eatrightontario.ca/escreen](http://www.eatrightontario.ca/escreen)

- **Eating Well with Canada’s Food Guide, 2007**  
  1-866-225-0709  

- **HealthLinkBC, 604-215-8110**  
  [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

- **Nutrition Labeling Education Centre**  
  [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

**Contact a Registered Dietitian**
To find one in your area, ask your local public health unit, or visit the Dietitians of Canada website at:  
[www.dietitians.ca/find](http://www.dietitians.ca/find)

**British Columbia Residents** – to find a dietitian  
8-1-1 If you are unable to dial 8-1-1 from your location, call 1-604-215-8110, or [www.healthlinkbc.ca/dietitian](http://www.healthlinkbc.ca/dietitian)

**Manitoba Residents** – to find a dietitian  
[www.misericordia.mb.ca/Programs/PHCC.html](http://www.misericordia.mb.ca/Programs/PHCC.html)

**Ontario residents** – EatRight Ontario  
Call a Registered Dietitian for free. 1-877-510-510-2  
[www.eatrightontario.ca](http://www.eatrightontario.ca)

**Recipes**

- **Dietitians of Canada**  
  EATracker is an online tool that allows the user to track food and physical activity choices, set goals, and analyse recipes.  
  [www.eatracker.ca](http://www.eatracker.ca)

- **EatRight Ontario**  
  [www.eatrightontario.ca](http://www.eatrightontario.ca)

- **EatRight Ontario’s resource for Menu Planning**  
  [www.eatrightontario.ca/en/MenuPlanner](http://www.eatrightontario.ca/en/MenuPlanner)

- **Heart and Stroke Foundation**  
  [www.heartandstroke.on.ca/site/c.pw13leNWjwE/b.3581737/k.C5E2/Recipes.htm](http://www.heartandstroke.on.ca/site/c.pw13leNWjwE/b.3581737/k.C5E2/Recipes.htm)

**Mental Health**

- **Canadian Coalition for Seniors’ Mental Health**  
  1-416-785-2500 ext. 6331  
  [www.ccsmh.ca](http://www.ccsmh.ca)

- **Canadian Mental Health Association, 1-613-745-7750**  
  [www.cmha.ca](http://www.cmha.ca)

- **Centre for Addiction and Mental Health, 1-800-463-6273**  
  [www.camh.ca](http://www.camh.ca)

**Beliefs & Attitudes**

- **Prochaska, Norcross, DiClemente. Changing for Good** New York, 1994
References

**Diabetes**
ALCOA Research Update, Issue 1, May 2001
Canadian Diabetes Association
www.diabetes.ca
Public Health Agency of Canada, Type 2 diabetes
Info-sheet for seniors, 2006

**Chronic Diseases**
ALCOA Research to Action, October 2004
ALCOA Research Update, Issue 7, March 2004
ALCOA Research Update, Issue 9, October 2004
ALCOA Research Update, Issue 12, September 2007
alcoa.ca/e/research_update.htm

**Physical Activity**
ALCOA, Be Active, Eat Well, 2005
Canadian Diabetes Association –
Maintaining a Healthy Weight -- Physical Activity
www.diabetes.ca/files/PhysicalActivity.pdf
Canadian Physical Activity Guidelines
csep.ca/english/view.asp?x=804
Centres for Disease Control and Prevention
www.cdc.gov/healthyweight/index.html

**Strength Training**
ALCOA Research Update, Issue 2, March 2002
Canadian Centre for Activity and Aging,

**Lifestyle**
Canadian Association of Wound Care
How healthy are your feet?
www.cawc.net
CDA Alcohol + Diabetes, March 2007
ParticipACTION
www.participaction.com

**Healthy Eating**
ALCOA, Be Active, Eat Well, 2005
Canadian Diabetes Association,
Clinical Practice Guidelines, 2009
Eating Well with Canada’s Food Guide, 2007

Collis, Martin.
The 2010 Canadian Hypertension Education Program
References

Mental Health
Canadian Coalition for Seniors’ Mental Health, Depression in Older Adults: a guide for seniors and their families, 2009 ccsmh.ca/en/booklet/

Canadian Diabetes Care Guide

Canadian Society for Exercise Physiology,

Beliefs and Attitudes
Prochaska, Norcross, DiClemente
Changing for Good, New York, 1994

Saskatoon Regional Health
Building Resistance, An Education program for people with pre-diabetes, June 2005

Evaluation Survey

Your feedback is important to us. Please, read the following questions. Check off, or fill in the answer that best applies to you.

1. I am: ❑ Female ❑ Male

2. My age is: ❑ under 55 ❑ 55–60 ❑ 61–65 ❑ 66–70 ❑ 71–75 ❑ 76–80 ❑ 81+

3. Province I live in: __________ Postal Code: ________

3a. My community is: ❑ Urban ❑ Rural

4. I used the Passport as part of a: ❑ Program ❑ On my own ❑ Other (please specify)

5. I found the Passport helpful: ❑ Yes ❑ Sort Of ❑ No

6. What aspects of the Passport were most helpful?
❑ The check lists ❑ The charts
❑ Resources & References ❑ Tips for Diabetics
Other (please specify): ______________________________

7. I picked up some tips that will help me better manage my diabetes: ❑ Yes ❑ Sort Of ❑ No ❑ N/A

7a. I made lifestyle changes as a result of using the Passport: ❑ Yes ❑ Sort Of ❑ No

7b. If the answer to 7a is Yes, these are the lifestyle changes I made:
❑ Reduced my stress levels
❑ Increased my physical activity
❑ Improved my eating habits
❑ Quit or reduced smoking
❑ Increased the amount of water I drink
❑ Other (please specify)

8. Please share any additional thoughts you have about the Passport. Feel free to use additional paper as required.
Follow-up Survey

ALCOA would like to follow up with participants 6–12 months after completing the program. If you are interested in participating in a follow-up survey, please provide the following information:

Name: _________________________________________

Address: _________________________________________

________________________________________

Phone:  _________________________________________

E-mail:   _________________________________________

Date of course completion:  _______/ _______

month   year

return address:

ALCOA
P.O. Box 143
Shelburne ON
LoN 1S0
Active Living Coalition for Older Adults

P.O. Box 143
Shelburne ON
LoN 1S0
Toll Free: 1-800-549-9799
Phone: 519-925-1676
Fax: 519-925-3955
Email: alcoa@uniserve.com
Web: www.alcoa.ca
www.silvertimes.ca