

**Join the Virtual Trek  
around New Brunswick!**



[www.findingbalancenb.ca](http://www.findingbalancenb.ca)



NB Trauma Program  
Programme de  
traumatologie du NB

[www.nbtrauma.ca](http://www.nbtrauma.ca)



**FALL PREVENTION MONTH**

**TREK PASSPORT**

## KEEPING ACTIVE

Anyone can fall, but as you grow older, the risk of falling increases. In New Brunswick, falls are the leading cause of serious injuries in older adults. However, it isn't just about stopping falls before they happen. Fall prevention is also about keeping your independence. The good news is that we can all take **STEPS** to help prevent slips, trips and falls.

Staying physically active is one of the best ways to help you reduce your risk of falling. It's never too late to increase your level of physical activity.

- Try to accumulate at least 150 minutes (two and a half hours) of moderate to vigorous intensity activity every week. If you wish, you can break this into sessions of 10 minutes or more.
- Choose activities you enjoy. You may have access to a variety of physical activity programs that are tailored for seniors within your community.
- Encourage your family and friends to participate with you since **ACTIVE TIME CAN ALSO BE SOCIAL TIME.**



## VIRTUAL TREK

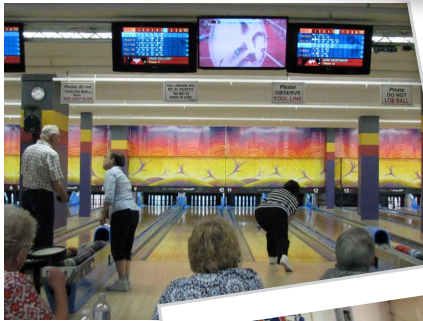
Join the **VIRTUAL TREK Around New Brunswick!** During the month of November, log your steps and/or physical activity minutes in the weekly calendar. At the end of the month, we encourage you to add the number of steps taken during each week in order to calculate the total number of steps taken during the month.

Once you return your **Trek Passport** at the end of the month, your total number of steps taken will be added to those from all of the other participants in the province. Help grow the grand total number of steps taken by New Brunswick seniors during Falls Prevention Month.

### DID YOU KNOW?

Total distance to complete **ONE** Trek around NB ..... 1082 km

Number of steps needed  
to complete **ONE** Trek around NB ..... about 1,5 million steps



## HOW DO I COUNT MY STEPS ACCORDING TO TIME AND INTENSITY?

Pedometers are a useful device that can help you track your steps throughout the day. It is recommended that you wear your pedometer all day and then log the total number of steps taken in your **Trek Passport**. However, you can also convert the amount of time spent and the intensity of an activity into an approximate number of steps.

In general, if you are doing moderate-intensity activity you can talk, but not sing your favorite song during the activity. You may also sweat a little, your heart will beat faster and you will breathe a bit harder. Examples include: brisk walking, digging in the garden, medium paced swimming and cycling.

If you are doing a vigorous-intensity activity, your heart rate will increase quite a bit and you will not be able to say more than a few words without needing to pause to catch your breath. You are also more likely to sweat in greater amounts than when engaged in moderate-intensity activities. Examples include: jogging, fast cycling, aerobics and active sports such as squash and basketball.

Take your time progressing towards vigorous activity. You know your body, so be careful not to overexert yourself! Only engage in a level of exertion you feel comfortable with when active. For more information on how to exercise safely, check out the **Safety Tips** section of this passport.

## MAP OF VIRTUAL TREK AROUND NEW BRUNSWICK



## VIRTUAL TREK ROUTE

1. Moncton to Saint John ..... 153km
2. Saint John to St. Stephen ..... 113km
3. St. Stephen to Woodstock ..... 121km
4. Woodstock to Edmundston..... 172km
5. Edmundston to Campbellton..... 188km
6. Campbellton to Bathurst..... 108km
7. Bathurst to Miramichi..... 78km
8. Miramichi to Moncton ..... 149km

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Total Distance (Kilometers) ..... 1082km

Total Distance (Steps) ..... about 1,5 million steps

## ACTIVITY CONVERSION

1 minute of moderate-intensity physical activity = 100 steps

1 minute of vigorous-intensity physical activity = 200 steps

## WHY SHOULD I PARTICIPATE?

Participating in regular physical activity is important to help improve your health and wellness. However, we also encourage you to participate in the **VIRTUAL TREK Around New Brunswick** for these additional reasons.

- Help demonstrate that older adults are vibrant and active members of their community
- Great opportunity to meet new people and to get in touch with family and friends by participating in group activities. Remember, **ACTIVE TIME CAN ALSO BE SOCIAL TIME**
- Possibility of winning a prize after completing and returning your **Trek Passport** at the end of the month



## SAFETY TIPS

Physical activity is one of the most important things you can do to maintain your health, independence and quality of life as you get older. Small amounts of daily activity can make a huge difference. Here are some helpful tips to help you stay safe:

- It's important to be able to see your surroundings in order to spot potential hazards that might be in your way. Remember to have your eyes checked every year.
- Wear comfortable clothing and shoes that fit well, support your feet, cover your heel, and have a good grip.
- Dehydration can make you dizzy. Try to drink plenty of fluids such as water, before you feel thirsty.
- When trying to improve your flexibility, start gently with easy stretching. Breathe naturally and stretch slowly without bouncing or jerking the movements.
- Before lifting any heavy weights, learn proper techniques to protect your back and joints

## NOT SURE WHERE TO START?

**Ask your healthcare provider or a fitness specialist about the best type of exercise program for you.**

	Wed Nov 8	Thu Nov 9	Fri Nov 10	Sat Nov 11	Sun Nov 12	Mon Nov 13	Tue Nov 14	Weekly Total
Steps								
Minutes								
Total Steps								

WEEK 1

	Wed Nov 1	Thu Nov 2	Fri Nov 3	Sat Nov 4	Sun Nov 5	Mon Nov 6	Tue Nov 7	Weekly Total
Steps								
Minutes								
Total Steps								

TOTAL NUMBER OF STEPS TAKEN DURING FALL PREVENTION MONTH

Weekly Total Steps								
Week 1								
Week 2								
Week 3								
Week 4								
Total Number of Steps								

WEEK 3

	Wed Nov 15	Thu Nov 16	Fri Nov 17	Sat Nov 18	Sun Nov 19	Mon Nov 20	Tue Nov 21	Weekly Total
Steps								
Minutes								
Total Steps								

WEEK 4

	Wed Nov 22	Thu Nov 23	Fri Nov 24	Sat Nov 25	Sun Nov 26	Mon Nov 27	Tue Nov 28	Weekly Total
Steps								
Minutes								
Total Steps								