The Health and Exercise Wellness Journey Explained: What Can We Do for You?

Before the pandemic arrived in Alberta in March 2020, some of you may remember the supervised exercise classes that the Alberta Healthy Living Program (AHLP) – Calgary Zone offered. When the pandemic erased the possibility for group programming to take place, it provided our program with the opportunity to reflect on how to best empower adults to self-manage their chronic health condition(s).

Self-management is a term which has a lot of moving parts. In addition to ensuring that you are including safe exercise in your daily routines, self-management could mean improving your eating habits, getting enough sleep, managing stress levels or learning more about your chronic health condition(s). Self-management is, therefore, a complex behaviour, and mastering this behaviour can in turn optimize another complex outcome: better health and improved wellness.

You may have wondered where we came up with the name for our exercise program. The name is based on the fact that wellness is a lifelong journey made up of choices. As you walk along that pathway, every decision and change that you make will impact the overall outcome of your chronic health condition and, ultimately, your quality of life. Our Wellness Navigators will help point your compass in the right direction so that you can safely use movement as medicine to help you do the things that are important to you, make healthy choices when you meet your friend at a barbecue, pace yourself properly so that you can finish your day satisfied and wake up after a restful sleep.

When you start your Health and Exercise Wellness Journey, we want to make sure that you are the one who is holding the steering wheel. For more information about what you can expect from the Health and Exercise Wellness Journey, see Page 3.

HIGHLIGHTS:

NEW Health Education classes for people living with post-COVID symptoms. See below for details.

Upcoming Health Education telephone-based classes:
- Nutrition: The 4 P’s for Meal Planning
- Nutrition: Eating Away from Home
- Celiac Disease: Going Gluten-Free
- Eating Well and Managing Irritable Bowel Syndrome
- Tips for Eating: Prediabetes & Diabetes
- Dietitian Q&A: Weight Management

Helping You Feel Better after COVID-19

The Alberta Healthy Living Program- Calgary Zone is offering 5 classes for Albertans who are living with post-COVID symptom, such as stress management, lack of energy, muscle and joint aches, shortness of breath or a loss of taste and smell. These classes are offered over Zoom to any adult living in Alberta. Classes can be taken in any combination and in any order. For more information or to register for any of our program services, please call 403-943-2584 (403-9HEALTH) or view our online course catalog.

For more information, call 403-943-2584 or visit our website at www.ahs.ca/ahlp, Calgary Zone
Eating Well
Updates from our Dietitians
Our Registered Dietitians continue to offer group education classes via telephone and Zoom and telephone-based one-on-one appointments. Featured classes for August 2021 include:

Dietitian Q&A: Heart Health
Tue Aug 10 from 1 p.m. – 2 p.m.
This class will review:
- Heart healthy foods that also improve cholesterol, blood pressure and triglycerides
- Mediterranean-style eating
- Nutrition hot topics related to heart health

Dietitian Q&A: Weight Management
Thu Aug 26 from 1 p.m. – 2 p.m.
This class reviews:
- Nutrition tips to help you achieve your weight management goals

- Your nutrition questions about weight management and how it is a part of managing chronic conditions

Nutrition: Eating Well for Weight and Health- Part 1
Wed Aug 11 from 9 a.m. – 10 a.m.
This class reviews:
- Strategies to help prevent eating too many calories

- How to evaluate what you are eating
- How meal patterns, food choices and portion sizes affect how much we eat

*Mandarin:
- Eating Well for Good Health
  Mon Aug 9 from 1 p.m. – 2 p.m.
- Heart Healthy Eating
  Mon Aug 23 from 9 a.m. – 10 a.m.

*Punjabi:
- Celiac Disease: Going Gluten-Free
  Tue Aug 10 from 1:30 p.m. – 2:30 p.m.

For a full list of our nutrition classes, see our course catalog

Accessing our Registered Dietitians
Our registered dietitians are available for one-on-one telephone appointments. If we offer a class about the nutrition-related concern, we require that you attend the class before scheduling an appointment. There are no costs associated with our dietitian services.

Do I need a Referral?
You do not need a referral from a healthcare provider to access our programming. Call 403-943-2584 for more information.
AHLP Program Updates

Are you interested in becoming a leader for Better Choices, Better Health®?
The Better Choices, Better Health® and Better Choices, Better Health® Chronic Pain workshops attribute a lot of their success to their volunteer leaders. We offer free training to anybody who is interested in facilitating these workshops to help empower Albertans to live healthier lives with their chronic pain. For more information, contact Deanna Thome at 403-852-8745 or by e-mail at Deanna.Thome@ahs.ca

Self-Management Workshops

Better Choices, Better Health® Workshop Series
Our two self-management workshops – Better Choices, Better Health® (BCBH) and BCBH Chronic Pain® are up and running! These six-week long workshops are offered once per week for two and a half hours over Zoom. Topics of discussion include better breathing, goal setting, problem solving, planning, working with healthcare providers, managing medications, getting a good night’s sleep, nutrition, weight management, exercise and managing your mood. The BCBH® Chronic Pain class also includes a discussion about understanding chronic pain and pacing. These workshops are open to all Albertans.

BCBH® classes offered over summer 2021 include:

**BCBH®**
Wed Aug 18, 25, Sep 1, 8, 15 & 22 from 6 p.m. – 8:30 p.m.
Wed Sep 8, 15, 22, 29, Oct 6 & 13 from 1 p.m. – 3:30 p.m.

**BCBH® - Chronic Pain**
Thu Aug 12, 19, 26, Sep 2, 9 & 16 from 9:30 a.m. – 12 p.m.
Thu Sep 23, 30, Oct 7, 14, 21 & 28 from 1 p.m. – 3:30 p.m.

Navigating through your Health and Exercise Wellness Journey

“Wellness is the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.” – Global Wellness Institute

The COVID-19 pandemic has impacted the lives of all Albertans, regardless of whether or not they physically tested positive for the virus. Many people have had their physical activity routines disrupted – going to the gym, attending a fitness class, swimming at a local recreation centre and the like. This left many Albertans sitting more, moving less and experiencing worsening symptoms from their chronic health conditions.

Are you somebody who has questions about safe exercise with a chronic health condition?

What is a Self-Manager?
When we talk about self-management, we are asking the question “what are you doing to manage your health?” An active self-manager will learn about, gather and use tools such as healthy eating, exercising, maintaining good sleep habits and managing stress levels to manage their chronic health condition(s).

Navigating Zoom
Would you like get familiar with using Zoom before your first class or appointment?
Register for our 1-hour “Zoom Basics” classes.

Classes are offered on Mondays (11:30 a.m. – 12:30 p.m.), Wednesdays (9:30 a.m. – 10:30 a.m.) and Fridays (10:30 a.m. – 11:30 a.m.).

Register online through our course catalog or by calling 403-943-2584.

For more information, call 403-943-2584 or visit our website at www.ahs.ca/ahlp, Calgary Zone
AHLP Program Updates

Health Education

The AHLP is offering more than 30 health education class topics. Classes being offered during August 2021 include:

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<thead>
<tr>
<th>Class</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td><strong>Chronic Conditions</strong></td>
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<tr>
<td>Osteoporosis and Bone Health</td>
<td>Wed Aug 11</td>
<td>1:15 p.m. – 3 p.m.</td>
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<td><strong>Arthritis</strong></td>
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<td>An Introduction to Osteoarthritis</td>
<td>Thu Aug 26</td>
<td>1 p.m. – 2:45 p.m.</td>
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<td><strong>Eating Well and Managing Irritable Bowel Syndrome</strong></td>
<td>Thu Aug 26</td>
<td>12:30 p.m. – 1:30 p.m.</td>
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<td><strong>General Health</strong></td>
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<td>Steady on Your Feet (2-part class)</td>
<td>Thu Aug 5 &amp; 12</td>
<td>10:30 a.m. – 11:45 a.m.</td>
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<td><strong>Health Planning</strong></td>
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<td>Planning for the Future- Health Decisions Matter</td>
<td>Wed Aug 25</td>
<td>1:30 p.m. – 3 p.m.</td>
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<td><strong>Heart Health</strong></td>
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<tr>
<td>Dietitian Q&amp;A: Heart Health</td>
<td>Tue Aug 10</td>
<td>1 p.m. – 2 p.m.</td>
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<td>Heart Healthy Eating</td>
<td>Fri Aug 20</td>
<td>9 a.m. – 10 a.m.</td>
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<td><strong>Managing Pain &amp; Getting Active</strong></td>
<td>Tue Aug 24</td>
<td>10:30 a.m. – 11:30 a.m.</td>
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<td><strong>Managing Daily Life</strong></td>
<td>Tue Aug 31</td>
<td>10:30 a.m. – 11:30 a.m.</td>
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<td><strong>Managing Breathing &amp; Sleep</strong></td>
<td>Tue Aug 17</td>
<td>10:30 a.m. – 11:30 a.m.</td>
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<td><strong>Coping with COVID-19</strong></td>
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| Every Albertan has been impacted by COVID-19 in some way. You might have tested positive for the virus. Alternatively, the change on your life might not have been from the virus, but from the pandemic itself. Our course catalog outlines a number of services for anybody who wishes to stay healthy during a not-as-normal life. If you have questions about how to get healthy after having COVID-19, you can take one of our post-COVID health education classes or review Alberta Health Service’s Getting Healthy after COVID-19 online resource.

Maximizing your Energy Budget

When we think about budgets, we usually think about how we can save enough money to cover our next vacation, care for a new pet, or plan for your next house renovation. In the AHLP, although the currency that we work with might not be sufficient to buy that dream car or holiday, it will help you make the most of these experiences.

The currency that we provide advice on is energy- how to conserve it, how to prioritize your spending and how to reduce the risk of over-spending and becoming bankrupt. Fatigue is common amongst many chronic health conditions, and is not simply a case where one didn’t have a good night’s sleep last night or felt tired after a long day’s work. You may have been living with fatigue for a long time.

Understanding fatigue is an important step to being able to manage it. The AHLP offers a two-part Zoom class called Conserving Your Energy, in which you will learn more about how to balance your energy budget. You will learn about the different types of fatigue, how to communicate about it with your friends and loved ones, how to make tactful withdrawals from your energy bank using the 4 P’s (Prioritizing, Planning, Pacing and Positioning) and more. For more information about this class, see our online course catalog or call 403-943-2584.

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