



# Rec Room!

## Helping Expecting Mothers Stay Active and Healthy - some advice from the *Canadian Society for Exercise Physiology*

Women's lifestyles have changed considerably over the last decade. Many more women are engaging in health-oriented physical activities, participating in vigorous sports, and becoming employed in occupations that involve strenuous exertion. When active women become pregnant, it is natural for them to want to continue a healthy lifestyle throughout their pregnancy.

Many women decide that pregnancy is a perfect time to make positive lifestyle changes which include regular physical activity, healthy eating, stress management etc. The decision to improve lifestyle during pregnancy may be the initial step toward a permanent healthier way of life for an expectant mother and her baby.

### [EXERCISING DURING PREGNANCY CAN HAVE MANY POSITIVE EFFECTS](#)

- builds aerobic and muscular endurance (useful for carrying the extra weight!).
- is a good habit that will help a women lose excess weight and get back into shape after the birth.
- help prevent pregnancy-related complications such as gestational diabetes and pre-eclampsia.
- help you prepare mentally and physically for labour and delivery.
- plus all the other benefits that come with exercising!



## Communications Corner

### From the **CFPSA Communications Team**

#### Meet the Media

It's a fine fall morning. The air is crisp and the leaves have turned. You are planning an open house to showcase the wide variety of recreational choices available to CF families on your base and you decide to invite the media.

Great idea! It's an exciting opportunity to showcase the programs and services available.

First, though, there are few things to consider...

#### 1. Why invite the media?

The media is an effective, cost-effective and credible way to deliver key messages to a variety of audiences. It's also a credible third party giving the public information on your programs and services.

*Continued on Page 3.....*

## PSP Community Recreation

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Did you know that FREE volunteer resources can be ordered through Volunteer Canada—[www.volunteer.ca](http://www.volunteer.ca) for details

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# Pregnancy and Activity...continued from page 1

## HERE ARE SOME TIPS FOR A SAFE AND ENJOYABLE EXERCISE ROUTINE DURING PREGNANCY.

- Medical monitoring of your pregnancy and exercise program is important throughout the nine month period. The PARmed-X for Pregnancy Physical Activity Readiness Medical Examination is available from the Canadian Society for Exercise Physiology to assist your caregiver in providing initial screening and on-going medical monitoring of your pregnancy
- The second trimester is the best time to start a new program or to increase the demands of your present exercise routine. Avoid strenuous activity during the first trimester of pregnancy and do not increase the intensity of your program in the third trimester of

## Cold Facts—from the Canada Safety Council



We Canadians pride ourselves on our ability to cope with our severe winters. But we forget that the cold can and does kill. The dangers become all too clear when there is a disaster like last winter's ice storm in Eastern Canada, and when unprepared people become stranded or fall into cold water.

Hypothermia, sometimes called exposure, occurs when the body can no longer produce more heat than it is losing. The body's internal temperature then drops below 35 C or 95 °F.

The Canada Safety Council recommends preparing yourself against hypothermia if you are working outside or taking part in outdoor recreational activities:

- Wear a warm hat. Most body heat is lost through the head.
- Wear layered clothing. Proper layers will allow warm air to stay trapped but do not trap perspiration next to the skin.
- Protect your feet and hands. Wear loose waterproof boots. If the boots have felt liners, carry an extra pair to replace damp ones. Mittens warm the hands more effectively than gloves. Carry an extra pair of these too.
- Prevent dehydration and exhaustion, which can lead to hypothermia. Drink plenty of non-alcoholic fluids. Pace yourself when doing vigorous activity.
- Stay fit through good physical conditioning and good nutrition. People who are fit are less susceptible to hypothermia.

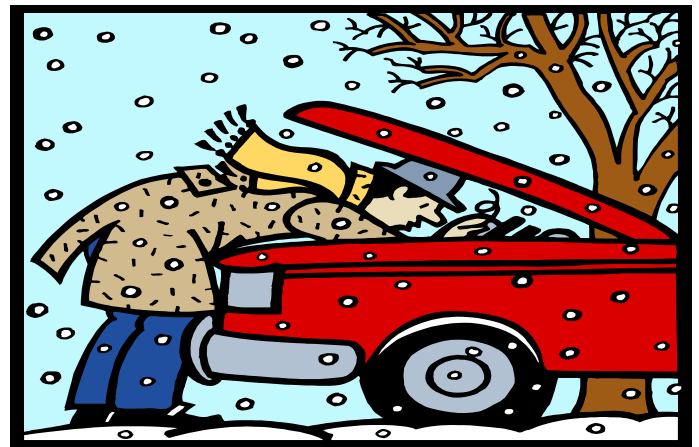
pregnancy since demands for your growing baby are greatest.



- Avoid becoming overheated or dehydrated. Drink plenty of fluids during activity, especially in warmer weather.
- Do not exercise in very warm and humid environment.
- Avoid exercising on your back after the fourth month (ie. first trimester) of pregnancy. When you lie on your back, the baby and uterus put pressure on the large vein that returns blood to the heart and the artery that carries

blood to the body. This could cause reduced blood flow and make you feel dizzy, lightheaded, or even possibly faint.

- Avoid activities which involve physical contact or danger of falling. You should also avoid activities where lack of oxygen is a risk such as scuba diving or hiking at



- Try to stay in a heated environment, but not so hot as to cause excessive sweating. You risk hypothermia when you seek to cool down by leaving a hot environment for a cool one.
- Eat high energy food, such as nuts and raisins.
- Avoid alcohol, coffee, tea and tobacco. They can cause heat loss.
- If you are traveling (on the road or in the wilderness) carry emergency supplies (including booster cables, flashlight, shovel, water and a blanket)

For more information visit the CSC at :  
<http://www.safety-council.org/index.html>

# Snowboarding Safety-how to stay safe on the Slopes

The Canadian Hospitals Injury Reporting and Prevention Program (CHIRRP) collects data for children seen at the emergency rooms of 16 hospitals. Snowboarding injuries rose from just 1 per 10,000 injuries in 1990 to over 111 in 2000. Eighty-eight per cent of the children injured while snowboarding were between the ages of 10 and 19, and 80 per cent of those injured were boys. Half of the injuries were fractures, of which over 40 per cent were to the arm.



Here are some things to help keep boarders on the slopes and out of the emergency room this winter:

- Make sure you have proper training, and don't try manoeuvres beyond your ability.

## Media continued from Page 1

### 2. What's newsworthy?

Events that are newsworthy have some of the following elements:

- Timely/Topical
- Relevant
- Superlatives (Is it the biggest? The first?)
- Human interest (Everyone loves kids, animals)

Ensure that your event is indeed newsworthy. Maybe it's the only one of its kind in the CF or the activity with the largest number of participants. Look for elements that make your event unique.

### 3. What are key messages?

Key messages are the ideas or information you want your audience to learn about your event/organization. Key messages are clear, concise and tend to include what you want people to think, feel, or do. Ensure that when you do a media interview, you have prepared at least three key messages.

### 4. Know your spokespeople

Always "stay in your lane," i.e., respond to questions where you are the designated spokesperson or the subject matter expert. If not, make sure these key people are available to answer the media's questions.

And always remember; if you are inviting the media to an event follow the proper chain of command to ensure that the appropriate communication's experts have been notified.

- Always wear protective equipment, including a helmet specifically designed for skiing and snowboarding, wrist supports and kneepads.
- Keep fit during the pre-season and warm up before going on the slopes.
- Dress in layers, to control how hot or cold you get.
- Wear warm, close-fitting, waterproof clothing; loose clothing can become entangled
- Never go on the slopes alone. Make sure someone is there to help you if you get hurt.
- If you are a beginner, take lessons. Developing the right techniques, makes the sport more enjoyable and safer.
- Progress slowly. Don't overestimate your ability - remember, practice makes perfect.
- Don't exert yourself. Over-exhaustion is often a factor in injuries; fatigue causes loss of concentration and weakened muscles.
- Never drink alcohol. Even one or two drinks is enough to impair your skill, judgement and coordination.

For more information visit: <http://www.safety-council.org/>

## Deployed Ops - A World of Opportunities

Take the personal challenge to the edge - that is what CFPSA's Deployed Operations invite you to do. For more than four years now, CFPSA has offered services to deployed troops. Dynamic and adventurous employees from coast to coast work very hard in Bosnia, Afghanistan and Haiti in order to project the reputation of excellence in customer service that the CFPSA has built in Canada. Everyone agrees that the challenge is big, but the experience, unforgettable. New people are recruited for every six month rotation. Since they are familiar with the CFPSA's mission, internal employees are a very interesting asset to deploy. The positions to fill are as numerous and diverse as the opportunities to learn and grow in the theatre of operations. Discover a world of possibilities, at: [www.cfpsa.com/en/deployed](http://www.cfpsa.com/en/deployed)



Terry Fox Run—Camp Julien, Kabul Afghanistan

## PSP Community Recreation

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NRYSM can be reached at: 613-992-4642 or rooke.lara@cfpsa.com

**QUESTION FOR THE FIELD.....**How do you address transportation of day camp kids (i.e. do they rent a private bus, use Base transport, local school buses, etc.) Please send your replies to Laurie Ogilvie-NRYSM at ogilvie.la@forces.gc.ca

### Serving Those Who Serve



CANADIAN FORCES  
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**CFPSA** **CANEX**  
AGENCY OF QUALITY AND PERSONNEL  
DES FORCES CANADIENNES

The next edition of the Rec Room! is due out winter 2005 and submissions are always welcome. Send them electronically to rooke.lara@cfpsa.com along with any pictures you might have. We welcome stories of any length.

Thanks to all who contributed to this edition!!!!



## Congrats and Kudos...

The National office wishes to extend congratulations to **Stacey Robichaud**—CRD in Halifax and her husband Alex on the birth of their first child, Chloe Marie on September 10th. Both mom and baby are doing well—though one is getting more sleep than the other.... While Stacey is off tending to the new addition **Jack Lansing** will be Acting CRD. A former BPERO, Jack also brings 7 years of experience as the F&S Director in Halifax with him. Welcome to the community recreation family Jack!

Congratulations to **Dana Glover (Hinkema)** of the PSP Community Recreation team in Winnipeg on her recent marriage in BC. We wish you a lifetime of happiness together.

Check out [www.pspwinnipeg.ca](http://www.pspwinnipeg.ca) and see the wonderful work the PSP team in Winnipeg has done on their new website.

