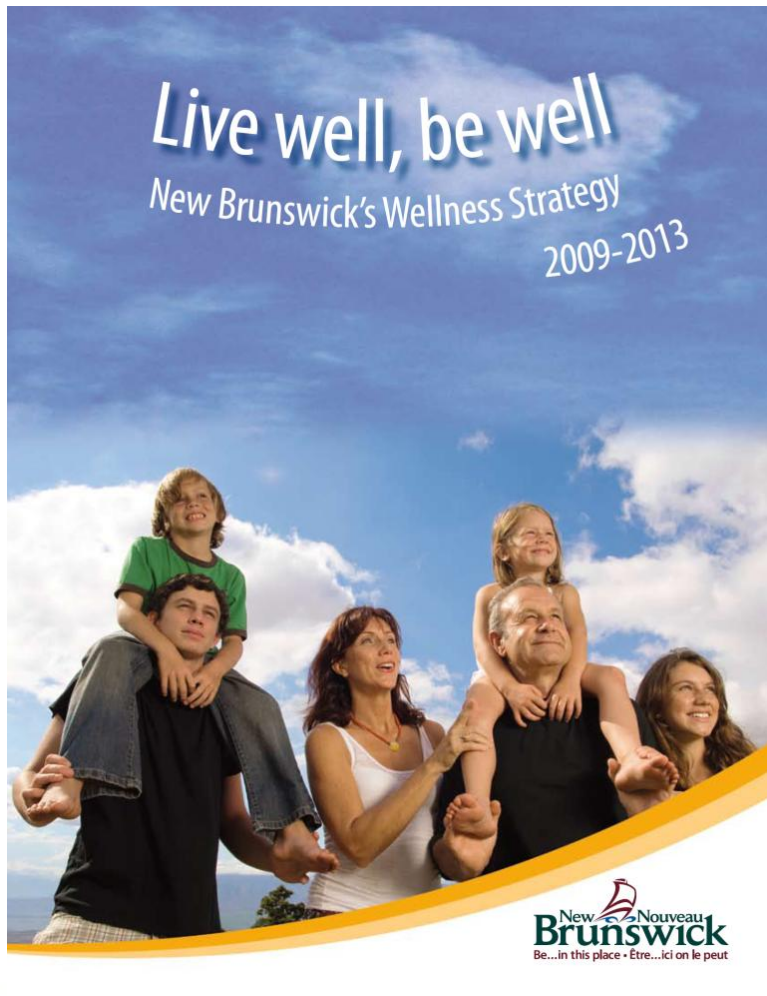


Mental Fitness From Evidence to Action

Department of Wellness, Culture and Sport, GNB

June 2nd, 2011

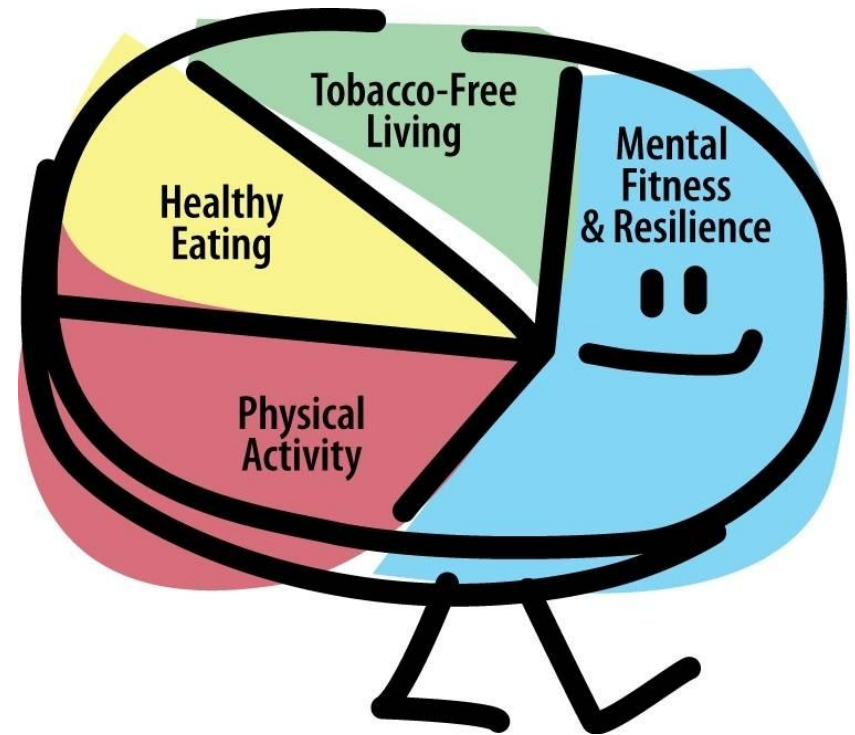
Provincial Wellness Strategy



The NB Department of Wellness, Culture and Sport released the enhanced Provincial Wellness Strategy in May 2009.

New Brunswick's Wellness Goals

- Increased physical activity levels
- Increased rates of healthy eating
- Increased rates of people living tobacco-free
- Improved mental fitness and resilience



At a National Level

- September 2010 Canada's Federal, Provincial and Territorial Ministers of Health and of Health Promotion/Healthy Living adopted the *Declaration on Prevention and Promotion: a written, public statement of vision to work together, and with others, to make the promotion of health and the prevention of disease, disability and injury a priority for action.*

Declaration on Prevention and Promotion

We recognize that:

- Positive mental health and mental fitness are a foundation for optimal overall health and well-being, throughout the lifespan.

WHAT IS MENTAL FITNESS?

Mental fitness is our personal sense of psychological wellness (thoughts and feeling).

Resilience is the ability to efficiently respond to life's challenges, and effectively restore and sustain a state of balance.



C.A.R.: Essential Needs

We are more likely to be mentally fit when the following three needs are met:

- Competence
- Autonomy
- Relatedness

Deci & Ryan, 1985, 1991; Ryan, 1995; Ryan & Deci, 2000.

**A PICTURE IS WORTH A
THOUSAND WORDS...**

Healthy Eating

Healthy Eating



Physical Activity

Physical Activity



Tobacco-Free Living

Tobacco-Free Living



Mental Fitness

Mental Fitness







Mental Fitness

- Competence
- Autonomy
- Relatedness



Healthy Eating



The Recommended Number of Food Guide Servings chart shows how much food you need from each of the four food groups every day.

Find your age and sex in this chart to see how much food you need.



Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

Physical Activity

Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

Tobacco-free living

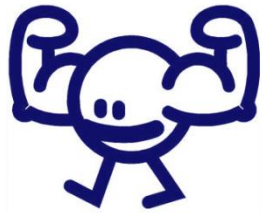


Mental Fitness



A guide for Mental Fitness

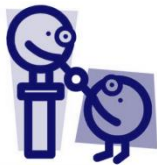
Three needs:



• Competence

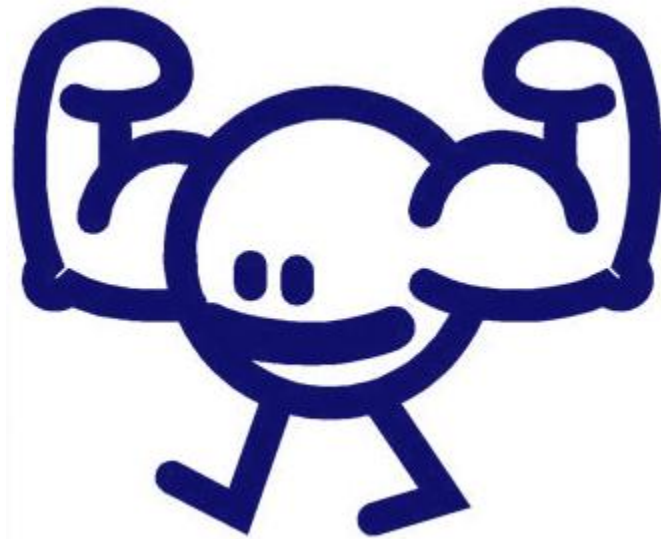


• Autonomy



• Relatedness

Competence



Competence

- Skill recognition
- Skill development
- Offer positive feedback (Deci, 1971; Deci et Cascio, 1972)

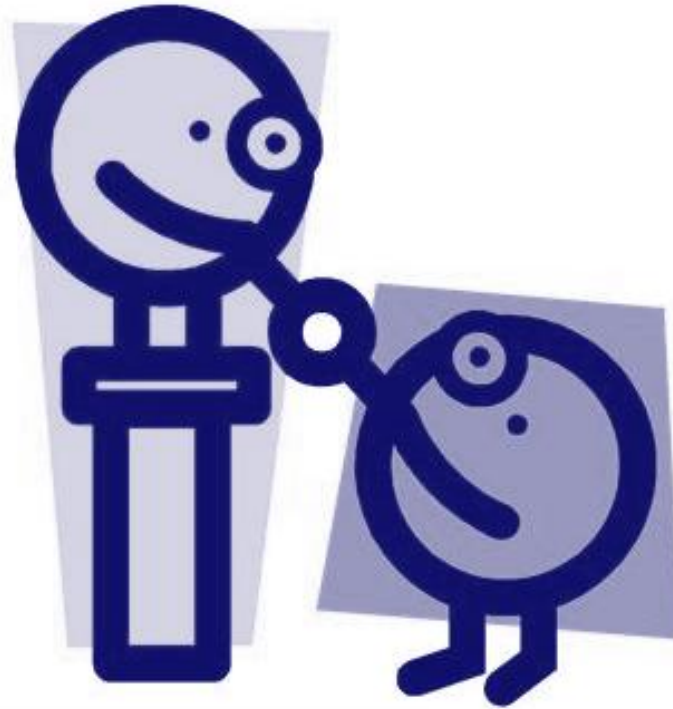
Autonomy



Autonomy

- Give choices
- Give others a voice in decision making
- Encourage expression of their thoughts and feelings

Relatedness



Relatedness

- Provide them with support
- Show empathy

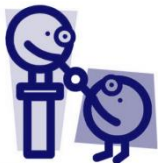
Mental Fitness Guide



- Skill recognition
- Skill development
- Offer positive feedback



- Give choices
- Give others a voice in decision making
- Encourage expression of their thoughts and feelings



- Provide them with support
- Show empathy

Mental Fitness in NB

- The Link Program
- Être...sur la bonne voie (District 3)
- Curriculums
 - *Mieux-être 11^e et 12^e années*
 - Wellness Through Physical Education 110
- 3 minute empowerment
- Social marketing campaign
- Learning opportunity Grant

WWW.GNB.CA/0131/TOOLKIT

THANK YOU!

