

FROM SOUP TO TOMATOES

AN EXERCISE PROGRAM

Presenter Disclosure

Presenter: Susan Clarke RN, CDE

No disclosures. No conflict of interest.

Presenter: Renee Desjardins RN, BA, PTS, OAS,
Level 2 Yoga Instructor

No disclosures. No conflict of interest.

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Disclosure of Commercial Support

- This program receives financial support from MOHLTC as part of our funding for the Espanola Diabetes Education and Care Program.
- This program has received monetary donations from:
 - The Espanola and District Credit Union
 - The Espanola Elks Club
 - The Espanola Order of the Royal Purple
 - The Espanola Lions Club
 - The Espanola Fraternal Order of Eagles
 - The Espanola and Webbwood United Church Ladies Auxillary
 - The Espanola Curling Club
 - The Espanola Seniors Club
 - The Espanola Knights of Columbus
 - The Citizens of Espanola and surrounding area

Objectives for Today

- How to access this free program via OTN and the how-to's for implementing.
- Learn the rationale and benefits in offering an armchair-based exercise program to the citizens of a community.
- Participate in a demonstration of the three programs From Soup to Tomatoes offers.
- Be inspired to offer From Soup to Tomatoes exercise programs in your community.

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~~Excuses~~

Reasons

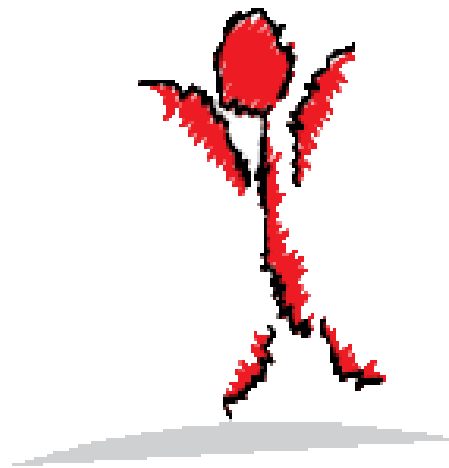
- My hips hurt
- My knees hurt
- My shoulders hurt
- It's too cold
- It's too slippery
- I can't shovel - my house is snowed-in
- I can't afford weights
- I can't afford exercise equipment
- I can't afford a gym membership
- I'm just too old!
- I'm just too tired!
- #1 saying: Don't worry, my sugars will be better in the summer!

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FROM SOUP TO TOMATOES

An Armchair-Based Exercise Program

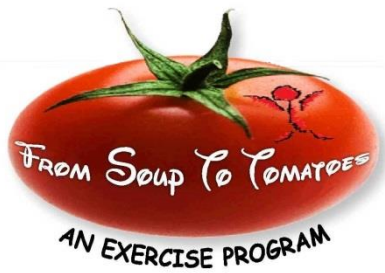


Program Criteria

- Mobility
- Balance
- Strength
- Easily accessible
- FREE
- Lead by a certified instructor

FROM SOUP TO TOMATOES

AN EXERCISE PROGRAM



November 29, 2006



Lou, 90 yrs



Ada, 92 yrs





*From Soup
to Tomatoes*
An Exercise Program



November 30, 2009

ONTARIO
TELEMEDICINE
NETWORK

OTN



RÉSEAU
TÉLÉMÉDECINE
ONTARIO

RTO



*From Soup
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An Exercise Program

July 09, 2012
From Soup to Tomatoes - Gentle

November 08, 2013
From Soup to Tomatoes - Yoga

ONTARIO
TELEMEDICINE
NETWORK

OTN



RÉSEAU
TÉLÉMEDECINE
ONTARIO

RTO

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Diabetes Education and Care Program

“Some Soup Stats”

	# events	# attendees
Nov/06-Mar/07	32	370
Apr/07-Mar/08	119	2,020
Apr/09-Mar/09	143	4,676
Apr/09-Mar/10	142	4,065
Apr/10-Mar/11	141	4,451
Apr/11-Mar/12	217	4,293
Apr/12-Mar/13*	296	5,424
Apr/13-Mar/14**	494	5,775
Apr/14-Mar 15	706	6,626

**Espanola and Area
Family Health Team**
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P5E 1T2

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<u>Internet Access</u>	#events	#attendees
2013/14 Live	99	109
Archived	99	587
2014/15 Live	456	720
Archived	433	1,746

*Gentle **Yoga

Getting Started

- A room
- Chairs without arms
- A laptop
- Connection to a bigger screen (optional)
- Some participants
- Connectivity: www.webcast.otn.ca

OR

Connection via an OTN site

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On the web



-  Serpent River, ON
-  Parry Sound, ON
-  Webbwood, ON
-  Massey, ON
-  Cocagne, NB
-  Moncton, NB
-  Truro, NS
-  Winnipeg, MB
-  Clearwater, Fla



Warning!

Participating in From Soup to Tomatoes
may result in the following...

Starting out: you may meet new people
you may feel more relaxed
you may sleep better
you will have fun

Within 2-3 weeks: improved strength, mobility and flexibility
improved balance
improved blood pressure
increased lung capacity

Prolonged participation: loss of loneliness
loss of weight
less medication
participation in post exercise coffee club
finding new friends



Espanola & Area
Family Health Team

Our Family Caring for Your Family

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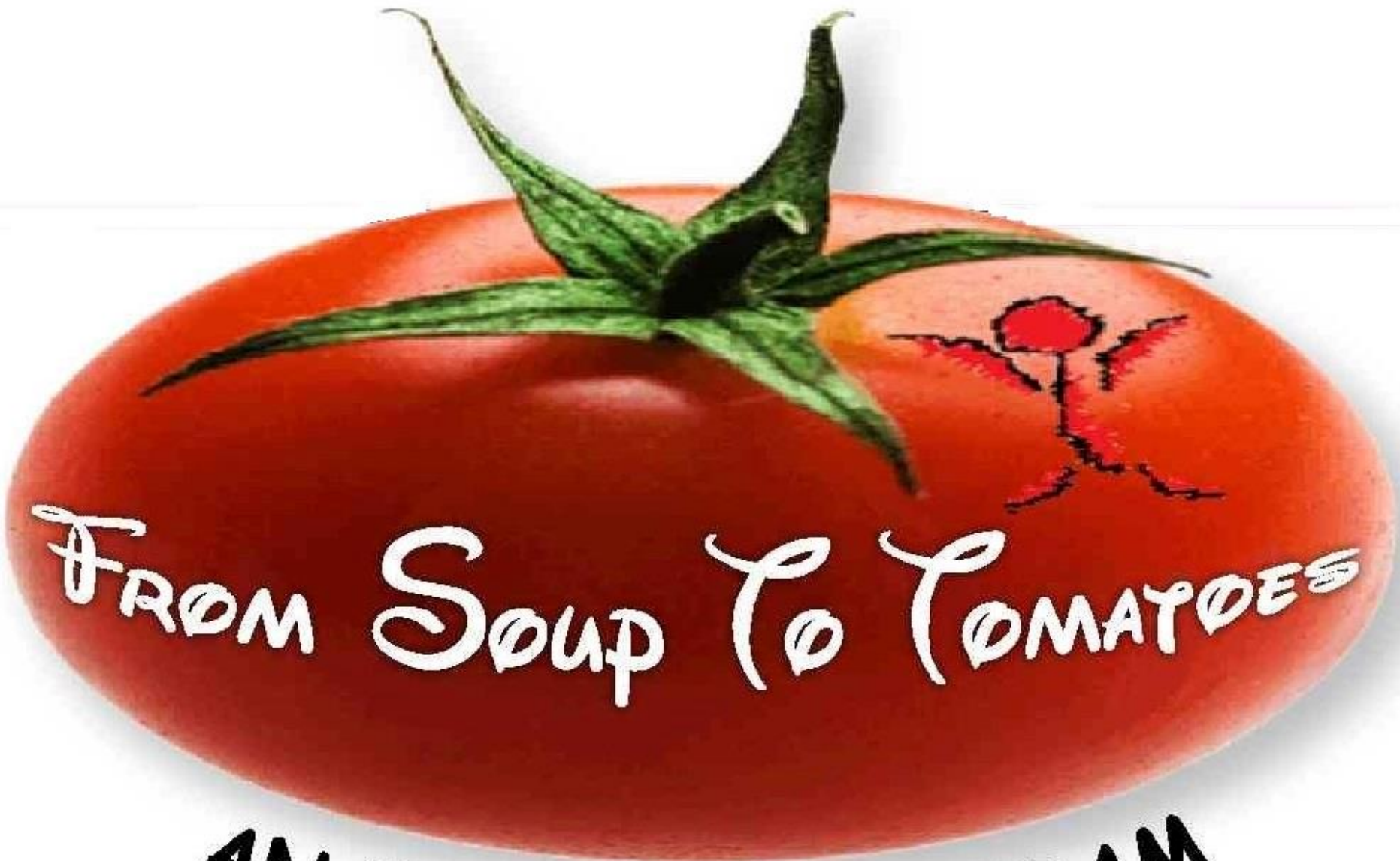
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