

# Active Living for Life *Online*

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Welcome! The purpose of this orientation is to introduce you to the new online format of the Active Living for Life exercise program and help you prepare for a safe and successful virtual workout.

## ABOUT THE PROGRAM

**The Active Living for Life (ALFL) program** was designed by experts in the fields of nephrology and exercise to help kidney patients like you become more active at home and in your community. The program has been developed by the **Kidney Foundation of Canada** with the help from students and staff from **Sheridan College** and supervised by Monika Dylewski, Registered Kinesiologist. The ALFL program is generously funded by the **Kazman Foundation for the Charitable Giving** and is offered FREE of charge to CKD patients and their support persons.

You will be participating in an **Online** version of this program, which was launched in response to the COVID-19 pandemic to help kidney patients increase their activity level at home and achieve their healthy lifestyle goals. The ALFL *Online* program is offered through **Embodia app** (an online platform for exercise prescription, telerehab and continuing education), which uses Zoom for Healthcare as an underlying platform for communication and program delivery. To ensure successful participation you will be required to have a reliable internet connection and access to a computer or a tablet with a working video camera and a microphone.

The virtual exercise sessions will be offered **twice a week for 10 weeks**. You can choose to participate in one or both sessions. Each exercise session will be 45 minutes in length and will consist of a 5-minute warm up, followed by 30 minutes of strength and balance training and 10 minutes of cool down exercises. At the end of each session the participants will have an opportunity to ask questions and exchange comments. Each virtual session will be facilitated by a Registered Kinesiologist specializing in exercise rehabilitation and chronic disease management. In addition, a second person (Kinesiology and Health Promotion student from the Sheridan College) will be monitoring the class to help ensure safe participation.

Every 3 weeks or so the exercise program will change to introduce new exercises and promote progress in strength and mobility. In addition to the two supervised workout sessions a week, you will be encouraged to complete a third session independently by logging into your account on the Embodia app in your own time and following the exercise videos for each program.

### **Schedule:**

The classes will be scheduled on **Tuesday and Friday at 10 AM** starting on October 6<sup>th</sup>, 2020 and ending on December 17<sup>th</sup>, 2020.

The classes are limited to 20 participants. If we receive a higher number of registrations a second class will be offered at 11AM on the same days.

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## EQUIPMENT

You will be expected to perform standing and/or sitting exercises with light to moderate resistance. If possible, we will try to modify the exercises to fit your needs. Some of the exercises could be also performed on a mat or lying in bed, but this is **OPTIONAL**.

**Here is a list of equipment choices for our workouts:**

- Elastic bands or tubing with or without handles  
*Or*
- Dumbbell weights:  
Light: 2lb – 4lb, Medium: 5lb – 8lbs, Heavy: 10lb – 15lb  
*Alternatives:* food cans, water bottles, jugs, buckets with handles, backpack filled with books
- Elastic loops (various tensions)  
*Alternative:* elastic band tied up in a loop
- Chair
- Pillow
- Mat - optional

## REGISTRATION AND USING ONLINE PLATFORMS

### Embodia app and ZOOM

After your registration with the ALFL program is confirmed through email, you will receive the Informed Consent and Waiver documents, which you will need to print, fill out (please print clearly) and sign. Please, email the signed copy back to us by either taking a picture of the document pages and attaching it in your email, or by scanning the document and sending it as a PDF file. After we receive your consent and waiver you will be set up with a free **Embodia account** upon your registration. Embodia will send you a “Welcome” email, which will contain a temporary password for your account. You will use this password to log in for the first time. In your profile you will then be able to change the temporary password to your own password. The Embodia account will give you access to the supervised online sessions as well as the exercise videos that you can follow on your own time.

To independently access the exercise videos you will go to Embodia website or open the Embodia application on your mobile device, sign in as a patient into your account and click on **My Dashboard** in the side panel. Then, you will click on **My Exercises** heading, which will take you to the three different exercise programs that are being offered online throughout the 10 weeks. You can click on each program to see the list of exercises and follow each exercise video and the recommended instructions. You can also print out each program if you wish.

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ALFL *Online* program uses **Embodia app** for communication and online program delivery, which in turn utilizes **Zoom for Healthcare** as an underlying platform. Zoom for Healthcare complies with all government privacy laws, meaning no information is stored on zoom or any online sessions are recorded in any way, unless we get your permission to do so.

Before each session Embodia will email you a reminder, that will contain session information and a link to electronic consent form, which you will click on and agree to before starting each session. In the email you will also see a yellow “Start exercise session” button, which after clicking will connect you to the virtual exercise class through the ZOOM platform. Additional information about launching Zoom are also available in this email. If you are unable to attend, you can cancel the session at any time.

Another way you can access the online session is to go to Embodia website and click **Patient Sign In** and click on the **Telerehab** tab on the left side panel. From the list of dates choose the right session to connect to and click on the “**Start the exercise session**” button to access the class on Zoom.

**Please NOTE:** You cannot access virtual exercise classes through the mobile app on your phone or tablet. You can only use the application to access the exercise videos that you want to do independently.

## During the virtual class:

- Access exercise session on Zoom a couple of minutes before the start time and wait for the instructor to admit you into the session
- Upon admission make sure your camera and microphone are turned ON
- Change your screen name to your FIRST NAME
- Adjust the camera angle on your device so that the instructor can SEE YOUR ENTIRE BODY
- Click on 3 dots in the top right corner of the instructor’s screen and click “PIN TO SCREEN”. This will enlarge instructor’s screen and eliminate the gallery view, so you won’t see the other participants screens.
- Just before the exercises begin you will be asked to MUTE your microphone to eliminate the echo and noise
- You can ask questions OPENLY during class by un-muting yourself or PRIVATELY by typing them in a chat box or emailing them to: [activelivingbrampton@gmail.com](mailto:activelivingbrampton@gmail.com)
- If you need to leave the session early, please notify the supervising instructor by un-muting yourself or typing a message in the chat box.

Please, test your device before starting the program to ensure that your desktop computer, laptop or a tablet has a working video camera and microphone and that the space you are planning to work out in is well visible. Download Zoom application on your device to make accessing virtual classes easier. Visit Zoom website and review its user guide or ask someone who knows this platform for help if you are unfamiliar with Zoom.

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## Trouble-shooting:

- On occasion, you may lose the video connection, your screen may freeze, or you might be disconnected from the session
- If you lose internet connection or Zoom session gets interrupted, we won't unfortunately be able to assist you during class time
- Try to re-establish Wi-Fi connection, reset your router if needed, and click on the "Join the consult" button in the email to connect again or access the session through the browser
- If the class instructor loses internet connection or their video/audio gets interrupted, the monitoring instructor will take over the class momentarily, while the class instructor tries to re-connect to the session

## SAFETY AND EMERGENCY MEASURES

- Provide up to date Emergency Contact details
- Let someone in your household know that you are participating in the exercise class, so that they are available should you need help
- If you are exercising alone, we recommend having a plan in place to contact someone in case of emergency
- In case of injury or medical emergency the staff will call your Emergency Contact person first
- If the participant is unresponsive and alone, the staff will call EMS
- If you have any health concerns related to or as a result of your participation in exercises, please contact your physician and follow their recommendations.
- To ensure a safe workout arrange for a clear space and keep all equipment where you can see it.
- Wear running shoes and proper fitness attire. No tight jeans restricting movement or flip flops/sandals or slippery socks. Shoes with good traction and support are the safest.
- Select appropriate exercise equipment.
- Exercise within your own limitations and at your own pace.
- Have your video camera turned ON at ALL TIMES

## You should STOP exercising if:

You feel very tired

You are short of breath

You feel chest pain

You feel irregular or rapid heart beats

You feel sick to your stomach

You get leg cramps

You feel dizzy or light-headed

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You should NOT exercise if:

- You have a fever of 38 degrees Celsius or greater (100.5 F)
- You have changed your dialysis schedule
- You have changed your medicine schedule
- Your physical condition has changed
- You have been experiencing severe nausea and vomiting
- You have been experiencing shortness of breath at rest or with minimal effort
- You have been experiencing dizziness
- You have been feeling extreme fatigue
- You have severe anemia (low red blood cell count with Hemoglobin less than 80g/L)
- You have unrelieved pain
- You have joint or bone problems that become worse with exercise
- You have unsafe heart rate or blood pressure values (too high or too low)

**Clarify with your physician should you have any concerns regarding your participation in exercise.**

## UNDERSTANDING EXERCISE INTENSITY

Exercise intensity correlates with how hard the activity feels to you and is also reflected in:

- your breathing rate
- your heart rate
- whether you are sweating
- and how tired your muscles feel.

There are two basic ways to measure exercise intensity:

### **First way is to assess How you feel.**

Exercise intensity is a subjective measure of how hard physical activity feels to you while you are doing it, which is your perceived exertion. Your perceived level of exertion may be different from what someone else feels doing the same exercise. For example, what feels to you like a very hard exercise can feel like an easy workout to someone who is more fit.

### **The second method of measuring your exercise intensity is with the Heart Rate.**

The heart rate is based in numbers and offers a more objective look at exercise intensity. In general, the higher your heart rate during physical activity, the higher the exercise intensity.

**Studies** show that your perceived exertion correlates well with your heart rate. So, if you think you're working hard, your heart rate is likely elevated to reflect that.

You can use either way of gauging exercise intensity.

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## GAUGING INTENSITY BY HOW YOU FEEL

**Low exercise intensity:** activity feels light and very manageable, it requires a small effort. The signs that you are working at low intensity are:

- Breathing rate is slightly faster, but you can comfortably carry a conversation.
- You may or may not develop a light sweat after about 10 minutes of activity
- You can work at this intensity for an extended time without feeling fatigued.

**Moderate exercise intensity:** activity feels somewhat hard but still manageable. Here is how you can tell that you're working at a moderate level:

- Your breathing quickens, but you're not out of breath.
- You develop a light sweat after about 10 minutes of activity and perhaps you start to feel some muscle fatigue.
- You can carry on a conversation, but you can't sing.

**High or Vigorous exercise intensity:** activity feels challenging and creates a feeling of significant fatigue within a few minutes.

Here are clues that your exercise intensity is at a vigorous level:

- Your breathing is deep and rapid.
- You develop a sweat after a few minutes of activity
- You can't say more than a few words without pausing for breath.

## THE MODIFIED BORG SCALE OF PERCEIVED EXERTION

RPE SCALE	RATE OF PERCEIVED EXERTION
<b>10</b> /	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
<b>9</b> /	<b>VERY HARD ACTIVITY</b> Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
<b>7-8</b> /	<b>VIGOROUS ACTIVITY</b> Borderline uncomfortable. Short of breath, can speak a sentence
<b>4-6</b> /	<b>MODERATE ACTIVITY</b> Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
<b>2-3</b> /	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation
<b>1</b> /	<b>VERY LIGHT ACTIVITY</b> Hardly any exertion, but more than sleeping, watching TV, etc

Modified Borg scale is a helpful way to judge exercise intensity. It's a scale from 1 to 10 where 1 is a very mild activity with hardly any exertion and 10 is a maximum exertion activity, where it feels almost impossible to keep going. To stay in the moderate intensity you should aim to be somewhere between 4 – 6 out of 10, occasionally pushing it to 7 if you like the challenge and feel good with it.

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## GAUGING INTENSITY USING YOUR HEART RATE

Another way to gauge your exercise intensity is to see how hard your heart is beating during physical activity. To use this method, you first must figure out your **maximum heart rate** which is the upper limit of what your cardiovascular system can handle during physical activity.

The basic way to calculate your maximum heart rate is **to subtract your age from 220**.

For example, if you are 50 years old, subtract 50 from 220 to get a maximum heart rate of 170 bpm (beats per minute). Once you know your maximum heart rate, you can calculate your **desired target heart rate zone**. Target heart rate is the level at which your heart is being exercised and conditioned but not overworked.

**Here is how heart rate matches up with exercise intensity levels:**

- Light exercise intensity: 50 to 70 percent of your maximum heart rate
- Moderate exercise intensity: 60 to 80 percent of your maximum heart rate
- Vigorous exercise intensity: 70 to 85 percent of your maximum heart rate

## HOW TO DETERMINE YOUR MODERATE TARGET HEART RATE ZONE

- Subtract your **age from 220** to get your maximum heart rate.
- Multiple that number by **0.6 (60 percent)** to determine the lower end of your target heart rate zone.
- Multiply your maximum heart rate by **0.8 (80 percent)** to determine the upper end of your target heart rate zone.
- **Example: for a person who is 50 years old**  
 $220 - 50 = 170$  bpm is the estimated max heart rate  
 $170 \times 0.6 = 102$  bpm  
 $170 \times 0.8 = 136$  bpm

This person would want to work between 102-136 bpm to achieve moderate intensity exercise.

## HOW TO TELL IF YOU'RE IN THE ZONE

**So how do you know if you are in your target heart rate zone?**

- Stop the activity momentarily.
- Take your pulse for 15 seconds.  
To check your pulse over your **carotid artery**, place your index and third fingers on your neck to the side of your windpipe.

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To check your pulse **at your wrist**, place two fingers between the bone and the tendon over your **radial artery** — which is located on the thumb side of your wrist.

- Multiply this number by 4 to calculate your beats per minute.

**Here is an example:** You stop exercising and take your pulse for 15 seconds, getting 33 beats. Multiply 33 by 4, to get 132. If you are 50 years old, this puts you in the target heart rate zone for **moderate exercise**, since that zone is 102 to 136 beats per minute.

- If you are under or over your target heart rate zone, adjust your exercise intensity
- You can also use electronic devices such as FitBits, Smart Watches and portable Heart Rate Monitors to accurately read your heart rate

### TARGET HEART RATE TIPS

It is important to note that maximum heart rate is just a guide. You may have a higher or lower maximum heart rate, sometimes by as much as 15 to 20 beats per minute. Various medications and treatments such as **hemodialysis** may cause a **higher resting heart rate**.

Also, several types of medications can lower your maximum heart rate and, therefore, lower your target heart rate zone. An example of such a medication would be a **beta blocker** or a **calcium or sodium channel blocker**.

This is a time when rate of perceived exertion (how hard you feel you are working) can be a better strategy.

THANK YOU FOR REVIEWING THIS ORIENTATION DOCUMENT.

SHOULD YOU HAVE ANY FURTHER QUESTIONS, PLEASE E-MAIL US AT:

[ACTIVELIVINGBRAMPTON@GMAIL.COM](mailto:ACTIVELIVINGBRAMPTON@GMAIL.COM)

SEE YOU SOON ONLINE!