

## Another Successful YMCA Health Assessment Day!

ON MARCH 13 2020, the YMCA of Okanagan and the University of British Columbia co-hosted a Seniors Health Assessment Day as an opportunity for community members to engage in a few assessments that measured various health indicators. Tests include blood pressure, cardiovascular health, muscular strength, balance, agility and more! We had 85 individuals attend the event, which included both YMCA members and non-members. The event was made possible by funding from the University of British Columbia's Partnership Recognition Fund. A big thank you to all the YMCA and UBC volunteers, YMCA members and staff, SSBC alumni, and attendees who made this event possible. A specific shout out to Anita Rideout and Lois Hourston, two SSBC program alumni, who attended the event and shared their firsthand experiences participating in the program and making diet and exercise changes to reduce their risk of developing type 2 diabetes. We look forward to hosting our Adult Health Assessment Day in the future when it is safe to do so.



### TRANSITIONING TO HOME EXERCISE ROUTINES? WE'VE GOT YOU COVERED!

With no access to fitness centres or walking groups to connect with, it is time to get creative with exercising at home! You do not have to give up your goals just because you have to adapt your routine. Exercise is critical for our mental and physical health, and is more important than ever during periods of self-isolation. Below, we provide a few tips and tricks that may be helpful for you during this unique time.

- Go for **walks** — a integrating hills or stairs can help you reach your target heart rate zone
- Dust off that **bicycle**, pump up those tires and take it for a spin!
- There are many companies offering **online fitness classes** (both live and pre-recorded) that you can join. Our team provided a list of some of our favourites—**check out the last page of this newsletter**
- **Yoga** or **pilates** classes are great because they do not take up a lot of space or require much equipment
- Most importantly...continue to **set goals** (both big and small) and **establish a routine**. For examples, create 20-minute movement sessions several times per day and/or set a timer to ensure you get up and move around every 2 hours.



#### EXCITING NEWS!

Exciting news! The YMCA and UBC are excited to announce that SSBC will be expanding to the H2O Adventure and Fitness Centre! We will continue to run the program at Kelowna Family YMCA and Kelowna Downtown YMCA, but this is a great opportunity for those who live close to the Mission area of Kelowna to get involved!

# SSBC Spotlight— Anita Rideout



## What strategies have worked well for you to maintain your healthy behaviours?

To make fitness a regular, frequent part of my day and to maintain a healthy diet. I have removed added sugars from my diet and greatly lowered carbohydrates from my meals. I monitor my weight on a weekly basis to effectively manage my weight.

## What physical activities are you currently engaged in?

I bike to and from work, HIIT workouts, and strength training 6 days/week. I mix up my routine by running on a treadmill, using the elliptical machine, and swimming. I combine my cardio workouts with strength training and stretching. I also walk outdoors with my family.

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

The biggest reason for my success was changing my eating habits and removing added sugars from my diet. Also, making my physical activities a priority in my day enhanced my ability to lose weight and lower my blood sugar level. I also receive wonderful support from my family.

Anita is keen to connect with new or existing SSBC clients to share her experiences. Interested? email: [small.steps@ubc.ca](mailto:small.steps@ubc.ca)

## Tell me about your SSBC experiences.

I was excited to be involved in SSBC so that I could learn effective ways to lower my blood sugar level and lose weight. I was assigned a coach, Jodi, who provided me with support in setting and meeting my goals. Jodi gave me a great deal of dietary information and set up a HIIT fitness program specific to my needs. Jodi and all UBCO staff were very supportive during my health journey. I enjoyed all the elements of the program and was successful in losing 30 lbs and reducing my waist measurement by 14cm. Best of all, my blood sugar level was lowered considerably.

## RECIPE

### Healthy Black Bean Brownies



## INGREDIENTS

- 1 15oz. can black beans (rinsed, drained)
- 2 flax "eggs" (2 heaping tbsp ground flax + 6 tbsp water, or use eggs if not vegan)
- 3 tbsp coconut oil (melted)
- 3/4 cup cocoa powder
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/2 cup xylitol (or other low-carb sugar substitute)
- 1 1/2 tsp baking powder

Optional Toppings: pecans

## DIRECTIONS

1. Preheat oven to 350 F.
2. Prepare flax egg by pulsing flax and water a couple times in a food processor, and then let rest for a few minutes.
3. Add remaining ingredients (besides toppings) and puree until smooth.
4. If the batter appears too thick, add water by the tbsp
5. Evenly distribute the batter into the muffin tin and smooth the tops with a spoon. Sprinkle topping if desired.
6. Bake for 20-26 min or until they start to pull away from sides.

Provided by Alyssa Jackson, Health & Fitness Supervisor, YMCA of Okanagan

## 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 at [lghourston@gmail.com](mailto:lghourston@gmail.com).

**TEMPORARILY POSTPONED DUE TO COVID-19**

## 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 SSBC alumni to share experiences and learn from each other! **DUE TO COVID-19, we have moved online. Stay informed via [Small Steps](#).**

## GET IN TOUCH

<http://dprg.ok.ubc.ca/>

[@DPRGUBC](#)

[SmallStepsUBC](#)