



BENEFITS OF A PHYSICALLY ACTIVE RETIREMENT

BENEFITS

WEEKLY
RECOMMENDATIONS

MYTH
OR REALITY?

THE
KINESIOLOGIST'S
ROLE

By Joanie Benoit-Desrocher, B.Sc. Kinésiologue

CENTRE
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PHYSICAL ACTIVITY BENEFITS



IMPROVING HEALTH

- PSYCHOLOGICALLY
- PHYSICALLY
- SOCIALLY

PSYCHOLOGICAL
HEALTH

PHYSICAL
HEALTH
1

PHYSICAL
HEALTH
2

SOCIAL HEALTH



INCREASES:



- WELL BEING
- SELF ESTEEM
- CONCENTRATION

IMPROVES:

- EMOTION MANAGEMENT
- SLEEP



REDUCES:

- STRESS
- DEPRESSION SYMPTOMS



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PSYCHOLOGICAL
HEALTH

PHYSICAL
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SOCIAL HEALTH

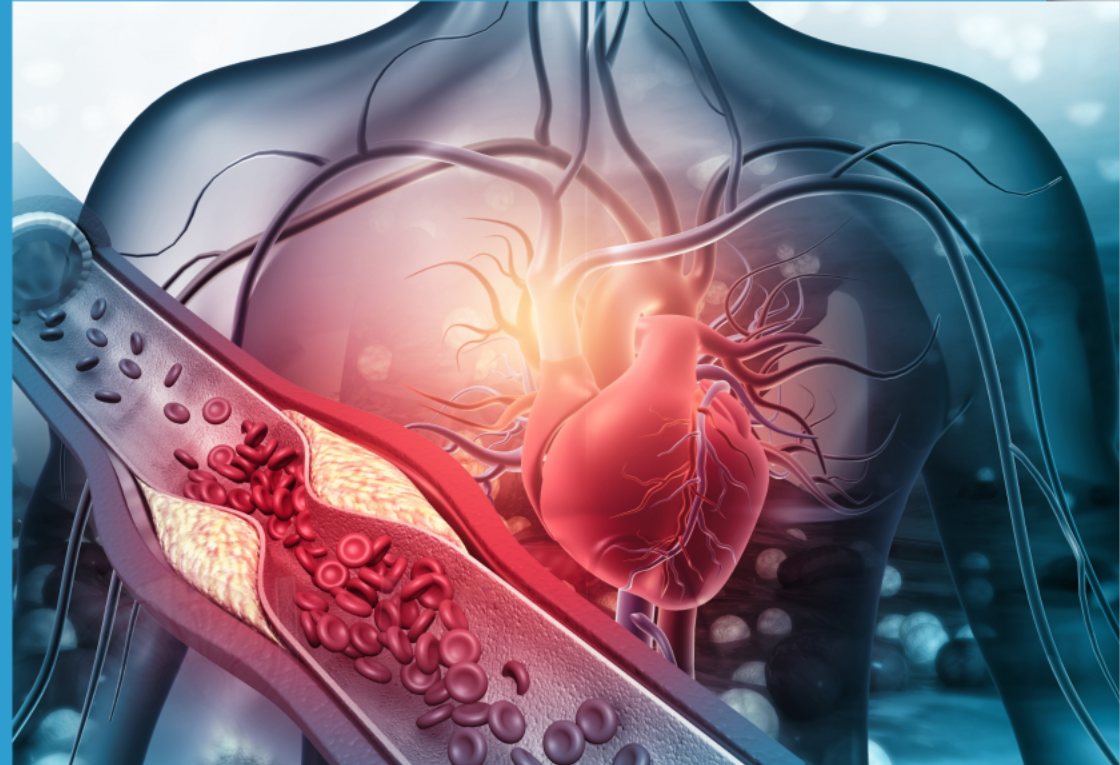




RISK REDUCTION

DEVELOPING DIFFERENT DISEASES

- HEART DISEASES
- SEVERAL CANCERS
- DIABETES *type2*, CHOLESTEROL
- HYPERTENSION
- OSTEOPOROSIS
- OBESITY
- STROKE



FALLS

- IMPROVES STABILITY
- BETTER MOVEMENT CONTROL
- BETTER PROPRIOCEPTION



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- PSYCHOLOGICALLY
- PHYSICALLY
- SOCIALLY



PSYCHOLOGICAL
HEALTH

PHYSICAL
HEALTH
1

PHYSICAL
HEALTH
2

SOCIAL HEALTH



IMPROVES/INCREASES:

- Muscular strength
- Endurance
- Aerobic capacity
- Energy
- Flexibility
- Balance
- Coordination
- Autonomy
- Pain management



Overall quality of life!



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PSYCHOLOGICAL
HEALTH

PHYSICAL
HEALTH
1

PHYSICAL
HEALTH
2

SOCIAL HEALTH



SOCIAL HEALTH

- Increase social networks
- Break the isolation
- Strengthen family ties
- Support community



PHYSICAL ACTIVITY BENEFITS



IMPROVING HEALTH

- PSYCHOLOGICALLY
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WEEKLY RECOMMENDATIONS

According to SCEP Canadian standards



Moderate to high intensity



2x aerobic training



2x strength training



2h30min total,
at least 10min + at a
time



EXAMPLES



EXAMPLES OF PHYSICAL ACTIVITIES

MODERATE TO HIGH INTENSITY



Aerobic and strength training



Aerobic activity



Strength training

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EXAMPLES





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What is a KINESIOLOGIST?

- 1 Physical activity specialist
- 2 Prevention, treatment and performance through movement
- 3 Helps achieving your goals
- 4 Prescribing the appropriate exercises
- 5 Promoting a healthy lifestyle



How?

Our ways to help you

- Fitness assessment
- Personalized exercise program
- Private training
- Group training



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How?



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I can't train, I have knee pain (or back, hips,...)



If I train, I'll become bulky!



Gym training is for the young people only!





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