



Trillium
Health Partners

10 at 10

INJECTING FUN INTO FITNESS

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Objectives

1. Identify the risks associated with inactivity
2. Explain the benefits of group exercise
3. List some of the factors which can motivate participation in an activity
4. Describe the 10 at 10





Inactivity can lead to...

- ▶ Muscle weakness
- ▶ Bone and joint problems
- ▶ Gastrointestinal issues
- ▶ Genitourinary symptoms
- ▶ Pulmonary complications
- ▶ Cardiac issues
- ▶ Integumentary problems

Background

- ▶ Allied health were issued a challenge...
 - ▶ Develop interprofessional group programs to inject vitality into our services

METHODS

- ▶ Overhead page to invite patients and staff to gather
- ▶ Work together to assist patients to get out of bed
- ▶ Different team members lead the 10 at 10 each weekday
- ▶ Music
- ▶ Scripted stretches
- ▶ Inspirational thought for the day
- ▶ Fun Friday!

Benefits of group exercise

- ▶ Social and fun environment
- ▶ Predictable schedule
- ▶ Accountability
- ▶ Workout that requires no prior exercise knowledge or experience

What motivates people to attend

- ▶ Music
- ▶ Dancing and movement
- ▶ Teamwork (part of a group)
- ▶ Patients, family and staff involved together
- ▶ Atmosphere (positive, fun, energetic)



10 at 10

Quote:

You can't change the whole world, and you certainly can't change other people, but you do have the ability to change yourself. You can have a positive impact in your job, the people with whom you work, and the entire organization...the choice is up to you.

– Cherie Carter-Scott

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