

2016

From Soup to Tomatoes
An Exercise Program
Guide to Implementation



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8/18/2016

A GUIDE TO IMPLEMENTING



Background

From Soup to Tomatoes is a unique chair-based exercise program that's helping people achieve health and fitness goals they never thought possible. The program was originally developed by Susan Clarke, as part of the Diabetes Education and Care Program at the Espanola and Area Family Health Team. It is led by a Registered Nurse and Certified Personal & Older Adult Training Specialist. See **Appendix A** for “The Soup Story” and how the program title came to be.

There are three programs that run live from Espanola each Monday, Wednesday and Friday. Live classes or archived classes can be accessed at any time from the program website www.fromsouptotomatoes.com.

Basic Class (9:00 – 9:45 am)

A chair-based beginner program suitable for anyone; 45 minutes of mainly resistance training, with a little cardio for your heart.

Gentle Class (10:15-10:45 am)

A chair-based stretching and strengthening program suitable for seniors and people with mobility aids using your own bodyweight or with an added exercise band.

Yoga Class (11 – 11:30 am)

30 minutes of relaxing, simple, chair-based yoga movements, suitable for anyone.

For more information visit www.fromsouptotomatoes.com

Purpose

This guide is intended to help with implementation of this program by community groups, Family Health Teams, Public Health Units, older adult volunteers or anyone else interested in hosting *From Soup to Tomatoes* in their community.



What you need to HOST “From Soup to Tomatoes” in your community?

SPACE

- Obtain a room large enough to suit your needs (# of participants) - consider approaching your municipality to donate space or use other free and accessible space, such as a church.
- Provide chairs without arm rests.
- Allow for chair placement with arms-width between participants.

EQUIPMENT

Key pieces of equipment that are needed include:

- Laptop – need to download Microsoft Silverlight program @ www.microsoft.com/silverlight
- Projector (HDMI connection to laptop)
- Screen or blank wall to project on
- Speakers – good sound is important, so quality speakers are key
- Thera-bands and/or small weights - bands may be provided by your local Public Health Unit, and in lieu of weights, consider using cans of soup!

INTERNET

This program can be accessed on the OTN website and can be followed live Monday, Wednesday and Friday. There are also many classes that have been recorded and saved for viewing and following along at anytime. See **Appendix B** for a step by step guide to finding *From Soup to Tomatoes* on line.

OLDER ADULT PEER LEADER (not required, but a great model to follow)

The role of the peer leader is to set up the equipment for each class, help to promote the program, book space if needed, guide participants and provide encouragement. The instructor for this program leads the class from Espanola and will be followed by your group wherever you are located.

PROMOTION

The program can be promoted in the media (see **Appendix C** for media story) and with flyers (see **Appendix D** for sample promotional flyer). Flyers may also be sent to health care providers who may refer older adults to the program or use posters to promote the program in the community.

PRE AND POST SURVEYS

Survey participants prior to the program to determine their physical activity level and what their goals for the program are (see **Appendix E** for sample pre survey). Following the program a post survey will help see if these goals were met and general satisfaction with the program (see **Appendix F** for sample post survey).

REGISTRATION AND RELEASE OF RESPONSIBILITY FORMS

Participants can pre-register or simply have a sign in sheet available at each class (see **Appendix G** for sample sign in sheet) and complete a release of responsibility form (**Appendix H**) for liability purposes.



Appendix A



From Soup to Tomatoes

An Exercise Program

The Soup Story

Once upon a time.....

there was a diabetes educator named Susan Clarke. She found herself patting clients on the back and encouraging

them to achieve 30 mins/day, 5 days/week of aerobic exercise as well as 2-3 days of resistance training. Susan knew this was crucial to living well with diabetes. It was so important, she would often quote Dr. Ian Blumer, who once told an audience that studies have proven using 2 cans of soup to exercise just 10 minutes per day was beneficial.

As time went on, Susan heard endless reasons as to why clients were unable to exercise: winter ice, snow, fear of falling, back pain, hip pain, knee pain, arthritic pain, no money for exercise equipment, no money for a gym membership, and the #1 favourite saying; "Don't worry - my blood sugars will improve in the summer!" It was painfully clear that a pat on the back and encouragement just wasn't enough!

How could we help people achieve success in this area of diabetes wellness? We seemed able to provide experts in education, nutrition and stress management but not exercise. How could we make this available? It would need to be free, easily accessible, designed to address mobility issues and above all, be led by a professional to ensure safety and avoid injuries.

One day, Susan was encouraging a client to try using 2 cans of soup to exercise with while watching her favourite TV program, along with instructions to "start low and go slow." (i.e. increase weight and reps as able)

The client finally agreed to try, and her parting remark was; "Ok, I'll do it and I just might surprise you and graduate to tomatoes!" (referring, of course, to increased weight by selecting a can of tomatoes.

And so....the name was born: **"From Soup to Tomatoes"**

And so....Susan's dream slowly became a reality: a free, chair-based exercise program that provided "something for everyone."

And yes....we did use cans of soup until we could afford weights.

.....The End.

Appendix B

Finding the Chair-Based Exercise Program Online



Visit www.fromsouptotomatoes.com

- Select EXERCISE CLASSES from the top of the page
- Go to Click here to tune in or view archived classes (left hand side of the page)
- Choose Live Event or Archived Event and select Public
- Search “From Soup to Tomatoes” in the box in the top corner
- Select your choice of event: Basic, Gentle or Yoga

Remember:

- Live events broadcast Monday/Wednesday/Friday mornings
- Archived events are available at anytime
- You can **click** anywhere on the video to enlarge the screen to fill your monitor

*Note: You will need to have the **Microsoft Silverlight** on your computer (Visit www.microsoft.com/silverlight and follow the instructions)*

Basic

Beginner program suitable for anyone, resistance training and cardio

Gentle

Stretching and strengthening program suitable for seniors and people with mobility aids, using Thera-bands

Yoga

Relaxing, simple, chair-based yoga movements, suitable for anyone



Appendix C – Newspaper article

Exercising independence for older adults

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – an upbeat leader on a screen –
A chair, an exercise band, and they're all the gear required for



Stretching and bending exercises can improve balance, flexibility and core strength – all while seated in a chair. Eleanor Katona, in the foreground, is a volunteer peer facilitator in an exercise program, known as From Soup to Tomatoes, geared to older adults. (Staff photo by Diane Johnston)

an exercise program targeting older adults.

They were also enough to draw 11 women and men to Riverside Place at 9 a.m. on a recent morning last week when the temperature dipped below minus 20 C.

For half an hour, they worked through a series of exercises, sometimes using stretchy, colourful exercise bands, all while seated in chairs.

"It's a total body workout," said Eleanor Katona, a New Liskeard area resident and volunteer peer facilitator for the program.

The manoeuvres are designed to build flexibility, balance and core strength – all key factors in preventing falls.

Falls are a serious health concern.

The North East Local Health Integration Network reports that more than 1,200 seniors are admitted to hospitals across the region each year after suffering a fall.

It cites studies showing that falls and their associated injuries are the main reason that older adults lose their independence.

A broad-based initiative focused on preventing falls, Stay on Your Feet, is one of the sponsors of the free exercise program.

SUPPORTERS

Other supporters include the Great Northern Family Health Team and the municipality of Temiskaming Shores.

The program itself is From Soup to Tomatoes.

Its name comes from a diabetes educator who, in an attempt to find free, accessible exercise

for reluctant clients, suggested they lift cans of soup while watching TV.

A client said she'd give it a try, and perhaps even graduate to heavier cans of tomatoes.

The local From Soup to Tomatoes program uses pre-recorded exercise sessions led by certified health pros in the Northeast.

The leaders are encouraging, said Mrs. Katona.

She participated in a mini session last fall and first served as a volunteer facilitator for a six-week course later in the year.

Because the sessions are done while seated, she said people with mobility problems or who have had hip or knee replacements need not worry about falling or tripping.

Their fear "is totally gone," she said.

The exercises can also be incorporated into daily life. She said she's more conscious of her own movement, and finds herself repeating some of the leaders' catchphrases.

"When I'm walking – 'shoulders back, chest out.'"

On a recent walk, she checked her own footprints, and saw no sign in the snow of foot-dragging.

"I was walking with a spring in my step."

The current round of exercise classes runs until early February, on Mondays and Wednesdays at 9 a.m.

The classes are free, but pre-registration would be appreciated. For further information, contact Natasha Rivard at the Great North Family Health Team at 705-647-6100.

Appendix D – Sample Promotional Flyer

From Soup to Tomatoes



Lead by local
senior volunteer
Eleanor Katona

Are you an older adult?

Are you hoping you can keep your strength
and stay independent?

Do you struggle with mobility, standing,
regular exercise?

Would you enjoy social time with others?

**Join our FREE chair-based
exercise program for seniors**

**Dates: October 17th – November 23rd
Monday and Wednesday**

9:00am at Riverside Place in New Liskeard

For more information contact:

Eleanor Katona at (705) 647-8002



Appendix E – Pre Survey



Thank you for answering a few questions before we start “From Soup to Tomatoes” an exercise program. Your answers will help us plan future programs. We will keep your answers confidential.

#1. What do you hope will happen when you attend “From Soup to Tomatoes” (check all that applies to you)?

- I will meet new people
- I will have fun with others
- I will be more physically active
- I will improve my overall fitness
- I will improve my overall health
- other? _____

#2. We are interested in knowing how physically active you are. Which of the following describes you the best? Check one.

- I am physically active. I do 30 minutes or more a day of moderate intensity physical activities, 5 or more days a week.
- I am physically active occasionally, or during some seasons (e.g. spring, summer, fall, winter) much more than others.
- I am not physically active beyond moving around or walking during activities of daily living.



Appendix F – Post Survey Results

What do you think about the “From Soup to Tomatoes” program?

Your opinions are important to us.

Please answer a few questions about the program.



#1 Do you agree or disagree with the following questions? Check one box per line.

Question	Agree (YES)	Disagree (NO)	Comment
I met new people at the class	5	0	
I had fun at the class	5	0	
I was physically active at the class	5	0	
I improved by fitness because I attended the class	5	0	
I improved my health because I attended the class.	4	0	Unsure
I will continue doing the exercises at home.	1	3	Unsure
I feel I can upload the exercises from the internet on my own	0	4	Don't know
I will be more physically active because I attended the class.	5		
I will recommend this class to a friend.	5		
I would like to attend other classes like this one.	4		Unsure

What I liked best about the program:

- Leadership

My suggestions to improve the program:

- Much bigger area (2)
- Supply coffee
- Louder sound
- More participants (2)

Appendix G – Sample Attendance Sheet



Sample ATTENDANCE SHEET



#	Name (Print First, Last)	Phone #	Family Physician	April 4	April 6	April 11	April 13	April 18	April 20	April 25	April 27	May 2	May 4	May 9	May 11
1															
2															
3															
4															
5															
6															
7															
8															
9															



Appendix H

RELEASE OF RESPOSIBILITY FORM



GREAT NORTHERN FAMILY HEALTH TEAM FROM SOUP TO TOMATOES

RELEASE OF RESPONSIBILITY

I, _____ understand that I am attending this exercise class at my own risk and release this program of any responsibility toward myself.

Signed: _____

Dated: _____



Appendix I

Timiskaming District Pilot using Older Adult Peer Leader Model

Phase I

In May 2015, the Great Northern Family Health Team (GNFHT) joined together with the North East Local Health Integration Network (NE LHIN) and the Timiskaming Health Unit (THU) to ask the question “Can *From Soup to Tomatoes* be offered successfully in a small rural community using a volunteer led model of implementation?”

A group of older adults had been identified through the FHT primary care provider who would benefit from physical activity. Available options in the community were limited at the time and so it was decided to pilot the program at the FHT with the help of an older adult volunteer.

Five older adults (4 male and 1 female) committed to take the class that was being offered 3 times per week for 30 minutes over 4 weeks and was hosted in a small room at the GNFHT. A senior volunteer was recruited, orientated to the program and became the peer coordinator and advocate.

Following the 4 weeks, participants expressed that they all enjoyed the program and improved their fitness however, they did not feel they would continue with the program on their own and were not comfortable uploading the program from the internet. They also suggested to host in a larger space and to have more participants. They also said they would all recommend the class to a friend.



Phase II

In September 2015, the municipality was approached and donated space at a local hall at no cost. This space was able to accommodate many more participants and had access to a large screen and quality speakers system. The program was then promoted to the public and continued to be offered 3 times per week for 30 minutes and ran for 6 weeks. Approx 15 participants attended regularly.



The municipality provided technical support for the older adult volunteer, if needed. Local library training on laptop and electronic device troubleshooting also helped to increase the comfort level of not only the senior volunteers, but also the participants who wanted to access the program from home.



Phase III

The 6 week program now runs three times a year (Oct, Jan and April). Based on feedback from participants, the program is held twice a week in the morning from 9:00-9:30am, but participants are encouraged to access the program online at home.

Participants love the exercise program and numbers continue to grow. The peer led model works well, and community partners are planning to spread the program to other communities in our district.



PDSA for Phase I of Pilot

Can "From Soup to Tomatoes" be offered successfully in a small rural community using a volunteer led model of implementation?		
PLAN	DESCRIPTION	STUDY
<p>Test ease of implementation of <i>From Soup to Tomatoes</i> in small rural community using a volunteer led model, to determine if diffusion across the NE LHIN is feasible and beneficial. <i>From Soup to Tomatoes</i> is a web-based series of exercise classes available live or from an archive of options (Gentle Seated, Basic -Standing and Seated, Seated Yoga). The program was developed by the FHT in Espanola, originally targeting diabetic clients. It has not been officially evaluated.</p>	<p>Offer <i>From Soup to Tomatoes</i> to a select group of patients (n=6) of the Great Northern Family Health Team using a volunteer lead model. Host the class 3 x per week for 30 minutes over 4 weeks. Classes to begin May 25th and run to June 19th, hosted at the FHT location, New Liskeard.</p> <p>Class to be offered Monday, Wednesday, Friday at 9:30 am and to use archived classes on the OTN website.</p>	<p>√ # of patients who sign up</p> <p>√ participation rate over 4 weeks (# participants at each of the 12 classes)</p> <p>√ patient satisfaction with series (including their hopes for series)</p> <p>√ participant self-report of benefits they feel as a result of participating</p> <p>√ participant self-report of intention to keep being physically active post series</p> <p>√ participant recommendations for improvement</p> <p>√ evaluate process of using PDSA as a collaboration (FHT, NELHIN, PHU)</p> <p>√ volunteer lead observations (went well, to do even better)</p>
<p>What change are you testing?</p>	<p>Older adults increase their level of physical activity by participating in <i>From Soup to Tomatoes</i>. They enjoy the class and continue being physically active.</p>	<p>Survey participants to determine current level of physical activity and their hopes for participating</p> <p>An intake survey to be completed before classes begin. (See attached)</p>
<p>What do we predict will happen and why?</p>	<ul style="list-style-type: none"> 6 interested patients from the FHT will attend the first session 	<p>The volunteer lead will keep track of attendance</p>



	<ul style="list-style-type: none"> • Expect 80% participation for the 12 sessions • Participants will enjoy the sessions - satisfied • 50% will report benefits of participating • 50% will want to continue with Soup to Tomatoes 	<p>A survey (see attached) given to participants at the end of the 4 weeks will measure:</p> <ul style="list-style-type: none"> • participant satisfaction • improvements they feel/see in themselves that they think are a result of participating • behavioural intention to continue being physically active • the physical activity they will do or are interested in doing
Who will be involved in PDSA	<p>Shirley Watchorn, FHT</p> <p>Lorna Desmaris, PHU</p> <p>Eleanor – older adult volunteer</p> <p>Wendy Carew – NE LHIN</p> <p>6 patients of FHT (selected by their primary care provider based on importance of them getting active)</p>	<p><u>Post-test of change:</u></p> <p>What worked well?</p> <ul style="list-style-type: none"> - Partnership between stakeholders and engagement of keen older adult - Targeted participants – direct contact - Short and focused – time known upfront - Using an existing program that is well regarded <p>What can we do better?</p> <ul style="list-style-type: none"> - Bigger room and better sound - Get more participants - Longer dyna bands - ?? -
DO	<ul style="list-style-type: none"> - Shirley has room at FHT and insurance coverage, lap top and projector - Shirley/Lorna to order music - Eleanor the volunteer is available for all but one class – Shirley or Lorna to cover that class - FHT primary care provider supports contacting patients 	<p>What else?</p>



	<p>in need of physical activity</p> <ul style="list-style-type: none"> - Direct mail letter & handouts -Shirley and Lorna to make the calls and sign up a minimum of 6 patients -Lorna/Shirley to design waiver and use the PAR-Q - Wendy to draft the PDSA and the intake survey and evaluation form – Eleanor to administer 	
STUDY	<p><u>Expected Results:</u></p> <ol style="list-style-type: none"> 1. 6 patients will sign up 2. 80% participation rate over 4 weeks 3. All participants will be satisfied with the series 4. 50% will report benefits as a result of participating 5. 50% will intend to keep being physically active post series 	<p><u>Observed Results</u></p> <ol style="list-style-type: none"> 1. 5 (4 male, 1 female)patients attended (one patient was provided transportation and was still unable to attend) 2. 93% attendance rate over 4 weeks 3. All 5 participants were satisfied with the series 4. 5 said they improved their fitness by attending; 4 said they improved their health by attending; overall 90% reported benefits 5. 1 will continue doing exercises at home; 3 won't and 1 unsure; 5 said they will be more physically active because they attended the class; 4 said they would like to attend another class



	<p>6. participant recommendations for improvement</p> <p><u>Peer volunteer feedback</u></p> <p><u>Overall observations</u></p>	<p>6. 5 said they will recommend class to a friend; need a bigger area; refreshments ; more participants and louder sound</p> <ul style="list-style-type: none"> • Enjoyed the classes herself • Good work out overall • Participants could work at their own level - targeted • Participants were motivated • Need more volume on the archived videos • Dyna bands need to be longer and stronger • Participants enjoyed the time to be social • Relaxed atmosphere • Need to show participants how to work the equipment • Need more space and more participants • Participants mentioned they had friends who would enjoy the class <ul style="list-style-type: none"> • Direct personal contact with patients of local doctor who had completed fall risk assessment enticed participants to attend – gave it credibility • Keep it to 30 minutes makes it easier for people to attend – they knew time commitment upfront • Peer volunteer now very interested in the program – saw changes in participants • Program needs to be in English and French
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		<ul style="list-style-type: none"> • Had to call 12 patients to get 5 committed to attend • Transportation was an issue for some • Need an easier way to assess level of fitness – the RAPID assessment tool was too confusing for participants
ACT	Decide: Adapt, Adopt, Abandon	<u>Adapt:</u> <ul style="list-style-type: none"> • Results are beyond what was expected
	Next Step	<ul style="list-style-type: none"> • <u>Expand the class:</u> secure a larger location in New Liskeard and invite the peer volunteer to lead new class; invite previous participants and encourage them to bring a friend; create another PDSA to document and study the process and results.

