

TOPIC: Stay Active to Increase Your Health and Prolong Your Life!

Training Tips:

Ask a lot of questions: While delivering your Safety Talk, ask questions that 'hook the mind' and engage your participants. The simple act of asking questions is a High Impact Training technique!

Raise a hand when asking questions: Directed to your audience, you'll often find that people are more willing to answer your questions and become active participants... try it out! Also, pause for a moment after asking a question; waiting for and encouraging responses from the group.

Provide an example of a personal experience: (or a recent news event) For instance: "A close friend of mine once _____", or "Just last week _____". This is a very effective method to help participants relate to your topic. It often helps them to realize: *'Yeah, this could affect me. I should listen to this.'*

ACKNOWLEDGE: Thank you for being here and participating in this safety talk. I know your time is valuable, so I will ensure every moment of this talk is worth your while (*make eye contact with the entire group*).

What's In It For Me (WIIFM)?: Today's safety talk is going to be on the importance of staying active and regularly exercising, as this can help you live a long, happy life! Regular exercise improves respiratory health, cardiovascular health, and your overall health. It can also help you maintain a healthy weight and reduce your risk for type 2 diabetes, heart disease, and some cancers.

ASK: How much exercise do you actually get in a day? (*encourage/wait for responses*)

STATE: Remember that it does not need to be intense exercise or spending 3 hours at the gym every day. Something as simple as walking is a great way to stay active, especially on the days when you may be short on time.

Did You Know:

- Only 16% of Canadian adults are getting the recommended amount of physical activity each day.
- The lack of physical activity costs the Canadian economy \$6.8 billion dollars each year.
- Physical inactivity is the 4th leading risk factor for death worldwide.

ASK: Do any of these statistics surprise you? What do you think the recommended amount of physical activity is for adults each day? (*wait for an encourage responses*)

Adults (aged 18+) need 30 minutes of exercise per day (can be 10/10/10 or 15/15 if it's easier to fit into your day) to achieve health benefits. Children aged 3 through 5 need to stay active throughout the day, and children aged 6 through 17 need at least 1 hour of exercise per day.



For those of you with young kids, doing fun activities with them is an easy way to incorporate exercise into your daily living, such as:

- Playing Hopscotch
- Playing Tag
- Ice Skating
- Walking the dog
- Snowball fights
- Raking and jumping in the leaves
- Swimming
- Playing Catch (a Frisbee makes for great exercise as you normally have to move to catch it)



ASK: What would be some reasons that YOU have for trying to get your 30 minutes of exercise in each day? (wait for and encourage responses)

- Reduced fatigue
- Reduction in pain & disability
- Reduction in disease
- Children/family
- Spouse
- Reducing cholesterol levels in blood
- Reducing the risk of stroke
- Lowering blood pressure
- Managing negative effects of osteoarthritis
- Increased quality of life
- Reduced stress

NOTE: Stress can be both good and bad. It is normal and often gives us the energy and motivation to meet our daily challenges. However, too much stress can cause feelings of exhaustion, frustration, or dissatisfaction. It can affect our judgement and our hand-eye coordination.

ASK: What can we change at the workplace/jobsites to help you incorporate exercise or fitness into your days?

- Provide storage/security for bicycles/roller blades.
- Bring in small exercise equipment to use on breaks.
- Organize lunch break group walks.
- Have walking meetings.
- Start taking the stairs more instead of always using the elevator.
- Map a 10 minute walking route in or outside the workplace.
- Incorporate small fitness challenges to keep it fun and interesting:
 - Go for “most improved” rather than “the fittest”.
 - Pedometer Challenge – issue everyone a pedometer and see who takes the most steps in a week/month



STATE: If you have any questions regarding the topics discussed today, please let me know. If I don't have an answer for you now, I will direct your question to another individual, if you are comfortable with that. We want you to be safe and feel safe while at work!

Facilitator, remember to:

1. Ask for the commitment of your employees,
2. Answer all questions,
3. Thank them for their time and
4. Document that this safety talk occurred.

RECORD OF SAFETY TALK	
The Power of Exercise to Increase Your Health and Prolong Your Life!	
Company Name:	Work Location Dept.:
Talk Given by:	Date / Time:

Results of inspection, demonstration or other activity or suggestions during talk:

List of All Employees Who Attended the Safety Talk:	
Name (PRINT)	Signature
1.	
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Signed: _____ Position Held: _____