



SUCCESS IN MOTION

ENHANCE YOUR WORK PERFORMANCE

Guest Speaker: Meg Stickl, Fitness Expert





SUCCESS IN MOTION

ENHANCE YOUR WORK PERFORMANCE

Guest Speaker: Meg Stickl, Fitness Expert







WHAT'S UP NEXT

The 2nd Wednesday of the month 12:30pm eastern

- November 13th, 2024 - Sustainability Panel
- Asks Panelists: *Why is sustainability important for CMCs?*

HEAR ABOUT

- REAL-WORLD INSIGHTS: Hear from experts on making the case for sustainability in consulting.
- LEADERSHIP IN ACTION: Learn how the ESG consulting market is evolving and what it means for CMCs.
- PROFESSIONAL ENGAGEMENT: Get updates on the CMC-Council resolution and the new CMC-Ontario Sustainability Working Group.

Visit [CMC-Canada](#) for a list of all Canada events

SUSTAINABILITY



IS IMPORTANT FOR CMC'S





WHAT'S UP NEXT

The 2nd Wednesday of the month 12:30pm eastern

- ✓ December 11th, 2024
- ✓ Growth: Through communication and surveys

Spur and Increase Growth: Learn strategies to communicate your survey and focus group results that will enhance customer/client loyalty and that will prompt your customers/clients to become advocates for your services.

Visit CMC-Canada for a list of all Canada events

<https://www.cmc-canada.ca/Events>

GROWTH

THROUGH SURVEYS & FOCUS GROUPS





LIVE PRIZE DRAW

Professional Development Survey

- 147 respondents to survey
- 3 Prizes

Draw 1: For a \$50.00 Amazon gift card

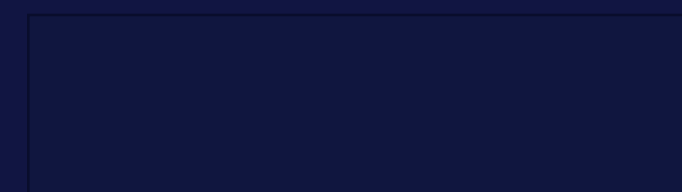
Draw 2: For a \$50.00 Amazon gift card

Draw 3: For a \$100.00 Amazon gift card

CMC PD Survey

Share Your **Insights** & Shape the **Future**

Chance to Win Amazon Gift Cards!

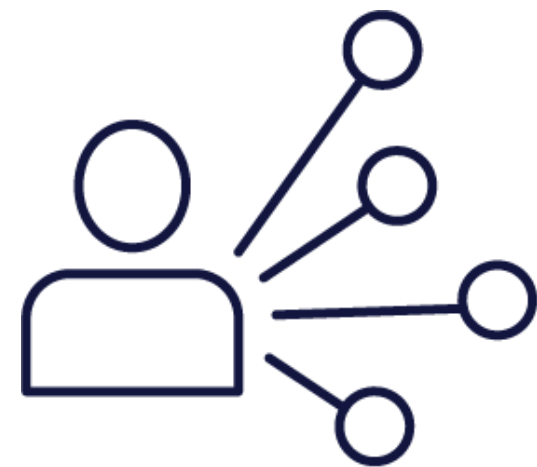


WHY JOIN?

MEMBERSHIP CONNECTS YOU



CONSULTANTS



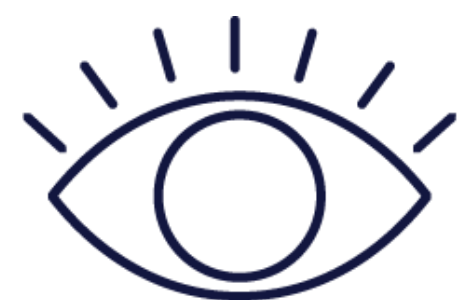
NETWORK



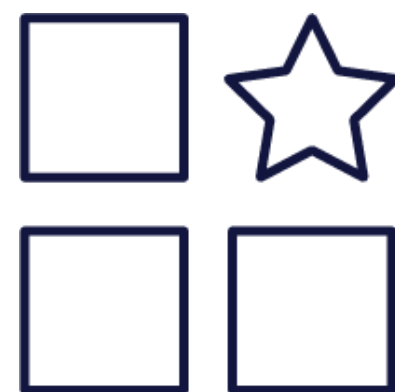
RESOURCES



CERTIFICATION



VISIBILITY



DIFFERENTIATE



How to Participate

- You will be muted for this call
- To ask a question – Type the question into the chat tool.
- This session will be recorded
- A copy of the presentation will be available after the event.





Speaker



Meg Stickl, Fitness Expert

- ❑ AIM Fitness Founder
- ❑ Studied Psychology and Gerontology at the University of Ottawa
- ❑ Certified Senior's Fitness Instructor and Personal Trainer
- ❑ Host of Fit Over 50 with Meg, on Rogers tv

What's UP?
Wednesday





SUCCESS IN MOTION

ENHANCE YOUR WORK PERFORMANCE

Guest Speaker: Meg Stickl, Fitness Expert





MY STORY



The 5 Keys
To Improve Your Walking
For Adults 50+




ROGERS tv.




Roger's TV Show
Fit Over 50 with Meg!

First episode airing
Monday, June 27th at 8:30am

If you don't have Roger's TV, I will be sending out the YouTube replays. Be sure to tell your friends and have them sign up for my newsletter so they can exercise regularly with me and stay in the loop!

At-Home Fitness for Adults 50+



Join us for the 5-Day Exercise At-Home Challenge!!





What motivates you to focus on your health?

1



2



3



4



MOTIVATION
GETS YOU STARTED;
DISCIPLINE
IS WHAT KEEPS YOU
GOING.

Harvard: Exercise can boost your memory and thinking skills

- ▣ Parts of the brain that control thinking and memory are larger in volume in people who exercise than in people who don't.
- ▣ Engaging in a program of regular exercise of moderate intensity over six months is associated with an increase in the volume of selected brain regions.



- ❑ On average, we spend between 11- 12 hours/ day sedentary
- ❑ People who sit for 10+ hours per day are at greater risk of developing dementia
- ❑ Sitting can increase symptoms of anxiety and depression



What can we do about it?

Snack on Exercise



Stand while on a call

Do a *Walk & Talk* to catch up with friends



Habit Stack

Habit: Doing squats.

Stack: After brushing your teeth,

do a set of squats.



LET'S



GET



MOVING

Save 15% off the
membership with
Coupon Code:
CMC2024



ONTARIO

LOOKING FOR A COMPLETE FITNESS PROGRAM THAT YOU CAN DO AT HOME?

JOIN THE AIM FITNESS ONLINE MEMBERSHIP
**AT-HOME FITNESS
PROGRAM FOR
ADULT 50+**

- Gain Strength and Mobility
- Get Motivated to Move
- Feel More Energized
- Improve Your Balance!

GET YOUR WEEKLY EXERCISE CALENDAR!

CLICK THE LINK & FOLLOW ALONG FOR YOUR 20-30 MINUTE FITNESS VIDEO OF THE DAY!



3 Quick and Easy Exercises for Strong Legs!



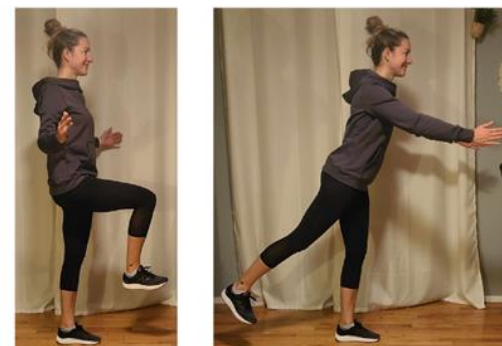
THE TOP 3 BALANCE EXERCISES FOR OCTOBER

Challenge yourself to "Snack on Exercise" and do these 3 exercises throughout the day. Do 5-10x and 1-3 sets.

BALANCE EXERCISE #1:

Start by lifting your knee. Pause. Then extend your leg back straight. Repeat 5x, then switch sides. Repeat again.

Options: Hold a chair or move your arms.



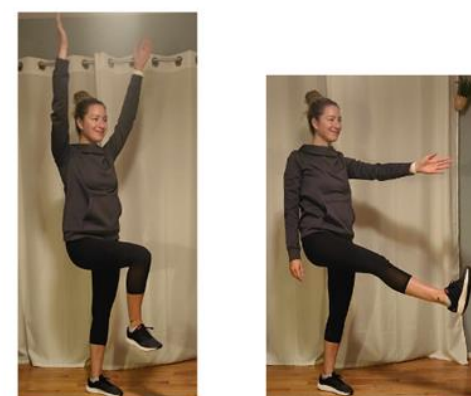
BALANCE EXERCISE #2:

Stand with your legs wide, with one hand on your hip/chair and the other arm lifted. Move your elbow towards your opposite knee. Tighten your core. Pause, then lower your foot to the floor. Repeat 5x per side, 1-3 sets. Option: Keep your active foot lifted!



BALANCE EXERCISE #3:

Lift your knee and both arms over your head (or hold onto a chair). Pause, then extend your leg out straight and reach forward with your opposite arm. Repeat 5x without touching that foot to the floor, then switch sides. Do 1-3 sets.



October Affirmations:

My balance is gradually improving! I feel strong on my feet!



Reduce your BACK PAIN from sitting!

- ➔ 20-30 minute workouts
- ➔ Trackers/Calendars
- ➔ Top 3 Exercises
- ➔ Weekly nutrition video

Save the Dates:
 Mon. Nov 7, 1:30pm (EST)
 In Person Workout
 Wed. Nov 16, 1pm (EST)
 9 Year Anniversary Zoom Workout
 Thurs. Nov. 24, 10am (EST)
 Health Set-backs Zoom Call with Guest Speaker Carmen
 Notes:

October Tracking Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8	9 10:30am (EST) Member's Zoom Call	10	11	12
13	14	15	16	17	18	19
20	21	22	23 10:00am In-person workout & brunch	24	25	26
27	28	29	30	31		

My Top 3 Daily Exercises for the month:

1. Side body stretch
2. Leg extension to knee lift
3. Hip flexor stretch

Success Tips:

- Eat more veggies daily!
- Create a morning fitness routine that feels good!
- Breathe deeply for 2-5 minutes to be present and to relax.

Feeling tired? 🤔

5 Minute Morning Stretches!



Questions

Please type in the chat





LET'S CREATE A SOLUTION
THAT'S PERFECT FOR YOU!

**BOOK A FREE 15
MINUTE HEALTH
CONSULTATION!**

Book now at www.activitiesinmotion.ca



To discuss your health goals
and to hear about our fitness
programs.

Reach out to learn more!

www.ActivitiesInMotion.ca

THANK YOU



INFO@CMC-ONTARIO.CA

[HTTPS://CMC-CANADA.CA/ONTARIO](https://CMC-CANADA.CA/ONTARIO)