

## Small Steps Scores at SCAPPS



**THE CANADIAN** Society for Psychomotor Learning and Sport Psychology (SCAPPS) holds an annual conference for faculty and graduate students across Canada to showcase important research. This year, the conference was held in mid-October in Vancouver. Taking the opportunity of a local destination, the crew from the Diabetes Prevention Research Group (and other research labs at UBCO) made the trip together.

Two program affiliates joined the group – Karlene Sewell, the Association Lead for Health Initiatives of YMCA of Okanagan and Lois Hourston, a Small Steps for Big Changes program alumni,

to co-present with Dr. Corliss Bean, Dr. Mary Jung, and Dr. Sean Locke.

Three presentations relating to Small Steps for Big Changes were delivered consecutively for maximum impact. The program, partnership, and associated community-engaged initiatives to provide ongoing support beyond 3-week program were overviewed. Afterward, questions from the delegates were thoughtful and relevant. This conference was a unique opportunity to have community stakeholders share their experiences in the project, as the conference tends to be predominantly academic presenters.

Contributed by Lois Hourston

### Ways to “sneak” physical activity into your day

A new study has indicated that everyday actions like carrying groceries or walking to the bus can help to improve cardiorespiratory fitness. Dr. Martin Gibala stated that physical activity “isn’t something that requires a special space, extra time or fancy equipment, it’s something you can do on your own, anytime, anywhere”. Find more information on the study here:

[Exercise Snacks.](#)

### Tips for integrating more physical activity into your day

- **Multitask:** stretch or do exercises while watching TV
- **Sit less:** replace a coffee break at work with a walk break
- **Set goals:** for your day, week and month that are realistic and attainable
- **Hustle to activities:** walk at a brisk pace to get somewhere
- **Try a new activity:** pickleball, swimming, join a walking group, or simply park at the back of the parking lot to get extra steps
- **Remove barriers:** make time for exercise
- Remember, vacuuming, gardening, and taking the stairs all count!



## Small Steps Spotlight—Jan Van Doorn

We checked in with Jan Van Doorn, a SSBC alumni, to see how she's doing.

### Tell me about your SSBC experience.

I knew I was in a bad way from stress and exhaustion when I finished work. Then I met Kaela (SSBC coach) and started the program. She was so easy to talk to, encouraged me, and didn't criticize. I enjoyed the free 1-month membership with the YMCA. I went to Rutland to swim 2-3 times/week and recorded my diet on the Health Watch 360 app. I was encouraged by the centimetres lost around my waist and I noticed that I could walk further and felt better. The physical recordings that Kaela did were proof of my improvement. After my free month was over, I started to swim every day Monday to Friday for two hours a day. I swam as I could move so much easier in the water. My strength endurance improved. Swimming also was my time away from any stresses.



### What has been the biggest motivation to continuing to be healthy?

I knew I had to do this program to look after myself. I don't know if I could have had the emotional strength to make these changes on my own. I really needed to have someone that I was accountable to and the program help me so much!

### What ways do you stay active now?

I still swim 2 hours a day Monday to Friday. Then I do extra chores and walking. In the summer, I have a nice garden that I attend to. It makes me happy and it's on my own time ... I have found that I

have developed muscles and strength, yet still need to improve my balance and continue to lose weight.

### Do you have any tips for those currently enrolled in the SSBC?

Take everything that is offered through the program. Do this for yourself and feel good about yourself no matter what your weight or disability is.

**Remember that you are worth it! I do believe the program and the people supporting me saved my life.**

I knew it was time to look after myself after retiring but the program was a huge boost and support.

**Don't miss our 2nd anniversary event at the Laurel Packing House on November 13th, 2019!**

### Recipe Keto Copycat Red Lobster Cheddar Bay Biscuits

Recipe source: Kirbie's Cravings. Provided by Barb Holme, SSBC alumni.



#### INGREDIENTS

- 1 1/2 cup of almond flour
  - 1/4 tsp salt
  - 1 tbsp baking powder
  - 1 tsp garlic powder
  - 2 large eggs
  - 1/2 cup sour cream
  - 4 tbsp unsalted butter melted
  - 1/2 cup shredded cheddar cheese
- #### Garlic Butter Topping
- 2 tbsp butter melted
  - 1/2 tsp garlic powder
  - 1 tbsp parsley minced

#### DIRECTIONS

1. Preheat oven to 450°F. Lightly grease muffin cavities of a 12-cup muffin pan.
2. In a large bowl, whisk together almond flour, salt, baking powder, garlic powder.
3. In a small bowl, combine eggs, sour cream, butter. Whisk until smooth. Pour into bowl with dry ingredients.
4. Mix with a whisk or spoon until batter is evenly mixed. It will be quite thick. Stir in cheese.
5. Scoop 1/4 cup of batter into muffin tins. Repeat until all batter is used.
6. Bake for 10-11 min or until tops are golden or toothpick comes out clean.
7. In a bowl, dissolve garlic powder into melted butter. Stir in parsley. Brush onto biscuit tops while still warm.

#### SSBC POT LUCK

**Dec. 3rd, 2019 5:30-8:00pm** at Upper Campus Health Building at UBC. Contact Lois if interested in contributing & attending.

#### WEEKLY WALKING GROUP

Head to a new trail each week, followed by a visit to a local coffee shop. A great way to stay active and supported! Keep informed via our **social media avenues** or email Lois.

#### MONTHLY MEETINGS

Anyone is welcome to join the monthly meetings held on the last Tuesday of every month from 6-7 PM at the Downtown YMCA (1011-505 Doyle Ave)! This is a chance for current Small Steppers and alumni to share experiences, learn from each other, and even engage in a cooking class!

#### GET IN TOUCH

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