First Nations of Quebec and Labrador Health and Social Services Commission

KIRANO

Implementation Guide

KIRANO

Disclaimer

The First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC) and its contractors or employees cannot be held responsible for injuries, accidents or medical problems that may arise resulting from the use of the material provided in this guide.

Kirano is not a weight loss program

According to the latest scientific information, adopting healthy lifestyle habits is a major step towards achieving a state of optimal health. Following this line of thought, Kirano's ultimate goal is not weight loss. It is instead directed towards the acquisition of healthy eating habits and an active lifestyle. The person who is responsible for the project's implementation will have to ensure that participants understand and respect this vision.

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Graphic design: Bauhem.com

Printing: numériQca inc.

ISBN: 978-1-926553-97-9

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Good health is our greatest treasure!

- French proverb

AN IMPLEMENTATION GUIDE

The following guide contains all the steps and procedures to follow in order to optimally carry out the Kirano project. Therefore, make sure that you carefully read all the material provided and follow the guidelines as indicated.

Given the specific nature of your community (available equipment, weather conditions, infrastructures, etc.), it is quite possible that you will have to adapt to the project according to your reality; this is normal and indeed desirable.

We wish you great success!

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Introduction

History

In 2008, the Société de communication Atikamekw – Montagnais (SOCAM) prepared a project on health entitled Kirano, which means "us" in Atikamekw. From its inception, the project has been intended as a mobilizing and unifying force in seeking to reach the greatest possible number of First Nations members. Mindful of its mission and expertise, SOCAM asked the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC) to manage the project.

The project was first launched in the fall of 2008. With First Nations members living off-reserve in the urban area of Québec City as the target clientele, it was a resounding success. And to achieve this kind of success, the initiative relies mainly on its adaptability as a made-to-measure intervention. Indeed, participants are supervised on an almost daily basis by qualified and motivating trainers and nutritionists.

Photo credit: Benoît Pellerin

What is Kirano?

Kirano is a **26-week** project put in place to foster the adoption of a healthy lifestyle through nutrition and physical activity. According to our experience, these two components are inseparable for optimal results.

Kirano is divided in 3 parts

1. PREPARATION

During this period, which can last from 4 to 8 weeks, you will be invited to bring and set into motion the project in your community.

2. IMPLEMENTATION (INTENSIVE FOLLOW-UP)

This part, lasting 8 weeks, is by far the most demanding. It is during this part that all the workouts and nutrition workshops will take place.

3. MAINTENANCE

Following the intensive 8-week period, your participants will begin the most difficult challenge: maintaining their new healthy habits. This period will last about 3 months, after which the participants will go through a final evaluation.

Adopting healthy lifestyle habits in 26 weeks

Photo credit: Photodune.net

Nutrition component

The nutrition component allows participants to meet once a week with a nutrition expert. The goal of these workshops is to provide theoretical and practical concepts to the participants. A large part of the workshop is devoted to cooking so that the participants can put into practice the concepts learned.

Nutrition workshops

The nutrition workshops are made up of three components:

- Theoretical- in which a given topic is explained in detail;
- Practical- this involves activities enabling you to put theoretical learning into practice and cook a recipe as a group;
- A third component with suggestions for a personal challenge for each member in relation to the weekly theme.

We suggest that workshops run for 3 hours so that participants have enough time to discuss the topic and share ideas with one another.

Physical activity component

The physical activity component occupies an important place in the participants' schedule. It consists in four workouts per week, with each one lasting an average of 90 minutes. The focus is on both a cardiovascular workout and a muscular workout.

The main goal of this component is to improve the participants' health, but it also aims at demonstrating the great diversity found in physical activity. Thus, each person who completes the eight weeks of the project will be fitter and more aware of his body and will have an excellent idea of the different ways in which he can maintain these good habits.

Evaluation component

You will be required to evaluate each participant's lifestyle habits and physical aptitude, once at the beginning of Kirano, once at the end, and one last time about 3 months after it has been completed.

These evaluations have two main objectives: first, they will serve to quantify the changes brought about by your intervention (improved eating habits and physical fitness, loss of weight, etc.) and secondly, they will be a great source of motivation for the participants.

We invite you to contact the FNQLHSSC to obtain an Excel file for calculating the results of these evaluations.

Extra-Kirano activities

Although Kirano relies mainly on the physical activity and nutrition components, it is clear that many other factors may be beneficial to the well-being of an individual.

We therefore suggest that Kirano facilitators learn out about cultural activities (sweat lodge, purification ceremonies, hunting or fishing workshops, etc.) and personal development activities (conferences on self-determination and on self-confidence, etc.) and that they include some of them in the proposed activities.

Photo credit: Amis du Mushuau-nipi

However, these activities should be offered as complementary ones and not as substitutes for nutrition or physical activity workshops.

Photo credit: CEPN

Planning

Once the idea is known, motivation is high. It's now time to start organizing.

The following questionnaire will help you establish solid bases for implementing Kirano in your community.

After you have completed the questionnaire, we suggest that you send a copy to your community's health director.

Questionnaire- Planning your Kirano project

Name the people in charge

WHO WILL BE RESPONSIBLE FOR THE PROJECT?

The person put in charge of the project will make sure that all the steps involved in the project are successfully carried out. He will oversee the preparation, launch and implementation of the Kirano activities in your community.

Name of person in charge of the project

WHO WILL BE RESPONSIBLE FOR THE NUTRITION WORKSHOPS?

This person will play an important role in the project. He must have expertise in nutrition (nutritionist, dietetic technician, community health representative, diabetes prevention agent, etc.). Each week, he will present theoretical and practical workshops to the participants. To complete this task, a toolbox has been developed and is available at the end of this guide.

Name of person in charge of the nutrition component

Name of person in charge of the nutrition component

WHO WILL BE RESPONSIBLE FOR THE WORKOUTS?

The trainer will be a key element for the project's success. He will accompany the participants during each of their workouts. In other words, he should be an extraordinary motivator, and should possess good knowledge in physical activity and health to optimize the performance of participants while providing them with a safe environment.

Name of person in charge of the workouts

Name of person in charge of the workouts

WHAT OTHER PEOPLE WILL SUPPORT THE PERSON IN CHARGE OF THE PROJECT?

These people will support the project leader in the overall organization. For example, they may assist him in the application process and selection of candidates, budget management, infrastructure reservations, etc.

Other persons who will support the project

Other persons who will support the project

Weekly schedule

Elaborate your schedule by checking the selected days:

WORKOUTS	NUTRITION WORKSHOPS
☐ Mon	☐ Mon
☐ Tues	☐ Tues
☐ Wed	☐ Wed
☐ Thurs	☐ Thurs
☐ Fri	☐ Fri
☐ Sat	☐ Sat
☐ Sun	☐ Sun

Important dates

When you establish dates related to your Kirano project, make sure to take account of cultural activities that have been planned. For example, if a hunting week is scheduled for early May, it would be important to plan dates for Kirano activities so that they do not interfere with this important cultural event.

APPLICATION DEADLINE

Day *Month* *Year*

DATE OF FIRST KIRANO WORKOUT (PRE-EVALUATION)

Day *Month* *Year*

DATE OF LAST KIRANO WORKOUT (POST-EVALUATION)

Day *Month* *Year*

DATE OF FINAL EVALUATION (POST-EVALUATION AFTER 3 MONTHS)

Day *Month* *Year*

Daily schedule

The times set for the sessions must take account of several factors (e.g., the schedules of your various community organizations (band council, health centre, businesses, etc.).

ALL KIRANO SESSIONS WILL BEGIN AT:

Hour *Minute*

IF WE HAVE SESSIONS DURING THE WEEKEND, THEY WILL TAKE PLACE AT:

Hour *Minute*

Budget

Here is the list of expenses that the community will have to plan to pay for:

- [ ] Food for nutrition workshops ($100 per week)
- [ ] Salaries
- [ ] Budget for special outings
- [ ] Rental of facilities
- [ ] Equipment rental
- [ ] Participation prizes (closing night)

Etc. :

Location of activities

To keep your participants motivated, it is important to vary the locations for the different sessions. The workout

LIST THE DIFFERENT LOCATIONS THAT CAN ACCOMMODATE YOUR WORKOUTS:

LIST THE DIFFERENT LOCATIONS THAT CAN ACCOMMODATE YOUR NUTRITION WORKSHOPS:

Equipment provided

The FNQLHSSC provides each participating community with all the necessary equipment for the fitness training sessions. Here is a list of the provided equipment:

- [x] 2 fitness balls (65 cm + 55 cm)
- [x] 3 medicine balls (2 kg + 4 kg + 8 kg)
- [x] 3 elastics
- [x] 3 yoga mats
- [x] 6 cones

Promoting the program to attract candidates

The recruitment of candidates is the key factor for ensuring the success of your project. But make no mistake; you will have to work hard to recruit the right number of positive and motivated participants.

LIST THE MEANS YOU WILL USE TO PROMOTE YOUR SEARCH FOR CANDIDATES. FOR EACH MEANS IDENTIFIED, INDICATE THE PERSON IN CHARGE AS WELL AS A DEADLINE.

Means:	Person in charge:	Date:
Press release		
Radio interview		
Promotional poster		

0 Week zero

To do list

- [ ] Do the "Planning" questionnaire
- [ ] Carry out the various means to promote the program to candidates
- [ ] Reserve the facilities you will need for Kirano
- [ ] Select the participants
- [ ] Inform the selected candidates of the location for the first meeting

Etc.:

- [ ]
- [ ]

Additional information

Selection of participants

Participants are selected following the telephone interview according to certain criteria. Please use the evaluation questionnaire on page 77 to make your selections.

For each question, you will evaluate the participant on a scale of 1 to 10. The evaluated criteria are motivation, need for the intervention, and availability.

Select about 15 people, even though only 12 people will actually participate. The 3 extra people will provide you with a bit of leeway in case some people are no longer available to participate.

Week One

To do list

- [ ] Get acquainted with the activities for the week
- [ ] Evaluate the participants
- [ ] Begin the activities
- [ ] Buy the food you'll need for the nutrition workshops
- [ ]
- [ ]

Additional information

Evaluations

You will be required to evaluate each participant's lifestyle habits and physical aptitude, once at the beginning of Kirano, once at the end, and one last time about 3 months after it has been completed.

These evaluations have two main objectives: first, they will serve to quantify the changes brought about by your intervention (improved eating habits and physical fitness, loss of weight, etc.) and secondly, they will be a great source of motivation for the participants.

We invite you to contact the FNQLHSSC to obtain an Excel file for calculating the results of these evaluations.

Evaluations

Push-ups

This test evaluates one of the various aspects of the participant's muscular health. It is a simple test in which the participant does as many push-ups as he can.

Abdominal plank

This test evaluates one of the various aspects of the participant's muscular health. It is a simple test in which the participant holds the plank position for as long as possible.

Weight

Although weight loss should not be considered as an objective of Kirano, it is obvious that your participants will find it hard to completely ignore that aspect. Thus, bodyweight is included as one of the pre- and post-Kirano evaluation measurements. Make sure to use the same equipment for all three evaluations.

Waistline

Contrary to weight, waistline size is an excellent measurement for evaluating the reduction of risk factors related to overweight and obesity. Once again, make sure to take your measurements in the exact same way before and after Kirano. If possible, these three evaluations should be done by the same person in order to prevent technical differences between evaluators.

Cardiovascular stress test

The goal of this test is to evaluate the improvement in the participant's cardiovascular fitness level. The procedure is as follows: arrange a track in which the participant can cover a distance of about 1.5 km. The easiest option here is to create your track inside the gym and to have the participants go around the track 15 times. The goal is for the participants to complete the distance in the shortest possible time. In this case, it is not necessary that the total distance covered be exactly 1.5 km. It is, however, very important that the distance and conditions be exactly the same for the first, second and third tests.

Session 1

Slow continuous

30 minutes of slow continuous at effort 2

Comments

This first session is a light workout. Its purpose is simply to introduce the effort levels (0 to 10). It is in particular an opportunity for the trainer and the participants to get to know one another. Go for a brisk walk (avoid jogging, except for special cases).

Session 2

Fitness workout A

Do the fitness workout on page 17

Comments

In this session put the focus on technique so that the first movements are fully mastered. We will increase volume and intensity later. Keep the participants moving at all times; every minute of inactivity is a minute lost!

Session 3

Intervals

- [ ] Warm up for 15 minutes at effort 2
- [ ] 1 to 2 sets of 10 X 20 seconds at effort 5
- [ ] Recovery between repetitions: 20 seconds
- [ ] Recovery between sets: 3 minutes
- [ ] Cool down for 10 minutes at effort 2

Comments

Choose the activity according to the available equipment (walking, running, stationary bicycle, rowing machine, elliptical machine, etc.). A brisk walk around a park or indoors is a perfect idea. Make sure that each participant works at his optimal effort level; give constant reminders about this.

Session 4

Free session

Session chosen from among previous ones

Comments

This training session aims at developing the participant's autonomy. He decides by himself which session to do, by choosing from among the Kirano sessions he has already completed. This session is done with a friend or with another Kirano participant, WITHOUT the trainer's supervision. But it is important that the participant talk with the trainer about the session he wants to do. In this way, the trainer can make sure that the session is challenging enough, while remaining safe. Remember to get feedback on the free session the following week.

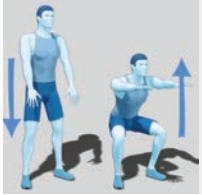
Fitness workout A

1

Brisk walk

1	15
Sets	Length (min.)

2



Squats

3	12
Sets	Repetitions

3

Brisk walk

3	3
Sets	Length (min.)

4

Knee push-ups

3	12
Sets	Repetitions

5

Brisk walk

3	3
Sets	Length (min.)

6

Knee plank

3	30
Sets	Length (sec.)

7

Brisk walk

3	3
Sets	Length (min.)

8

Brisk walk

1	10
Set	Length (min.)

Photo credit: 123rf.com

NUTRITION WORKSHOP

Sports nutrition and hydration

How do I prepare the right way for a physical activity?

As you can well imagine, diet plays an important role in physical activity. Several factors influence the way we should eat before doing a physical activity. The type, intensity, duration and frequency of physical activity all have an influence on your food choices.

To facilitate the choice of food to eat before physical exercise, here are some recommendations that will enable participants to:

- Obtain the energy necessary to perform the activity.
- Achieve a desired level of hydration.
- Prevent discomfort (gastric reflux or bloating).
- Optimize the recovery of energy reserves.

Sports nutrition

Here are some recommendations: Before physical activity

Making good food choices before starting your activity will help you to avoid feeling hungry and will provide energy to your muscles throughout your workout.

1. Drink plenty of fluids ! 400 to 600 mL two hours before exercise.
2. The ideal is to eat a meal three to four hours before your activity. This will prevent the discomfort of a full stomach and will help to direct all the energy to the muscles instead of digestion.
    - 2.1. Choose a meal rich in carbohydrates and low in fat. Carbohydrates help maintain proper glucose levels (fuel for the muscles) in the blood during exercise. Don't forget to include a bit of protein. *Example of a meal three to four hours before your activity: grilled chicken (without the skin) served with rice and vegetables, a glass of milk and a fruit for dessert.*
    - 2.2. If your schedule does not allow you to eat three to four hours before your workout, eat a light meal one to two hours before. *Example: veggie pizza on pita bread with low-fat cheese and a fruit salad.*
    - 2.3. Less than an hour before, eat a carbohydrate-rich snack like a fruit, a cereal bar, a muffin, etc. (See the list of high-carbohydrate food.)
3. Avoid fat, spices and sweets. To prevent discomfort, avoid high fat and overly spicy food. Sugary food can reduce the amount of glucose in your blood (hypoglycemia) and lower your energy level. Too much can sometimes mean not enough !

High-protein food*

Milk

Yogurt

Cottage cheese

Peanut butter

Meat

Canned tuna

Egg

High-carbohydrate food*

Slice of bread

Pita, bagel, small tortilla

Cooked pasta or rice

Whole grain cereal

Muffin, waffle

Cereal bar

Fruit juice

Vegetables

Fruit

* Source: Marielle Ledoux, Natalie Lacombe and Geneviève St-Martin. *Nutrition, sport and performance,* 2009. Collection Géo plein air. - Extenso.org.

During the physical activity

Drink between 150 and 200 mL of water every 15 minutes.

If the physical activity lasts more than an hour and you have exerted considerable effort during the first hour, drink a homemade sports drink (recipe on page 45) or a commercial sports drink such as Gatorade or Powerade that you can dilute with water.

After the physical activity

- Drink water to rehydrate your body. You need to replace fluids lost during exercise. Good hydration helps avoid the uncomfortable effects of dehydration, such as fatigue.
- At the end of your activity, your muscles require carbohydrates. Within 30 minutes of the activity, have a carbohydrate-rich snack, like a glass of chocolate milk, a piece of fruit or a cereal bar.

For the meal following your workout, follow the recommendations of Eating Well with Canada's Food Guide.

Challenge of the week:

Ensure adequate nutrition before each training activity during the week. Each participant is to adapt these concepts to his own schedule.

Activity

Ask people how much time they have before doing the Kirano physical activity program and discuss the foods they could eat.

Sports hydration

In everyday life, we often forget to hydrate ourselves. During physical exercise, muscles produce heat. To avoid too great an increase in body temperature, the cells release fluids through perspiration.

Proper hydration before, during and after physical activity replaces the fluids lost due to sweating. Dehydration can cause various unpleasant symptoms, including fatigue, headache, weakness, a feeling of irritation, loss of performance and heat stroke.

Photo credit: www.photodune.com

Did you know that...?

- Thirst is a good indicator of your need for hydration. Listen to your thirst!
- Water makes up about 66% of your body weight.

How much water do you need?

- It is recommended that you drink six to eight large glasses of water per day.

For adults, the following quantities of water or any other liquid will ensure adequate hydration during exercise.

WHEN	QUANTITY
Two hours before exercise	**400-600 mL**
During exercise	**150-350 mL** every 15-20 minutes, depending on your tolerance
After exercise	**750 mL** for each half-kilo or pound of weight lost during exercise

Why drink water?

Water is an essential nutrient that:

- Helps your body digest food and turn it into energy.
- Removes toxic wastes.
- Prevents constipation.
- Transports soluble vitamins, minerals and nutrients.
- Can help you control your weight.
- Helps maintain the softness and elasticity of your skin.

To increase your water intake:

- Drink a glass of water when you wake up.
- Drink a glass of water approximately 30 minutes before each meal.
- Always carry a water bottle with you at work, in the car and when you go to a sporting activity.
- Coffee and alcohol dehydrate your body: keep yourself well hydrated when you consume them.
- Drink water every five to ten minutes when you are exercising. This can help you improve your physical performance.
- After brushing your teeth, think about drinking a glass of water.
- If you do not like water, add lemon slices or 1-2 tbsp. (15-30 mL) of juice.

Practical tip

The color of your urine is a good way to determine your level of dehydration. The darker your urine, the more dehydrated you are !

Recipes

Sports drink

In an empty bottle, mix:

Ingredients:

- ⅓ of a juice of your choice (orange juice, apple juice, etc.)
- ⅔ of water
- 1 pinch of salt

Yield: 1 serving
Preparation time: 2 min.

Smoothie

How do you make a good smoothie?

Ingredients:

- 2 cups (500 mL) of berries (blueberries, strawberries, blackberries, etc.), fresh or frozen
- 1 cup (250 mL) of orange juice and/or other juice to taste
- 1 cup (250 mL) of plain yogurt
- 3 ice cubes (optional if using frozen fruit)

Preparation:

- Wash fruits and cut into pieces.
- Place all ingredients in a blender. Reduce to a liquid puree.

Yield: 4 servings
Preparation time: 5-10 min.

These refreshing drinks provide sodium, potassium and sugar. These elements are essential in the process of rehydration after exercising at moderate to high intensity for over an hour. Otherwise, water is ideal.

So if you go hiking, this drink is a better choice than a sweetened juice drink or soft drink.

Make sure you always have water with you, in addition to these sports drinks.

Spaghetti with meat sauce

Ingredients:

- 180 g (approximately ½ of a 375 g package) of uncooked spaghetti
- 200 g of ground meat of your choice
- 1 cup (250 mL) of sliced mushrooms
- 1 tbsp. (15 mL) of olive oil
- ¼ cup (60 mL) of chopped onions
- 1 can (540 mL) of chopped tomatoes
- 1 garlic clove
- Pepper to taste

Preparation:

- In a pot of boiling water, cook pasta until it is al dente.
- Drain.
- While the pasta is cooking, heat oil in a medium-sized saucepan at medium heat. Add onion and garlic and sauté 3 to 4 minutes or until onions are softened.
- Stir in mushrooms and cook 2 minutes. Add tomatoes and bring to a boil.
- Reduce to medium heat and simmer 3 to 5 minutes or until slightly thickened.
- At the same time, cook ground meat in another saucepan.
- Add the ground meat mixture to the sauce and add pepper to taste. Mix with the spaghetti and serve.

Yield: 3 servings
Preparation time: 15 min.
Cooking time: 5-10 min.

Source: recipe adapted from the Université de Montréal website (section on health and nutrition).

Energy bars

Dry ingredients:

- 2 cups (500 mL) of rolled oats
- 1 ½ cups (375 mL) of whole wheat flour
- ½ cup (125 mL) of wheat germ
- 1 tbsp. + 1 tsp. (20 mL) of baking powder
- ¾ tsp. (3 mL) of salt
- ½ cup (125 mL) of dried cranberries
- 1 cup (250 mL) of mixed nuts cut into coarse pieces
- ½ cup (125 mL) of chocolate chips

Liquid ingredients:

- 3 eggs
- ¼ cup (60 mL) of brown sugar
- ½ cup (125 mL) of honey or molasses
- ½ cup (125 mL) of canola oil
- 1½ tsp. (8 mL) of vanilla extract

Preparation:

- Preheat oven to 350 °F.
- In a large bowl, mix all dry ingredients.
- In a smaller bowl, whisk together the liquid ingredients. Add the liquid ingredients to the dry ingredients. Mix well.
- Line a baking sheet with parchment paper and spread the mixture. Bake for 15 minutes or until top is lightly browned.
- Let cool and cut into 16 squares or rectangles.
- Individually wrapped, the bars can be stored in the freezer for 1 to 2 months.

Yield: 16 servings
Preparation time: 15 min.
Cooking time: 5-10 min.

* Source: *Nutrition, sport and performance*, 2nd ed., collection Géo plein air, pp. 44-45.

2 Week two

To do list

- [ ] Get acquainted with the activities for the week
- [ ] Do the workouts
- [ ] Buy the food you'll need for the nutrition workshops
- [ ]
- [ ]

Session I

Fitness workout B

Do the fitness workout on page 27

Comments

Because the basic movements were properly acquired the previous week, it is time now to increase the amount of work on the body, using the same exercises. This is why the number of repetitions and sets is increased.

Session 2

Intervals

- [ ] Warm up for 15 minutes at effort 2
- [ ] 2 to 3 sets of 10 X 30 seconds at effort 5
- [ ] Recovery between repetitions: 30 seconds
- [ ] Recovery between sets: 3 minutes
- [ ] Cool down for 10 minutes at effort 2

Comments

Choose the activity according to the available equipment (walking, running, stationary bicycle, rowing machine, elliptical machine, etc.). A brisk walk around a park or indoors is a perfect idea. Make sure that each participant works at his optimal effort level; give constant reminders about this.

Session 3

Slow continuous

40 to 60 minutes of slow continuous at effort 2

Comments

This is any cardio activity as chosen by the participant. Attention ! The goal of this workout is to burn calories without generating fatigue. It is important not to work at too high a level of intensity.

Session 4

Free session

Session chosen from among previous ones

Comments

This training session aims at developing the participant's autonomy. He decides by himself which session to do, by choosing from among the Kirano sessions he has already completed. This session is done with a friend or with another Kirano participant, WITHOUT the trainer's supervision. But it is important that the participant talk with the trainer about the session he wants to do. In this way, the trainer can make sure that the session is challenging enough, while remaining safe. Remember to get feedback on the free session the following week.

Fitness workout B

1

Brisk walk

1	15
Set	Length (min.)

2

Squats

4	15
Sets	Repetitions

3

Brisk walk

4	3
Sets	Length (min.)

4

Knee push-ups

4	15
Sets	Repetitions

5

Brisk walk

4	3
Sets	Length (min.)

6

Knee plank

4	35
Sets	Length (sec.)

7

Brisk walk

4	3
Sets	Length (min.)

8

Brisk walk

1	10
Set	Length (min.)

NUTRITION WORKSHOP

Weight control, myths and realities about dieting and weight loss

Note: Kirano is not an Aboriginal version of *The Biggest Loser.*

Four good reasons for not following a diet

1. Diets pose risks to your physical health. They are often associated with deficiencies in vitamins and minerals or energy. They cause several side effects:

- → Dehydration
- → Digestive disorders
- → Fatigue
- → Hormonal imbalance
- → Difficulty concentrating
- → Etc.

2. Diets pose risks to your mental health. Depriving yourself of food leads to the following situations:

- → Negative relationship with food and the pleasure of eating.
- → Obsession with food.
- → Development of eating disorders (anorexia, bulimia, binge eating).
- → Failures lead to the deterioration of self-esteem.

3. Diets reduce muscle tissue rather than fat. A very rapid weight loss is usually due to dehydration and the loss of lean body mass (muscle) rather than fat. A gradual weight loss (1-2 pounds per week) ensures that you are reducing fat and not muscle.

4. Diets are usually not effective and can actually result in weight gain. The body reacts to a diet the same way it does to starvation, by reducing energy consumption. When you go back to eating the way you did before (or even eating more than before as a reaction to going without), your body tends to store, in the form of fat, the calories you are consuming.

So what should you do?

Unfortunately, there are no miracle solutions or products to promote weight loss. It all depends on the balance between calories consumed and calories expended, as illustrated by the principle of a scale (see illustration). When the number of calories consumed is greater than the number of calories burned, there is a surplus of calories. These calories are stored in fat reserves and this leads to a weight gain. Conversely, when the number of calories consumed is less than the number of calories burned, there is an energy deficit; this results in a weight loss.

People who want to try to lose weight should first consult a health care professional, who is the person most qualified to offer proper guidance and support for achieving healthy weight loss goals.

Here are some tips to help you lose weight.

- Cook healthy meals.
- Reduce consumption of foods rich in fat.
- Increase fibre intake by eating whole grains and fruits and vegetables (fibre makes you feel full and does not provide calories).
- Drink water.
- Move and be active!

Challenge of the week:

Commit yourself to respect the food servings (portions) that you put down on the sheet during the activity.

Activity

Ask the participants to complete the Health Canada Servings Tracker and discuss with them how to improve their diet. Use the eating patterns to help people determine the portion sizes consumed during the day. You can use the Health Canada healthy plate to illustrate the importance of vegetables in meals.

Did you know that...?

- Studies have shown that being deprived of a certain food increases your desire for that food and causes you to consume larger portions. It may be better to allow yourself a few chips once in a while instead of feeling an uncontrollable urge to eat the whole bag!

* Source: http://www.equilibre.ca/ Groupe d'action sur le poids.

Recipes

Chinese salad

Ingredients:

- 2 cups (500 mL) of cooked rice
- 1 cup (250 mL) of bean sprouts or shredded carrots to taste
- ⅔ cup (160 mL) of chopped spinach
- 3 celery stalks, sliced
- ½ cup (125 mL) of raisins
- 1½ cups (375 mL) of mushrooms, sliced
- 1 cup (250 mL) of green pepper, chopped
- ½ cup (125 mL) of green onions, chopped
- 1 cup (250 mL) of nuts of your choice (cashews, walnuts or almonds)

Dressing:

- ¼ cup (60 mL) of reduced-sodium soy sauce
- ¼ cup (60 mL) of canola oil
- 1 garlic clove, minced
- 1 tbsp. (15 mL) of lemon juice

Preparation:

- Place all salad ingredients in a large bowl one hour before serving. Mix.
- Stir the dressing ingredients together. Add just before serving.

Yield: 6 servings
Preparation time: 15-20 min.

* Source: www.recettes.qc.ca.

Moose stew

Ingredients:

- 1 tbsp. (15 mL) of canola oil or olive oil
- 2 medium onions, chopped
- 2 garlic cloves, minced
- 1 lb (454 g) of moose cubes (2.5 cm x 2.5 cm)
- 2 tbsp. (30 mL) of flour
- 2 tsp. (10 mL) of powdered beef broth (or 2 cubes) mixed with 2 cups of hot water
- 2 celery stalks, sliced
- 3 medium carrots, sliced
- 1 cup (250 mL) of frozen or canned peas (drained and rinsed)
- 1 cup (250 mL) of frozen or canned corn (rinsed and drained)
- Pepper to taste

Preparation:

- Heat oil in a frying pan and sauté the onions and garlic. Cook over medium heat, stirring until the onions become transparent. Stir often to prevent burning.
- Add the meat and stir until the outside is cooked (about 5 min). Sprinkle flour over meat mixture and onions and stir until the flour is incorporated.
- Remove pan from heat and add remaining ingredients except for the frozen vegetables. Stir and then put pan back on the stove. Bring to a boil and then reduce heat. Cover and simmer for about 40 minutes. Stir occasionally.
- Add frozen vegetables only at the end and simmer for 10 minutes.

Yield: 2-4 servings
Preparation time: 20-25 min.
Cooking time: 60 min.

* Source: Karen Graham, *Meals for Good Health: Low-Calorie Menus and Recipes*, Paper Birch Publishing, 2001, p. 134.

3 Week three

To do list

- [ ] Get acquainted with the activities for the week
- [ ] Do the workouts
- [ ] Buy the food you'll need for the nutrition workshops
- [ ]
- [ ]

Session 1

Fitness workout C

Do the fitness workout on page 33

Comments

The previous fitness workouts were aimed mostly at getting used to this new workout method. This week, the participants have both the technique and the knowledge required to optimize their workout.

Session 2

Intervals

- [ ] Warm up for 15 minutes at effort 2
- [ ] 2 to 3 sets of 8 X 45 seconds at effort 5
- [ ] Recovery between repetitions: 45 seconds
- [ ] Recovery between sets: 3 minutes
- [ ] Cool down for 10 minutes at effort 2

Comments

Choose the activity according to the available equipment (walking, running, stationary bicycle, rowing machine, elliptical machine, etc.). A brisk walk around a park or indoors is a perfect idea. Make sure that each participant works at his optimal effort level; give constant reminders about this.

Session 3

Fitness workout D

Do the fitness workout on page 34

Comments

Since the basic movements are now well understood, we are ready to add new exercises. Just as for the first fitness workout, the goal today is to adapt to these new movements.

Session 4

Free session

Session chosen from among previous ones

Comments

This training session aims at developing the participant's autonomy. He decides, by himself, which workout to do. Preferably, this session is done with a friend or with another Kirano participant, WITHOUT the trainer's supervision. But it is important that the participant talk with the trainer about the session he wants to do. Don't forget to get feedback on the free session the following week.

Fitness workout C

1

Brisk walk

1	15
Set	Length (min.)

2

Squats

5	15
Sets	Repetitions

3

Brisk walk

5	2
Sets	Length (min.)

4

Knee push-ups

5	15
Sets	Repetitions

5

Brisk walk

5	2
Sets	Length (min.)

6

Knee plank

5	40
Sets	Length (min.)

7

Brisk walk

5	2
Sets	Length (min.)

8

Brisk walk

1	10
Set	Length (min.)

Fitness workout D

1.

Brisk walk

1	15
Set	Length (min.)

2.

Split squats

3	12
Sets	Repetitions

3.

Brisk walk

3	3
Sets	Length (min.)

4.

Rowing

3	12
Sets	Repetitions

5.

Brisk walk

3	3
Sets	Length (min.)

6.

Pelvis lifts (with bench)

3	12
Sets	Repetitions

7.

Brisk walk

3	3
Sets	Length (min.)

8.

Superman

3	12
Sets	Repetitions

9.

Brisk walk

3	3
Sets	Length (min.)

10.

Brisk walk

1	10
Set	Length (min.)

Photo credit: dollarphotoclub.com

NUTRITION WORKSHOP

Carbohydrates

What are carbohydrates?

There are simple carbohydrates (like fructose or table sugar) and complex carbohydrates (such as starch and dietary fibre).

Why do we need carbohydrates?

The main role of carbohydrates is to provide energy (1 g carbohydrate = 4 kcal). They are the body's main fuel, which is why they are important for physical activity. Fibre helps us feel satiated faster. It helps to form our stools and carry them through the intestine to eliminate them. Fibre captures cholesterol in the intestine and helps reduce its absorption.

What are the sources of carbohydrates?

Simple carbohydrates are present in fresh fruits, some vegetables (like carrots), table sugar and honey, and in all sweets and sugary drinks.

Complex carbohydrates are found in cereal products (bread and pasta, for example), legumes, fruits, vegetables, root vegetables (such as potatoes) and animal livers.

Some foods contain natural sugars while other foods contain refined sugars.

Refined sugars mainly come from cane sugar (table sugar). The calories in these sugars are commonly known as "empty calories" since they do not provide any nutrients other than calories. This category includes soft drinks, sugary drinks, energy drinks, candy, chocolate bars (milk chocolate), pastries and other sweet products.

Unlike sugars that come from plants, added sugars provide no fibre, vitamins, mineral elements or antioxidants and they provide no sense of satiety. Highly present in our diet today, sugar is partly responsible for the problems of obesity, diabetes and cardiovascular disease. It also causes quite a few toothaches!

Note: Maple syrup and honey are sugars from natural sources, but contain few nutrients. Like refined sugars, they should be consumed in moderation.

What about sugar substitutes?

Aspartame, acesulfame-K and sucralose are artificial sweeteners found in diet soft drinks and some diet products. They are used to give a sweet taste to foods without adding calories. Although the consumption of sweeteners is authorized in Canada, some products may have undesirable effects.

Nutritional tips:

- Carbohydrates should provide half the energy you need in your day, i.e., between 45% and 65% of calories consumed.
- Choose complex carbohydrates.
- As for grain products, choose whole grains and products low in added sugars (flaxseed, oatmeal, whole wheat pasta, brown rice, whole grain bread, etc.)!
- For example: fruits, vegetables, citrus fruits, vegetables of the cabbage family, and brightly-colored fruits and vegetables.
- Legumes: kidney beans, chickpeas, lentils, soybeans, etc.

Challenge of the week:

(Choose just one challenge per week)

1. Include at least one serving of whole grain products every day to ensure that half your portions are whole grains (complex carbohydrates).
2. Reduce your consumption of soft drinks or sugary products (refined sugars).
3. Increase your daily intake of fruits, vegetables and legumes (complex carbohydrates).
4. Choose grain products that are low in fat, sugars and salt.

Activity

Present the food posters showing the levels of added sugars and discuss the strong presence of added sugars in people's diets.

Recipes

Yogurt cup with fruit and granola

Ingredients:

- 1 cup (250 mL) of fresh or frozen berries
- 2 cups (500 mL) of plain and/or vanilla yogurt
- ¼ cup (60 mL) of maple syrup
- 1 cup (250 mL) of granola, muesli or oatmeal

Preparation:

- Thaw berries (if frozen).
- Fill 4-6 bowls with granola, berries and yogurt. Add some maple syrup.

Yield: 4-6 servings
Preparation time: 5-10 min.

* Source: Recipes for breakfasts and snacks. FNQLHSSC

Homemade bruschetta

Ingredients:

- 4 tomatoes
- 1 to 2 onions, thinly chopped
- 1 tbsp. (15 mL) of olive oil
- Grated cheese (to taste)
- Basil
- Salt and pepper
- Crispbread or bannock

Preparation:

- Mix all ingredients (except cheese).
- Season to taste.
- Serve on crispbread or bannock.
- Add cheese and bake in oven until cheese is melted.

By doing this recipe au gratin in the oven, you get a quick meal. The cheese adds calcium to your diet.

* Source: Mélanie Lévesque, nutritionist for the Québec City Native Friendship Centre.

4 Week four

To do list

- [ ] Read through the material and get acquainted with the activities
- [ ] Do the workouts
- [ ] Buy the food you'll need for the nutrition workshops
- [ ]
- [ ]

Session I

Fitness workout E

Do the fitness workout on page 41

Comments

We will do one more week of the fitness workout which the participants know very well by now.

Session 2

Intervals

- [ ] Warm up for 15 minutes at effort 2
- [ ] 2 to 3 sets of 7 X 60 seconds at effort 5
- [ ] Recovery between repetitions: 60 seconds
- [ ] Recovery between sets: 3 minutes
- [ ] Cool down for 10 minutes at effort 2

Comments

Once again, this is a cardio activity according to the participant's choice. This workout is very intense, so we suggest you use an activity allowing participants to motivate one another (stationary bikes close together, walking or running in a small space, etc.).

Session 3

Slow continuous

50 to 60 minutes of slow continuous at effort 2

Comments

This cardio activity (participant's choice) aims at burning calories without causing fatigue. It is important not to exercise too intensely.

Session 4

Free session

Session chosen from among previous ones

Comments

This training session aims at developing the participant's autonomy. He decides, by himself, which workout to do. Preferably, this session is done with a friend or with another Kirano participant, WITHOUT the trainer's supervision. But it is important that the participant talk with the trainer about the session he wants to do. Don't forget to get feedback on the free session the following week.

Fitness workout E

1.

Brisk walk

1	15
Set	Length (min.)

2.

Split squats

3	15
Sets	Repetitions

3.

Brisk walk

3	3
Sets	Length (min.)

4.

Rowing

3	15
Sets	Repetitions

5.

Brisk walk

3	3
Sets	Length (min.)

6.

Pelvis lifts (with bench)

3	15
Sets	Repetitions

7.

Brisk walk

3	3
Sets	Length (min.)

8.

Superman

3	15
Sets	Repetitions

9.

Brisk walk

3	3
Sets	Length (min.)

10.

Brisk walk

1	10
Set	Length (min.)

Photo credit: fotolia.com

NUTRITION WORKSHOP

Types of fats (lipids)

Fats are found in most foods. They have several roles, including:

- Provide energy (1 g = 9 kcal);
- Form the membrane surrounding the cells;
- Assist in the functioning of the circulatory, immune and nervous systems;
- Produce hormones;
- Absorb vitamins A, D, E and K (these vitamins are fat soluble);
- Give flavor to food;
- Provide essential fatty acids.

Lipids do not have a very good reputation. Nevertheless, they remain an essential nutrient for good health. Their effects on your health can differ a great deal, depending on the amount and type of fat consumed.

Saturated fats

It is better to learn how to consume good fat rather than eliminate fat completely from our diet. Good fats have many protective effects on our health, so let's get the best use from them.

They are usually solid at room temperature. Although they increase cholesterol, they are needed in small quantities for the proper functioning of the body (less than 10% of calories consumed).

Food sources:

- Animal fats: butter, lard
- Meat and dairy products
- Tropical oils (palm, palm kernel, coconut)
- Coconut

Monounsaturated fat

Recognized as good fats, monounsaturated fats are usually in liquid form at room temperature. They help to lower blood cholesterol, while increasing good cholesterol.

Food sources:

- Olive oil, canola oil
- Avocados, olives
- Almonds, pistachios, hazelnuts
- Soft non-hydrogenated margarine

Polyunsaturated fats

Just like monounsaturated fat, polyunsaturated fats are known as good fats. Omega-3s are in this category. These are very important in the diet for the following reasons: *they are called essential fats since the body cannot manufacture them. They have health benefits.*

They are known for their anti-inflammatory, anticoagulant and anti-cancer properties. They promote healthy brain development and vision in children and the maintenance of normal brain function in adults. They also have beneficial effects on mood and depression ! They protect against heart disease. To meet weekly requirements, it is recommended to consume two to three servings of the following foods, giving priority to fish.

The main sources of omega-3 are:

- Fatty fish: sardines, mackerel, salmon, trout, herring
- Flaxseed (ground) and nuts (walnuts, almonds, etc.)
- Soybeans and tofu
- Canola oil

Trans fat

Well known as bad fat, trans fat should be avoided. It has the effect of increasing bad cholesterol (LDL) and decreasing good cholesterol (HDL), thereby increasing the risk of developing heart disease. Trans fat comes from fat processed by the food industry and is mainly found in industrial products such as cookies, cakes, shortening, fried food, chips, chicken fillets, croissants and other products. To find out if a product contains trans fat, check the nutrition label under the heading "Fat" !

Cholesterol

Blood cholesterol is used in particular to transport fat in the bloodstream. The higher your level of blood cholesterol, the greater your risk of having a heart attack. Dietary cholesterol has little effect on blood cholesterol in most people. Blood cholesterol levels are especially affected by the total amount of fat, saturated fat and trans fat you consume.

Note: cholesterol in food is only found in foods of animal origin.

Nutritional tips:

- About one-third (from 20% to 30%) of your energy should come from fat.
- Although fats are rich in energy, they are an essential nutrient for good health. You must therefore choose the quality of fat you consume and then control the amount.

Challenge of the week:

(Choose just one challenge per week)

1. Increase your number of fish meals per week to two or three (or other sources, such as soy or flax seeds).
2. Decrease your daily or weekly consumption of foods that are rich in fat (empty calories).
3. Decrease your intake of butter, lard, shortening and bacon fat and substitute better fat for them.
4. When cooking, use vegetable oils containing unsaturated fats, such as canola oil, olive oil and soybean oil.

Activity

Obtain the following products: butter, hydrogenated and non-hydrogenated margarine, olive oil and canola oil. With the participants, analyze the composition of fat in each product and identify the products with a beneficial effect on cholesterol.

Recipes

Homemade salad dressing

Ingredients:

- ⅓ cup (80 mL) of balsamic vinegar or other vinegar
- ⅔ cup (150 mL) of olive oil
- 1 tsp (5 mL) of Dijon mustard
- 1 garlic clove, crushed
- ¼ tsp (1 mL) of pepper
- You can add herbs (basil, thyme, etc.)

Preparation:

- In a bottle or a jar with a lid, combine all ingredients.
- Mix by shaking the container (lid tightly closed).
- This dressing may be kept in the refrigerator for about 1 month.
- Serve over salad and sliced vegetables according to taste.

Preparation time: 10 min.

* Source: Mélanie Lévesque, nutritionist for the Québec City Native Friendship Centre.

Homemade dip

Rather than using mayonnaise by itself, mix plain yogurt and mayonnaise together (half each). This way, you reduce the total amount of fat in your dip, while increasing your calcium intake. Add mustard, garlic and pepper.

Enjoy with your favourite vegetables or enhance your subs and sandwiches.

5 Week five

To do list

- [ ] Read through the material and get acquainted with the activities
- [ ] Do the workouts
- [ ] Buy the food you'll need for the nutrition workshops
- [ ]
- [ ]

Session 1

Fitness workout F

Do the fitness workout on page 49

Comments

This week, we'll change the exercises for the fitness workout, so it will be very important to focus on learning these new movements.

Session 2

Intervals

- [ ] Warm up for 15 minutes at effort 2
- [ ] 2 to 3 sets of 4 X 2 minutes at effort 5
- [ ] Recovery between repetitions: 1 minute
- [ ] Recovery between sets: 5 minutes
- [ ] Cool down for 10 minutes at effort 2

Comments

Once again, this is a cardio activity according to the participant's choice. This workout is very intense, so we suggest you use an activity allowing participants to motivate one another (stationary bikes close together, walking or running in a small space, etc.).

Session 3

Fitness workout G

Do the fitness workout on page 50

Comments

By now, the participants should fully understand the fitness concepts involved. We will continue increasing the amount of workout using this method.

Session 4

Free session

The participant chooses one of the sessions he has already done

Comments

This training session aims at developing the participant's autonomy. He decides, by himself, which workout to do. Preferably, this session is done with a friend or with another Kirano participant, WITHOUT the trainer's supervision. But it is important that the participant talk with the trainer about the session he wants to do. Don't forget to get feedback on the free session the following week..

Fitness workout F

1.

Brisk walk

1	15
Set	Length (min.)

2.

Squats

4	15
Sets	Repetitions

3.

Brisk walk

4	2
Sets	Length (min.)

4.

Knee push-ups

4	15
Sets	Repetitions

5.

Brisk walk

4	2
Sets	Length (min.)

6.

Lateral plank

4	15
Sets	Repetitions

7.

Brisk walk

4	2
Sets	Length (min.)

8.

Knee plank

4	40
Sets	Length (sec.)

9.

Brisk walk

4	2
Sets	Length (min.)

10.

Brisk walk

1	10
Set	Length (min.)

Fitness workout G

1.

Brisk walk

1	15
Set	Length (min.)

2.

Split squats

4	15
Sets	Repetitions

3.

Brisk walk

4	2
Sets	Length (min.)

4.

Rowing

4	15
Sets	Repetitions

5.

Brisk walk

4	2
Sets	Length (min.)

6.

Pelvis lifts (with bench)

4	15
Sets	Repetitions

7.

Brisk walk

4	2
Sets	Length (min.)

8.

Superman

4	15
Sets	Repetitions

9.

Brisk walk

4	2
Sets	Length (min.)

10.

Brisk walk

1	10
Set	Length (min.)

Photo credit: Amis du Mushuau-nipi/François Léger-Savard

Nutrition workshop

Proteins

Proteins are essential components of every living cell, but what do they do?

- Proteins play an important role in repairing and building tissue.
- They contribute to oxygen transport in the blood.
- They make up the muscles of the body.
- They contribute to the proper functioning of the immune system.
- They help to normalize blood sugar.
- They provide energy (1 g = 4 kcal).
- Foods that contain good protein sources help to provide energy for a longer period.

All these factors demonstrate the importance of eating a source of protein every meal.

Where can you find sources of proteins?

Here are the main sources and serving sizes:

- Meat: 75 g, cooked or ½ cup (125 mL)
- Poultry: 75 g, cooked or ½ cup (125 mL)
- Fish: 75 g, cooked or ½ cup (125 mL)
- Eggs: 2
- Nuts (pecans, almonds, walnuts, pistachios, etc.): ¼ cup (60 mL)
- Seeds (sunflower, pumpkin, sesame, etc.): ¼ cup (60 mL)
- Peanuts and peanut butter: 2 tbsp. (30 mL)
- Legumes (chickpeas, lentils, beans, broad beans, etc.): ¾ cup (175 mL)
- Cheese: 50 g
- Yogurt: 175 g (¾ cup)

Grain products also contain protein.

Nutritional tips:

- Proteins should provide 15% to 20% of the energy you need every day.
- Integrate legumes into your meals more often. This will increase your intake of fibre and antioxidants in addition to providing less fat than animal protein.
- Incorporate different varieties of protein into every meal.
- When you snack, add a source of protein. Cheese, yogurt or nuts go well with fruit, even at lunch.
- We often neglect to eat protein at breakfast. Remember to add cheese, yogurt, egg or peanut butter. You will be less hungry in the morning. This will help you better control your weight.

* Source: Health Canada, *Eating Well with Canada's Food Guide – First Nations, Inuit and Métis.*

Challenge of the week:

1. Include a source of protein in your lunch or snack.
2. Try a new source of protein for X number of meals per week.
3. Choose lean meats or meat substitutes containing little or no fat.

Recipes

Sautéed wild meat with vegetables

Ingredients:

- 2 tbsp. (30 mL) of canola oil or olive oil
- 3 carrots cut into small sticks
- 1 cup (250 mL) of broccoli pieces
- 1 cup (250 mL) of sliced mushrooms
- 1 cup (250 mL) of sliced red pepper
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 cup (250 mL) of wild game (of your choice), sliced ½ inch thick (1.3 cm)

Options: You can replace the meat by a wide selection of poultry, fish and seafood.

Sauce ingredients:

- 3 tbsp. (45 mL) of soy sauce
- 1 tbsp. (15 mL) of honey
- Pepper

Preparation:

- In a large skillet, heat oil at medium/high. Sauté the vegetables for about 4 minutes. Remove from heat.
- Sauté the meat for about 4 minutes or to desired doneness.
- Add vegetables to meat in skillet.
- Add the sauce, mix and cook for 2 min.
- Serve.

Yield: 2-4 servings
Preparation time: 15-20 min
Cooking time: 10 min

* Source: www.canalvie.com.

6 Week six

To do list

- [ ] Read through the material and get acquainted with the activities
- [ ] Do the workouts
- [ ] Buy the food you'll need for the nutrition workshops
- [ ]
- [ ]

Session 1

Fitness workout H

Do the fitness workout on page 57

Comments

The participants know the exercises, so you can expect them to do these exercises at an even more optimal level than the last time.

Session 2

Intervals

- [ ] Warm up for 15 minutes at effort 2
- [ ] 2 to 3 sets of 3 X 3 minutes at effort 5
- [ ] Recovery between repetitions: 2 minutes
- [ ] Recovery between sets: 5 minutes
- [ ] Cool down for 10 minutes at effort 2

Comments

Once again, this is a cardio activity according to the participant's choice. This workout is very intense, so we suggest you use an activity allowing participants to motivate one another (stationary bikes close together, walking or running in a small space, etc.).

Session 3

Fitness workout I

Do the fitness workout on page 58

Comments

We will once again increase the workout compared to the previous week.

Session 4

Free session

The participant chooses one of the sessions he has already done

Comments

This training session aims at developing the participant's autonomy. He decides, by himself, which workout to do. Preferably, this session is done with a friend or with another Kirano participant, WITHOUT the trainer's supervision. But it is important that the participant talk with the trainer about the session he wants to do. Don't forget to get feedback on the free session the following week.

Fitness workout H

1

Brisk walk

1	15
Set	Length (min.)

2

Squats

5	15
Sets	Repetitions

3

Brisk walk

5	1
Sets	Length (min.)

4

Knee push-ups

5	15
Sets	Repetitions

5

Brisk walk

5	1
Sets	Length (min.)

6

Lateral plank

5	15
Sets	Repetitions

7

Brisk walk

5	1
Sets	Length (min.)

8

Knee plank

5	40
Sets	Length (sec.)

9

Brisk walk

5	1
Sets	Length (min.)

10

Brisk walk

1	10
Set	Length (min.)

Fitness workout I

1.

Brisk walk

1	15
Set	Length (min.)

2.

Split squats

4	20
Sets	Repetitions

3.

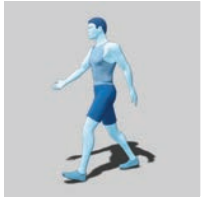
Brisk walk

4	2
Sets	Length (min.)

4.

Rowing

4	20
Sets	Repetitions

5. 

Brisk walk

4	2
Sets	Length (min.)

6.

Pelvis lifts (with bench)

4	20
Sets	Repetitions

7.

Brisk walk

4	2
Sets	Length (min.)

8.

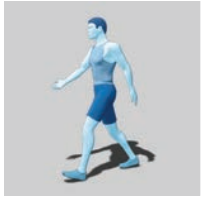
Superman

4	20
Sets	Repetitions

9.

Brisk walk

4	2
Sets	Length (min.)

10. 

Brisk walk

1	10
Set	Length (min.)

Photo credit: fotosearch.com

Nutrition workshop

How to read food labels

Some facts to know

- Food packaging contains important nutritional information about: calories, fat, sugars, proteins, sodium, etc.
- The ingredients list tells us everything that the product contains. The ingredients are listed in order of importance. Thus, the ingredients listed first on the list are found in more significant quantities in the product, while ingredients that are found in small quantities appear at the end of the list.
- Avoid foods that list sugar as the first ingredient in the list of ingredients.
- Choose products with the fewest ingredients possible. In this way, you will eat fewer processed foods.
- Read the label, the nutrition facts table and the claims about the product.
- Use the document "Look at the Label" to inform participants about reading labels (use the information you think is relevant).

Nutritional tips

Here are a few daily nutrition value percentages to keep in mind !

Fat

- Low fat content = less than 5%
- Low in saturated and trans fatty acids = less than 10%

Fibres

- Use the daily value (%) to determine if there is a lot of fibre in a given food portion.
- High fibre content = more than 15%

Vitamins and minerals

- Low content: less than 5%
- High content: more than 15%

Some basic notions !

Verify the serving size

Make sure that the serving size on the label is what you consume (adjust as needed).

Reduce saturated fats, trans fats and sodium.

Reduce your intake of saturated fats and trans fats to reduce the risk of cardiovascular disease. Sodium reduction helps prevent the risk of hypertension.

Increase fibre, vitamins and minerals.

Increase the fibre in your diet for better bowel function, to prevent cardiovascular disease and to better control your satiety and type 2 diabetes.

Challenge of the week:

1. Instead of a product with sugar at the top of the list of ingredients, substitute a product with less sugar.
2. Use cans that indicate "no sugar added" or "no salt added".
3. Each week, while doing your grocery shopping, compare the labels of a new food.
4. Cook meals using less processed foods.
5. You can also ask your participants which nutrients listed on the Nutrition Facts Table they would like to work on. Give them some suggestions: reduce sodium, pay attention to trans fat, increase fibre intake, etc.

Activity

Before the workshop, ask participants to bring empty containers of products they consume. They can then look at them together during the workshop. You should also bring wrappings of various products that people commonly consume, such as cereal, bread, cookies, yogurt, granola bars, etc. Distribute wrappings to each participant and ask them to find the amounts of fat, sugar and salt in the food. Ask them to find the serving size. When people read the labels, they are always surprised to see all the information that is displayed on a package. Encourage participants to do the same exercise back home to become familiar with reading labels. Use the brochure provided for that purpose.

Recipes

Salmon and cream cheese tortillas

Ingredients:

- 100 g of fresh or canned salmon
- ¼ cup (60 mL) of plain yogurt
- 2 celery stems, chopped
- 1 grated carrot
- 2 to 4 tbsp. (30 to 60 mL) of light cream cheese
- 4 tortillas or pita bread
- A few leaves of lettuce
- Pepper and other spices to taste

Preparation:

- Combine the first five ingredients and season to taste.
- Fold the lettuce in the tortillas and fill with filling.
- Enjoy.

Yield: 4 servings
Preparation time: 5-10 min.

Keep the bones of canned fish to have more calcium.

* Source: Mélanie Lévesque, nutritionist for the Québec City Native Friendship Centre.

Fruit salsa and pita chips

Ingredients:

- 10 mini-pitas
- ¼ cup (60 mL) of canola oil
- 1 tsp. (5 mL) of sugar and 1 tsp. (5 mL) of cinnamon
- ½ cup (125 mL) of vanilla yogurt
- ½ cup (125 mL) of fresh or frozen fruit (strawberries, raspberries, kiwi, cantaloupe)

Preparation:

- Mix cinnamon and sugar.
- Open up the mini-pitas with a knife or scissors.
- Brush the mini-pitas with canola oil.
- Sprinkle cinnamon and sugar on the mini pitas.
- Bake at 350 °F for about 15 minutes or until crisp.
- Remove from oven and set aside.
- In a dish, put the vanilla yogurt and fruit garnish.
- Serve as a dip. The mini-pitas are used (like chips) to pick up the pieces of fruit and yogurt mixture.

Yield: approximately 5-6 servings
Preparation time: 10-15 min.

* Source: Mélanie Lévesque, nutritionist for the Québec City Native Friendship Centre.

7 Week seven

To do list

- [ ] Read through the material and get acquainted with the activities
- [ ] Do the workouts
- [ ] Buy the food you'll need for the nutrition workshop
- [ ]
- [ ]

Session I

Fitness workout J

Do the fitness workout on page 65

Comments

The participants know these exercises well, so let's significantly step up the level of work.

Session 2

Intervals

- [ ] Warm up for 15 minutes at effort 2
- [ ] 5 to 7 sets X 4 minutes at effort 5
- [ ] Recovery between repetitions: 2 minutes
- [ ] Cool down for 10 minutes at effort 2

Comments

Once again, this is a cardio activity according to the participant's choice. This workout is very intense, so we suggest you use an activity allowing participants to motivate one another (stationary bikes close together, walking or running in a small space, etc.).

Session 3

Combined session

- [ ] Warm up for 15 minutes at effort 2
- [ ] 2 sets of 10 X 30 seconds at effort 5
- [ ] Recovery between repetitions: 30 seconds
- [ ] Recovery between sets: 3 minutes

Fitness workout K

Do the fitness workout on page 66

- [ ] Cool down for 10 minutes at effort 2

Comments

This workout is a mix of two workouts that the participants know well. It begins with a short intervals section followed by an equally short fitness workout.

Session 4

Free session

The participant chooses one of the sessions he has already done

Comments

This training session aims at developing the participant's autonomy. He decides, by himself, which workout to do. Preferably, this session is done with a friend or with another Kirano participant, WITHOUT the trainer's supervision. But it is important that the participant talk with the trainer about the session he wants to do. Don't forget to get feedback on the free session the following week.

Fitness workout J

1

Brisk walk

1	15
Set	Length (min.)

2

Squats

5	20
Sets	Repetitions

3

Brisk walk

5	1
Sets	Length (min.)

4

Knee push-ups

5	20
Sets	Repetitions

5

Brisk walk

5	1
Sets	Length (min.)

6

Lateral plank

5	20
Sets	Repetitions

7

Brisk walk

5	1
Sets	Length (min.)

8

Knee plank

5	45
Sets	Length (sec.)

9

Brisk walk

5	1
Sets	Length (min.)

10

Brisk walk

1	10
Set	Length (min.)

Fitness workout K

1

Squats

3	20
Sets	*Repetitions*

2

Brisk walk

3	2
Sets	*Length (min.)*

3

Knee push-ups

3	20
Sets	*Repetitions*

4

Brisk walk

3	2
Sets	*Length (min.)*

5

Knee plank

3	45
Sets	*Length (sec.)*

6

Brisk walk

3	2
Sets	*Length (min.)*

7

Brisk walk

1	10
Set	*Length (min.)*

Photo credit: dollarphotoclub.com

NUTRITION WORKSHOP

Healthy and economical shopping

When you go to the grocery store, here are some tips that can help you make better choices and save money.

- Check the circulars if you receive them.
- Plan a weekly menu to suit your tastes while taking advantage of discounts.
- Make a list before going to the grocery store; this helps you to avoid making unnecessary purchases. Group together the foods on your list by section in the store.
- Eat before you go grocery shopping. If you are hungry, you will find that everything looks good and you will tend to buy unnecessary food. (We've all experienced this!)
- Include legumes. If you buy them in cans, rinse them with water to remove excess salt. Legumes have good nutritional value and they are economical.
- Frozen vegetables are a great alternative to fresh vegetables and are affordable.
- When food is on sale, pick some up and freeze it for later. For example, frozen chicken breasts make great convenience meals.
- Buy larger sizes because they are economical. But if you do, make sure to use everything up, because in larger quantities, if there are losses, you're the one who pays for them.
- Try house brands or generics that are cheaper and equivalent.
- Compare prices.
- Less processed foods are often cheaper than food that's been washed, cut and packaged individually. The cost of labour is included in the price.
- Focus on the essential foods: meat, bread, vegetables, fruits, etc. Pastries, chocolate bars, candy, soft drinks, etc. are unnecessary foods containing empty calories.
- Manage your leftovers. Regularly check what's in the fridge to avoid waste.

Selection criteria for healthy shopping

Breads: choose bread with 2 g of fibre or more per slice.

Cereals: ideally, for each serving of 30 g, choose cereals with at least 3 g of fibre and less than 6 g of sugar (10 g and less if the cereal contains fruit).

Cereal bars: choose cereal bars with 6 g or less of fat, 2 g of fibre and 8 g of sugar or less for each 30 g serving.

Fruits and vegetables: Diversify your purchases of fruits and vegetables.

Dairy products (cheese, yogurt and milk): Select cheese with 20% milk fat (MF) or less. Choose other dairy products with 2% milk fat (MF) or less.

Meat and substitutes: Try leaner cuts and remove visible fat before cooking. Include nuts, legumes and tofu in your diet.

Challenge of the week:

Choose one or two objectives from among the tips for healthy shopping provided during the workshop. Don't forget to adapt them to the needs of each participant.

If grocery shopping isn't an issue for a given participant, you can ask him to work on other challenges suggested in the previous workshops.

Choose Activity 1 or 2

Activity 1

Distribute the handout on basic prices to the participants. Compare the price of meat and vegetables. Mention that vegetables are good for your health and that eating them helps reduce the cost of your grocery basket. Focus on certain food groups to reduce your shopping bill while making healthy choices.

* It's possible that prices on the handout do not correspond exactly to the prices at your grocery store. This handout should be used for comparison purposes only. If you choose to do Activity 1, we suggest the hamburger recipe provided below.

Activity 2

A visit to the grocery store is an interesting activity that is much appreciated by participants. If you can, take the participants to a grocery store and discuss what foods to prioritize for healthy and economical shopping. Read the nutrition labels to make healthy choices. This activity requires good preparation to be interesting.

Recipes

Homemade hamburgers

Preparation:

- Shape hamburger meat into patties the size of the palm of the hand and cook them in a skillet with a little olive oil. You can remove the excess fat from the skillet.
- Top your burger with tomatoes, onions, mushrooms, cheese and lettuce.
- Use mayonnaise sparingly.
- Serve with a salad or healthy fries.

* Vary the types of meat in your burgers. Try other types of lean ground meat such as moose.

* Always add vegetables to burgers; they give you fibre, antioxidants and vitamins.

* Source: Mélanie Lévesque, nutritionist for the Québec City Native Friendship Centre.

Healthy pizza

Ingredients:

- 12-in. (30 cm) store-bought or homemade pizza crust (see recipe on next page)
- 1 cup (250 mL) of store-bought or homemade pizza sauce (see recipe on next page)
- Thinly sliced or chopped vegetables to taste (onions, peppers, mushrooms, tomatoes, broccoli and spinach)
- 60 g of ham
- ¾ cup (175 mL) of shredded cheese with less than 20% fat (not compacted)

Preparation:

- Cover the pizza dough with sauce.
- Add pepperoni or ham and vegetables.
- Top with cheese.
- Place pizza on a grill or pizza pan. Bake at 350 °F (175 °C) until cheese is bubbly.

Yield: 2-4 servings
Preparation time: 20-25 min.
Cooking time: 10-15 min.

* Source: Karen Graham, *Meals for Good Health: Low-Calorie Menus and Recipes*, Paper Birch Publishing, 2001, p. 190.

Homemade pizza sauce

- Mix the contents of a can (398 mL) of tomato sauce, ½ tsp. (2 mL) of dried oregano and ½ tsp. of garlic powder.

Homemade pizza dough

Ingredients:

- 1 cup (250 mL) of warm water
- 1 tsp. (5 mL) of instant yeast
- 1 tsp. (5 mL) of sugar
- 2 cups (500 mL) of all-purpose flour
- 1 tsp. (5 mL) of salt

Preparation:

- In a bowl, combine water, yeast and sugar.
- Let stand for about 5 minutes, until there is foam on top of the preparation.
- In using a food processor, it is important to work with the plastic blade or the dough hook. Mix flour and salt. Put the food processor at medium speed and add the yeast mixture until a soft ball forms.
- Remove dough from bowl and knead a few minutes in the flour to prevent sticking.
- Place in a lightly oiled bowl and cover with a clean cloth. Let the dough rise about 30 minutes in a warm place without drafts. Cut in half.
- Use the pizza dough or refrigerate immediately (less than 48 hours), otherwise place it in an airtight bag and freeze.

Yield: This recipe will make two 9 in. (23 cm) thin-crust pizzas or two 8 in. (20 cm) pizzas with a more generous crust.
Preparation time: 45-50 min.

* Source: http://www.ricardocuisine.com/fr.

Healthy fries

Ingredients:

- 4 potatoes or sweet potatoes
- 1 tbsp. (15 mL) of olive oil
- Pepper to taste
- Basil to taste
- Mustard powder to taste
- Garlic powder to taste

By keeping the potato peelings, you will have more vitamins and fibre.

Preparation:

- Cut the potatoes into strips according to the size of your favourite fries. The smaller the fries, the faster they will cook.
- Put the potatoes on a baking sheet.
- Season to taste.
- Drizzle with olive oil.
- Bake at 350° F for about 30 minutes or until crispy.

Yield: 4 servings
Preparation time: 10 min.
Cooking time: 30 min.

* Source: Mélanie Lévesque, nutritionist for the Québec City Native Friendship Centre.

8 Week eight

To do list

- [ ] Read through the material and get acquainted with the activities
- [ ] Do the workouts
- [ ] Buy the food you'll need for the nutrition workshops
- [ ]
- [ ]

Session I

Fitness workout L

Do the fitness workout on page 73

Comments

You know the drill !

Session 2

Combined session

- [ ] Warm up for 15 minutes at effort 2
- [ ] 2 sets of 3 X 3 minutes at effort 5
- [ ] Recovery between repetitions: 2 minutes
- [ ] Recovery between sets: 5 minutes
- [ ] Cool down for 10 minutes at effort 2

Fitness workout M

Then do the fitness workout on page 74

Comments

This workout is a combination of two workouts that are already well understood. It begins with a short intervals section followed by an equally short fitness section.

Session 3

Free session

The participant chooses one of the sessions he has already done

Comments

This training session aims at developing the participant's autonomy. He decides, by himself, which workout to do. Preferably, this session is done with a friend or with another Kirano participant, WITHOUT the trainer's supervision. But it is important that the participant talk with the trainer about the session he wants to do. Don't forget to get feedback on the free session the following week.

Evaluations

Push-ups

This test evaluates one of the various aspects of the participant's muscular health. It is a simple test in which the participant does as many push-ups as he can.

Abdominal plank

This test evaluates one of the various aspects of the participant's muscular health. It is a simple test in which the participant holds the plank position for as long as possible.

Weight

Although weight loss should not be considered as an objective of Kirano, it is obvious that your participants will find it hard to completely ignore that aspect. Thus, bodyweight is included as one of the pre- and post-Kirano evaluation measurements. Make sure to use the same equipment for all three evaluations.

Waistline

Contrary to weight, waistline size is an excellent measurement for evaluating the reduction of risk factors related to overweight and obesity. Once again, make sure to take your measurements in the exact same way before and after Kirano. If possible, these three evaluations should be done by the same person in order to prevent technical differences between evaluators.

Cardiovascular stress test

The goal of this test is to evaluate the improvement in the participant's cardiovascular fitness level. The procedure is as follows: arrange a track in which the participant can cover a distance of about 1.5 km. The easiest option here is to create your track inside the gym and to have the participants go around the track 15 times. The goal is for the participants to complete the distance in the shortest possible time. In this case, it is not necessary that the total distance covered be exactly 1.5 km. It is, however, very important that the distance and conditions be exactly the same for the first, second and third tests.

Fitness workout L

1

Brisk walk

1	15
Set	Length (min.)

2

Squats

6	15
Sets	Repetitions

3

Brisk walk

6	1
Sets	Length (min.)

4

Knee push-ups

6	15
Sets	Repetitions

5

Brisk walk

6	1
Sets	Length (min.)

6

Lateral plank

6	15
Sets	Repetitions

7

Brisk walk

6	1
Sets	Length (min.)

8

Knee plank

6	40
Sets	Length (sec.)

9

Brisk walk

6	1
Sets	Length (min.)

10

Brisk walk

1	10
Set	Length (min.)

Fitness workout M

1

Squats

4	20
Sets	*Repetitions*

2

Brisk walk

4	2
Sets	*Length (min.)*

3

Knee push-ups

4	20
Sets	*Repetitions*

4

Brisk walk

4	2
Sets	*Length (min.)*

5

Knee plank

4	45
Sets	*Length (min.)*

6

Brisk walk

4	2
Sets	*Length (min.)*

7

Brisk walk

1	10
Set	*Length (min.)*

Photo credit: dollarphotoclub.com

NUTRITION WORKSHOP

The importance of breakfast and snacks

Breakfast quiz

True or false?

1. Breakfast is the least important meal of the day, which is why we can afford to skip it.
   False, it is the most important meal.

2. A person who eats breakfast will have stable weight and be less likely to develop obesity.
   True.

3. When we do not eat breakfast, it is common to have headaches and food cravings, especially for sweet foods later in the day.
   True, it occurs in the brain.

4. If we eat breakfast, we are less likely to develop nutritional deficiencies.
   True.

5. There is no difference between the educational outcomes of children who eat breakfast and of those who don't eat breakfast.
   False, a child who eats breakfast has an easier time learning and is more likely to achieve better academic results.

6. Chewy bars are a good choice for a healthy and quick breakfast.
   False, they are generally very sweet.

Breakfast

If we don't eat breakfast, we will experience...

- Frequent distractions, lack of energy.
- Mood swings.
- Food cravings.

  If the brain has not received enough energy during the day, it transmits a hunger signal in order to get some quickly absorbed energy.

  Quickly absorbed energy = sugar

  (chips, chocolate, pastries, etc.)

- The need for more food at lunch and dinner. Because you will have a bigger appetite, your hunger signals will translate into a demand for rapid energy that generates a craving for fast food.
- Headaches and fatigue, especially late in the day.
- Nutritional deficiencies: it is more difficult to meet your vitamin and mineral needs with only two meals a day.
- Less effective weight control.

Breakfast should consist in:

- Foods from at least three of the four groups in *Eating Well with Canada's Food Guide.*

  For example: 1-2 pieces of toast with peanut butter, fresh fruit or cereal, milk and a banana or yogurt, cereal and fruit.

  Ideally, choose whole grain products, unsweetened cereals, natural peanut butter and fresh fruit (bananas, berries, apples).

Here are some tips on how to include breakfast as part of your day:

- Start your day with a fruit or a glass of 100% fruit juice (½ cup or 125 mL).
- Take care of your morning routine before breakfast (shower, get dressed, etc.).
- Try different foods at breakfast: cereal, bread or bannock. Eventually, you will discover what you like best for breakfast.
- If you don't have enough time to eat breakfast, bring a piece of fruit, some nuts or dairy products (yogurt, cheese, milk) with you for a morning snack.

Snacks

Snacks can be part of a healthy diet

They have several roles:

1. Snacks help you to arrive at meal time with less hunger and therefore to eat smaller portions.
2. They provide sustained energy throughout the day, which helps normalize blood sugar.
3. They are a source of fibre, protein, minerals and vitamins when they are selected from healthy foods.
4. Eating snacks helps you better manage your weight.

Some examples of healthy snacks

Fresh fruits (especially colourful ones):

Fruits provide antioxidants, fibre and energy. Fruit juices are less advantageous because they do not contain the fibre of the fruit. In addition, the portion of juice consumed is often much larger than the recommended portion, which is ½ cup.

Vegetables:

Vegetables are rich in fibre and antioxidants.

Cheese (30 g or a piece equivalent to the size of two fingers stuck together):

Cheese is rich in calcium; choose one with 20% milk fat (MF) or less.

Yogurt (175 g):

Yogurt provides calcium, protein and energy. Eat with fruit.

Bannock (1 or 2 slices):

Try it with peanut butter.

Nuts and seeds (¼ or 60 mL):

Nuts and seeds contain healthy fats, proteins and minerals. On the other hand, they are high in calories, so stick to the suggested serving. Choose unsalted versions.

Other examples

- Homemade muffin (1)
- Homemade oatmeal cookie (1)
- Crackers (4) and cheese (30 g)
- ½ cup (125 mL) of fruit salad
- Homemade chewy bars (see recipe on page 80)
- 1 bowl of cereal with milk
- 1 cup (250 mL) of smoothie (see recipe on page 22)
- 1 cup (250 mL) of milk with 2 cookies
- ¼ cup (60 ml) of a mixture of dried fruit and nuts
- Vegetable juice with crackers or 1 slice of bannock
- ½ bagel with cream cheese
- 1 hard-boiled egg and bannock

Challenge of the week:

1. Eat breakfast!
2. Add a source of protein to your breakfast.
3. Include whole grains by trying a new kind of cereal or bread, for example.
4. Include snacks to help control portions at meals.

Activity

Use the interactive worksheets on breakfast. Distribute the handouts to the participants and ask them to answer the question using the *Eating Well with Canada's Food Guide*. Take a moment to discuss breakfast ideas from the healthy breakfasts and snacks booklet. In addition, discuss the composition of the participants' typical breakfasts and share solutions for eating a full breakfast in the morning.

Recipes

Breakfast sandwich

Ingredients:

- 1 egg
- 1 slice of ham (optional)
- 1 slice of cheese, any kind according to taste
- 1 English muffin
- Spinach or lettuce to taste (optional)
- Tomatoes to taste
- Non-hydrogenated margarine

Preparation:

- Lightly toast the English muffin in the toaster.
- Break the egg into a small microwave-safe bowl with a diameter similar to the muffin.
- Cook the egg in the microwave or skillet to desired doneness.
- Apply a light layer of margarine on the English muffin once out of the toaster and put the slice of cheese and spinach or lettuce on it (optional).
- Add the egg and then the ham (optional).

Yield: 1 serving
Preparation time: less than 5 min.
Cooking time: less than 5 min.

* Source: FNQLHSSC.

Homemade Muesli

Ingredients:

- 4 cups (1 L) of quick rolled oats
- ½ cup (125 mL) of flaxseed
- ½ cup (125 mL) of wheat germ
- ½ cup (125 mL) of wheat bran
- ½ cup (125 mL) of oat bran
- 1 cup (250 mL) of dried cranberries

Preparation:

- Mix all ingredients and pour into an airtight container. Keep in a cool, dry place.

Yield: 14 portions of 1/2 cup (125 mL)
Preparation time: 10 min.

For a balanced breakfast, put the Muesli in a cereal bowl and then stir in ¾ cup (175 ml) of plain yogurt and ½ cup (125 mL) of fresh or canned fruit. Sweeten with honey or maple syrup to taste.

* Source: Dieticians of Canada: *Our Favourite Recipes.*

Chewy cranberry bars

Ingredients:

- 1 egg
- ¼ cup (60 mL) of canola oil
- ½ cup (125 mL) of brown sugar
- ½ cup (125 mL) of milk (1% fat)
- 2 tsp. (10 mL) of vanilla
- 2 bananas
- 1 cup (250 mL) of wheat flour
- 3 cups (750 mL) of oatmeal
- 2 tsp. (10 mL) of cinnamon (optional)
- 1 tsp. (5 mL) of baking soda
- 1 cup (250 mL) of dried cranberries or raisins

Preparation:

- Preheat oven to 350 °F.
- Mush bananas.
- In a large bowl, make a smooth mixture of egg, margarine, brown sugar, milk, vanilla and bananas. In a medium bowl, mix the flour, oatmeal, cinnamon and baking soda.
- Pour the contents of medium bowl into large bowl and mix.
- Add dried cranberries and mix ingredients.
- Grease a cookie sheet with margarine.
- Make 2 tbsp. (30 mL) portions and shape into 5 cm-long sticks. Bake 8 to 10 minutes.

Yield: 12 bars
Preparation time: 15 min.
Cooking time: 8-10 min.

* Source: Marie-Josée Gauthier, Regional Health and Social Services of Nunavik.

Homemade bits and bites

Ingredients:

- 4 cups (1 L) of Shreddies
- 4 cups (1 L) of Multigrain
- 3 cups (750 mL) of unsalted popcorn (optional)
- 2 cups (500 mL) of pretzel bits
- 2 cups (500 mL) of raisins (or other dried fruit)
- 1 cup (250 mL) of unsalted peanuts

Preparation:

- Mix all ingredients together.

Yield: 6 servings
Preparation time: 5-10 min.

* Source: Recipes for breakfasts and snacks. FNQLHSSC

Final evaluation

To do list

- [ ] Conduct the final evaluation
- [ ]
- [ ]

Evaluations

Push-ups

This test evaluates one of the various aspects of the participant's muscular health. It is a simple test in which the participant does as many push-ups as he can.

Abdominal plank

This test evaluates one of the various aspects of the participant's muscular health. It is a simple test in which the participant holds the plank position for as long as possible.

Weight

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Cardiovascular stress test

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Toolbox

Perceived exertion scale

We generally use the adapted Borg scale to prescribe the training intensity. It is very important that you familiarize yourself with this scale before you begin. Here is the scale:

PERCEIVED EXERTION	ASSOCIATED SCORE	CONCRETE APPLICATION
NONE	0	No effort
VERY EASY	1	I'm breathing normally
EASY	2	I'm moving, but I can breathe normally
MEDIUM	3	I'm very slightly out of breath, but I can speak continuously
SLIGHTLY DIFFICULT	4	I'm slightly out of breath, but I could maintain this rhythm for a long time
DIFFICULT	5	I can speak in complete sentences, but I have to pause between sentences
MORE DIFFICULT	6	I'm out of breath, making complete sentences is starting to get tough
VERY DIFFICULT	7	I'm extremely out of breath, I can only say 2 or 3 words in a row
EVEN MORE DIFFICULT	8	Can only say one word at a time; impossible to speak
EXTREMELY DIFFICULT	9	I'm absolutely unable to speak and in a lot of pain
MAXIMUM	10	I've never done anything this hard before, I have to stop

Toolbox

Evaluation results form

PARTICIPANT	PUSH-UPS		ABDOMINAL PLANK		WEIGHT	WAISTLINE	CARDIO
	On feet	On hands	On feet	On hands			
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							

Toolbox

Telephone questionnaire

NAME OF PARTICIPANT:

CONTACT INFORMATION:

DO YOU KNOW ALL OF THE DETAILS CONCERNING THE KIRANO PROJECT?
(Explain)

Score (/ 10):

NOW THAT YOU KNOW WHAT YOU ARE GETTING INTO, HOW WOULD YOU EVALUATE YOUR LEVEL OF MOTIVATION ON A SCALE FROM 1 TO 10?

1 2 3 4 5 6 7 8 9 10 11

Score (/ 10):

WHAT ARE THE REASONS THAT MOTIVATE YOU TO SIGN UP FOR KIRANO?

Score (/ 10):

KIRANO HAS 5 SESSIONS PER WEEK, AND LASTS 8 WEEKS. THIS MEANS PARTICIPATING IN A TOTAL OF 40 SESSIONS. HOW MANY SESSIONS ARE YOU SURE YOU'LL BE ABLE TO PARTICIPATE IN?

Score (/ 10):

IF YOU ARE SELECTED TO PARTICIPATE IN THE NEXT EDITION OF KIRANO, YOU WILL BE CALLED TO ATTEND A FIRST SESSION ON [INSERT DATE HERE]. _____.
IS THIS DATE CONVENIENT FOR YOU?

Score (/ 10):

NOTES ON THE CANDIDATE:

Total (/ 50)

Advice sheets

Motivation

Make the most of others

We're all alike. The way people look at us creates all sorts of positive or negative reactions. Use this principle to your advantage. Instead of planning your workouts by yourself, make arrangements to meet with a friend or relative whose company you enjoy. This way, you have a responsibility not only to yourself but also to someone else.

Take the time

Nobody has time for physical activity. We all think we're the only person who is too busy. You need to realize that time is not something we have... it is something we take. Did you know that a day contains 96 periods of 15 minutes? Take a close and honest look at your lifestyle habits and then think of simple concrete ways to make them a bit more 'healthy'... 15 minutes at a time.

Visualization

Before doing this, you must first believe. A great way to increase your chances of success (in any field) is to use visualization. This technique consists in shutting your eyes and seeing yourself in the process of achieving your goals. See yourself finishing a long bike ride with a smile, lifting weights with a perfect technique or completing your first marathon! The vast majority of Olympic athletes use visualization regularly. It works!

One step at a time

We live in the era of the magic pill. We now expect to achieve extraordinary results, and fast. Do not fall into the trap. Instead of aiming to lose 100 pounds, running 1000 km or lifting weights by the ton, reflect on small actions you can apply to your everyday life starting today. The succession of these small actions over a long period of time will enable you to achieve quite extraordinary goals.

Enjoyment first!

Nobody is motivated to do something he does not like to do. Jogging because it is good, even if you do not like it, is not the solution. Worse: it is a source of de-motivation. First, think about what you like to do. Then, think of simple ways to integrate health into the things you love. Here's an extreme example: you love watching television? Why not watch it while pedalling on a stationary bike and snacking on something healthy?

Know how to reward yourself

You have an amazing capacity for discipline, which is obviously a desirable thing. But remember that you're not a machine. After a hard week of training, take a complete day of rest and enjoy it by rewarding yourself with food that you like, a special outing, a movie with popcorn, etc. Long-term success depends on balance.

Know that you're worth it

Do you realize the magnitude of the investment you are making? Improving your lifestyle habits is a process that takes a lot of will, courage and perseverance. Regardless of future results, it is important for you to realize that you are now one of those exceptional people who take action. This is exactly the state of mind you must be in to face the obstacles ahead. Believe in yourself and in your ability to remain exceptional.

It happens!

Whether we're on a diet or a physical training program, we can all make mistakes. Missing a workout, gorging ourselves on empty calories – such mishaps often give us a sense of guilt and have an impact on our motivation overall. But these accidents are normal. When they happen, the important thing is to remember the very reasons for our motivation and above all, to get back on track the next day!

Injury prevention

Do things gradually

The beginning of an exercise program should always feel a bit easy. This is normal. Remember that the body will adapt to almost any kind of physical stress, as long as you give it the time it needs to adapt. Most overuse injuries come from an overload on the anatomical structures (bone, cartilage, tendon, muscle). Each new stimulus must therefore be gradually integrated (volume or intensity of training, change of footwear or surface, etc.).

Ice or heat?

If you feel sudden and significant pain (sprain, hamstring, muscle contusion, etc.), you should quickly put ice on the source of the pain for 15 minutes as well as immobilize the injured limb with an elastic bandage and take the weight off it (for example, with crutches). Then, consult a specialist who can assess the severity of the injury and give you appropriate advice for treatment.

Pain is your friend, listen to it !

Pain is the first sign that your anatomical structures are tired. Respect it. Decrease your physical activities and those in your daily life by resting for 2 days before gradually coming back to training when you no longer feel pain. If the pain persists, consult a health professional specialist.

Stretching: myths and realities

In general, it is not recommended to stretch before an activity. Some studies have even shown that the risk of injury could increase if stretching is performed just before training. Therefore, stretching should be done only if a lack of flexibility in certain muscles keeps you from functioning properly. In such a case, after being assessed by a qualified professional, it is possible to regulate the muscle's flexibility by means of a made-to-measure program. You will then have to do static stretching of the muscle group involved, slowly and gradually, without warm-up. Do this every evening and hold the position for 30 seconds. Repeat up to five times.

Anti-inflammatories

Anti-inflammatory drugs inhibit the natural repair process and thus make body tissue more fragile. Avoid taking Advil, Motrin or Ibuprofen without an appropriate recommendation by a health professional.

Training shoes

It is highly recommended to gradually change your running shoes when they become an exacerbation factor of a biomechanical defect (deformation or wear of the sole). Transferring from an old to a new shoe must be done in stages. First of all, one should walk with his new shoes in the house for two days to break them in. Then, should integrate them slowly (two small trainings the first week, three trainings the second week, four trainings the third week, etc.).

Rest after an injury

When you are injured, complete rest is rarely the best treatment. To maintain your athletic abilities and to speed up the healing process, there should be a good blood supply to your injured structures. It is thus recommended that you find a replacement activity as soon as possible. This activity (cycling, aqua jogging, swimming, etc.) will make your heart work without contributing to the aggravation of your injury. In other words, you'll be doing a cardio activity without pain.

The immune system

It has been clearly demonstrated that training has a significant effect on the immune system. But beware, this effect works both ways. On the one hand, people who participate in moderate activities and respect their own boundaries see their immune system improved. On the other hand, even the greatest athletes end up with a greater susceptibility to infections due to highly intense workouts. In short, regular and reasonably intense training helps your immune system while a very intense workout will have the opposite short-term effect.

Cross-training

People who run every day are more frequently injured than those who combine running with a different sport. Varying your sport is a good way to reduce the risk of injury. Here is a list of activities, placed in order according to their associated risk of injury: swimming (very little risk of injury), cycling, elliptical, speed walking, and then jogging (relatively high risk). You should combine these exercises so that your body is never over-worked.

Training

Warm-ups

The warm-up is definitely one of the most important parts of any workout. In addition to reducing the chances of injury, a good warm-up will significantly increase your performance during training. Thus, you can work harder and longer without suffering more.

To get ready for training, simply increase your body temperature by walking, jogging or doing any other sport for 10 to 20 minutes. Then, very slowly, start the training and gradually bring your body up to the speed and requirements of your upcoming workout.

Intensity of the workout

Perhaps you have already wondered what the optimal intensity of a physical activity is for burning calories. In fact, the more intense the activity is, the greater the calorie expense. On the other hand, the more intense the activity is, the less it will be sustainable for a long time. So, the answer to your question is that the optimal intensity for calorie expense should be high enough to require a large amount of energy, but light enough to allow for a long duration.

Fitness training (bodybuilding) methods

There are several ways to do a bodybuilding workout. Each method has its advantages. In the case of a person wishing to increase his muscle mass, the optimal method consists of doing sets of 8 to 12 repetitions of the same exercise. In contrast, someone not wanting to gain muscle mass but rather wanting to spend a lot of calories will opt for sets of 15 to 20 repetitions with a lighter load on the body.

Over-training

If you have increased your training volume and you present symptoms such as: decrease in performance, more frequent infections (cold or others), general fatigue, weight loss and loss of appetite, decreased libido, headaches, disturbed quality of sleep, persistent pain, etc., you are possibly overtraining. Be careful ! A few days of rest will do you good. If this situation persists, consult a health professional !

Weight loss vs. waistline

Even if it is featured in many commercials, body weight is not a good way to assess the success of a fitness program. In fact, strength training causes a loss of body fat, but also an increase in lean body mass (muscle). Since muscles are heavier than fat, it is possible that your weight will remain the same, despite weeks of training. Your waistline, on the other hand, is a much more reliable assessment measure.

Optimizing recovery

We cannot say this enough: recovery is as important as training. A good recovery allows a faster, and more importantly, better come back. To maximize recovery, you must make sure to eat well. Massages, ice baths and contrast baths (alternating hot and cold) are also techniques that can help. Along with all this, there is rest. Enjoy layback periods to recharge your physical and mental batteries.

Some signs of a "hangover"

You'll know that yesterday's training was a little too hard and that you have not yet recovered if your waking heart rate is 6-10 beats faster than normal (average of the previous morning). Other signs are pain during or after practice, observable swelling or significant morning stiffness. In this danger zone, you expose yourself to injury... be careful and attentive to your body. In these cases, take the day off and rest!

Impact of physical activity on health

Some studies have shown that physical activity decreases the incidence of Alzheimer's disease by 50%, colon cancer by 60%... and the risk of death (in general) by 63%. In addition, did you know that people with excess weight who are active are less at risk of dying than those who are thin but inactive? Don't give up!

Exercise standardization

Name of exercise: Squat

Main muscles involved	Quadriceps, buttocks
Start position	▪ Feet at shoulder-width ▪ Feet slightly pointing outward ▪ Body weight on the heels and not on the tip of the foot ▪ Back straight
How to do it	▪ Bring buttocks down until knees are bent at approximately 90 degrees ▪ Keep knees in line with the tips of the feet ▪ Don't let your knees go past the tips of your feet ▪ Execute slowly and at constant speed
How to make easier	Do not go down as low, do it with your back against an exercise ball that rolls up and down the wall
How to make harder	Add a load or go down lower

Name of exercise: Split squat

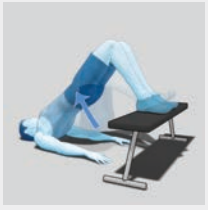
Main muscles involved	Quadriceps, buttocks
Start position	▪ Standing up, feet at shoulder width ▪ Hands alongside body ▪ Back straight
How to do it	▪ Put one foot down far ahead of the other ▪ Bend back knee until it almost touches the ground ▪ Keep front knee in line with the tip of the foot ▪ Do not let the front knee go past the tip of the foot ▪ Bring back leg forward, then return to starting position ▪ Do slowly and at constant speed
How to make easier	Do not go down as low
How to make harder	Add a load or go down lower, do while walking

Exercise standardization

Name of exercise: Rowing

Main muscles involved	Back, biceps
Start position	▪ Standing or sitting down ▪ Arms almost fully extended (in front of body) ▪ Position as stable as possible ▪ Back straight
How to do it	▪ Start movement by pulling shoulders back (as if to bring shoulder blades together) ▪ Bend arms allowing elbows to go back as far as possible ▪ Do not move the rest of the body (back and legs) ▪ Do slowly and at constant speed
How to make easier	Use an elastic with less tension
How to make harder	Use an elastic with more tension, do while sitting on an unstable object (disco-sit, proprioception plank, exercise ball)

Name of exercise: Pelvis lift



Main muscles involved	Buttocks, hamstrings
Start position	▪ Lying on back, knees bent at approximately 90 degrees ▪ Heels stable on a bench ▪ Arms alongside body, palms facing down
How to do it	▪ Raise pelvis until shoulders, pelvis and knees are perfectly in line ▪ Bring pelvis back down almost to the ground, then repeat ▪ Do slowly and at constant speed
How to make easier	Put feet on ground instead of on a bench
How to make harder	Put feet on an unstable object (adjust arms position to provide more or less stability)

Exercise standardization

Name of exercise: Push-up

Main muscles involved	Pectorals, triceps, shoulders
Start position	▪ Lying face down on the ground ▪ Chin pointing down ▪ Hands under shoulders ▪ Back straight
How to do it	▪ Extend arms to push body up ▪ Push until arms are nearly fully extended (but stop before elbows 'lock') ▪ Keep whole body very straight ▪ Do slowly and at constant speed
How to make easier	Do on knees, increase distance between hands, bring knees closer to hands
How to make harder	Bring hands closer together

Name of exercise: Superman

Main muscles involved	Back (lumbar), buttocks
Start position	▪ Lying on your belly ▪ Arms alongside body
How to do it	▪ Pull chin towards chest without forcing ▪ Try to raise your shoulders and knees a few inches from the ground, hold for one second, then release ▪ Do not bend knees ▪ Do slowly and at constant speed
How to make easier	-----
How to make harder	Do with arms extended in front of you

Exercise standardization

Name of exercise: Abdominal plank

Main muscles involved	Abdominals
Start position	▪ Lying on your belly, supported by your forearms ▪ Knees slightly bent, knees on ground
How to do it	▪ Maintain described position
How to make easier	Bring knees closer to elbows
How to make harder	Do on feet instead of on knees