



THE NEW BRUNSWICK KINESIOLOGY ASSOCIATION NEWSLETTER



IN THIS ISSUE

A word from the president	01
Kin Can Conference	01
Interview with a Kinesiologist	02
Coming soon	03
News from Hexfit	03
Physical Activity during a pandemic	04
Recent publications and recommendations	04

SUMMARY

- Interview with a Kinesiologist: Lucille Wilson
- Don't forget to apply by November 13th for the second edition of the NBKA student bursary!



KINESIOLOGISTS ARE
MOVEMENT AND PHYSICAL
ACTIVITY SPECIALISTS

A WORD FROM THE PRESIDENT

Dear members,

I hope you find yourselves well adapted and overcoming the adversity of the “new normal”. This is something new for all of us, and we are all adapting our practice as best as possible. While uncertainty has been at the forefront of many of our minds amidst the transitions and the looming second wave of the coronavirus, Kinesiologists in New Brunswick continue to provide services that contribute to the wellbeing of our communities, albeit unconventional at times. Now more than ever, it is imperative that people take care of their health and wellbeing, and Kinesiology services are an asset to effectively manage new and ongoing health concerns and return to work practices. I salute those modifying their practice and overcoming these new obstacles to continue providing your services! I hope everyone is taking the time and space they need to adapt, re-



cover, and redirect both personally and professionally!

Sincerely,

Kendra

KIN CAN CONFERENCE

Considering the pandemic, this year the NBKA conference will be replaced by the Canadian Kinesiology Alliance national conference (virtual event). Each affiliating province has contributed to this conference provided over the course of two days, November 28 and 29th, 2020.



For members and students, the admission cost is 10\$ until October 31st 2020. As of November 1st, the cost to members will increase to 25\$, and student costs will remain at 10\$. For non-members,

there will be a fee of 125\$.

This conference will provide you with the continuing education credits provided at our usual annual conference, and exciting learning opportunities provided by other provincial contributors. Three credits per hour attended will be provided, for a maximum of 30 credits.

For more information and updates regarding the conference, refer to the link below:

<https://www.cka.ca/en/kin-can-conference>

INTERVIEW WITH A KINESIOLOGIST: LUCILLE WILSON



What drives you as a kinesiologist?

When I was in high school, I was not sure what I wanted to be, but I knew it was going to involve movement and exercise. I fell in love with strength training and dance, but I did not have a career direction, so enrolled in the Kinesiology program at the University of Moncton. There are a few key things that helped direct my interest and where I am today as a business owner at KinFit50+.

First, I dealt with a great deal of social and general anxiety through my university years as well as ADHD which was only recently discovered. So much so that I missed a few of my first NBKA AGM's as I would turn around in the parking lot and go home. It sounds silly, but I think it is important to share as some of you may have had similar experiences and need to hear that someone else has overcome them. I absolutely love people, but at the time lacked in confidence and dealing with people was difficult for this reason.

As we do live on this planet called earth which involves "people" I realized it was something I needed to overcome. This led me to reading books and attending conferences on people skills, entrepreneurship etc. This is vital as we work so closely with people. This has become my strength over time.

Second, I have lived with chronic pain and injuries most of my life. Therefore, the need and hunger to understand the human body and how to heal it was on my mind constantly.

I feel that this was a blessing in disguise as I can better relate to my participants as they struggle with physical limitations. Knowing how and when to modify an exercise in many ways has become a strength as well.

People need to feel encouraged, have fun when they are exercising and feel they are part of something that is inclusive. This is what drives me as a kinesiologist. I discovered that dealing with people, movement and encouragement, all of which were my weaknesses, have become my strengths therefore I have built a business around this.

Can you describe what you do as a kinesiologist, and which services you offer? I have had the pleasure of working with a non-profit organisation called Université du troisième âge du Sud-Est (UTASE) for 5 years. I was teaching fitness classes in French, called "Grouille ou Rouille", for the first time on that scale and fell in love with the community of members and the age group. Due to restructuring during COVID, I have started my own company, called KinFit50+, in order to better serve the participants from that same program. I offer fitness classes that are low to moderate intensity in the Moncton/Dieppe area as well as in Kent County. I have plans to offer more services to fill current needs as well as to hire employees as COVID settles.

Please share with us your academic and professional background. I graduated with a bachelor's degree in Kinesiology from the Université de Moncton in 2004. In the first 10 years post graduation I had an on and off relationship with the field as well as having babies in between each job. I strongly believe that each experience was a steppingstone that lead to the next and refined my confidence, my passions and my directions.

We are now living in an exceptional situation with COVID-19, which changes did you have to do in way to ensure the continuation of your services? Well, the first change I had to make was to create a job for myself during a pandemic. I believed that the need for community and exercise was certainly still there and took the opportunity to serve the participants with safety in mind. The sense of community is vital for anyone but especially for the 50 plus age group and is beneficial to ward off depression and anxiety, so I knew something needed to be done and fast.

I believe I was always meant to be an entrepreneur and still have much to learn. The CKA community has been amazing at providing guidance and I am forever thankful.

Is it possible and feasible to give physical activity courses in a time of COVID? Absolutely! Physical and mental health safety are always on the back of my mind. It is important to stay up to date with public

NBKA BOARD OF DIRECTORS

Kendra Cooling, President

Antoine Côté, Vice President

Jérémie Arseneau, Treasurer

Simon Boudreau, CKA representative

Grant Handrigan

Annie-Pier Fortin

2020 NBKA MEMBERS

CERTIFIED MEMBERS

55

STUDENT MEMBERS

29

health, have a COVID plan in place and modify when necessary. It is important to remind people often of public health recommendations and to be ready to shift to online classes when necessary. I am currently in process of getting a rough version of an online class started by next week as our area is now in Orange phase and we cannot meet in person. This is new to me and I am sure it will be far from perfect at first. However, the best way to move ahead is to just do it! Just move ahead and make the mistakes and fix them as you go. This is the only way to move forward and the only way to learn and get better. If we wait until things are perfect, they will never happen. COVID is the most imperfect yet perfect time to move forward. It has taught us to think outside the box.

To finish, what advice do you have to share with your fellow kinesiologists who are entrepreneurs such as yourself? When there is no opportunity, create one. Find mentors who can help you. I also cannot emphasise the importance of self development training on a regular basis through reading, conferences and audio training. Although technical skills and training are important, investing in your mind to think positively, outside the box and to have greater confidence and better people skills will provide you the foundation of being able to move forward towards your goals.

OUR MISSION:

- ◆ PROVIDE LEADERSHIP THROUGHOUT THE PROMOTION OF THE SCIENCE AND PROFESSION OF KINESIOLOGY AND ENHANCE THE APPRECIATION OF KINESIOLOGY SERVICES.
- ◆ STIMULATE THE EVOLUTION OF THE PROFESSION OF KINESIOLOGY THROUGH DEVELOPMENT AND PROMOTION OF EDUCATIONAL OPPORTUNITIES TO ITS MEMBERS.
- ◆ FOSTER PARTNERSHIPS WITH THE ACADEMIC COMMUNITY THROUGH SUPPORT OF RESEARCH AND KINESIOLOGY PROGRAM DEVELOPMENT.
- ◆ ENHANCE BENEFITS OF MEMBERSHIP



NEW BRUNSWICK KINESIOLOGY ASSOCIATION

P.O. Box 1510, Moncton, NB
E1C 8T6

nbkaaknb@gmail.com

STAY UP TO DATE WITH THE NBKA



NEW BRUNSWICK KINESIOLOGY ASSOCIATION



NBKA AKNB

WWW.NBKA-AKNB.CA

COMING SOON

NBKA STUDENT BURSARY

This fall, the NBKA is launching its second bursary competition. The amount of the scholarship is fixed at 300\$. Bursary application instructions are available on our website and students have until November 13th to apply. To be eligible you must be:

- A kinesiology student in one of the programs at either the University of New Brunswick or the Université de Moncton
- A member of the NBKA

The NBKA aims to provide financial support to a student at a New Brunswick university, and hopes to aid them in reaching their education goals and to pursue a future in a kinesiology related field. We look forward to receiving all of your applications.

2020 ANNUAL GENERAL MEETING

We intend to host our AGM via zoom conference this year. We have the AGM tentatively booked for **November 21st from 1:30-2:30.** Given that the NBKA president, Kendra Cooling, will be on maternity leave, Antoine Côté, Vice President of the NBKA will host the meeting.

You will receive by email a link to join the meeting in the week prior the AGM. We hope that you will participate in large number!

NATIONAL KINESIOLOGY WEEK

2020 National kinesiology week will be from the 23 to the 29th of November.



This year, the kinesiology week will be held in support of Mental Health. You can promote yourself, your services, and connect with your commu-

nity. Send your event information to the Canadian Kinesiology Alliance or upload it on www.nationalkinesiologyweek.ca.

Through this week, the CKA will remind Canadians affected by mental illness that Kinesiologists, as part of a professional health team, can help them to move better, live better.

NEWS FROM HEXFIT

New unlimited Hexfit package! - Benefit from several new improvements and features!

The **Hexfit Unlimited** subscription was designed to allow you to centralize your administration in a single subscription and totally customize your experience in many ways, including:

- **The new invoicing functionality** making it possible to create and send invoices to your customers and track their payments. This feature also allows you to process online payments, directly in Hexfit.
- **The management of sessions and appointments** with your clients by synchronising agendas to find a common availability, effortlessly. This function also takes care of appointment reminders for you to reduce the number of last minute cancellations and oversights.
- **Personalise your customers' mobile app** with your colours and logo!

Level Up promotion for customers

The customer-only promotion gives you the chance to upgrade your current subscription to a discounted **unlimited Hexfit** subscription!

Contact our team to find out your rate! <http://hex.fit/kax3t>

PHYSICAL ACTIVITY DURING A PANDEMIC

⇒ 2020 COVID-19 SURVEY RESULTS

https://newsletters.yapla.com/ckfinder/core/connector/php/connectoimage/company/CPYqCPtn1Wxyx4LOeS2Qllc/files/6_1%20e%202020%20COVID-19%20Survey%20Report.pdf

Sylvia Yang, Stacie Smith, Brooke Hamilton and France A Martin, Canadian Kinesiology Alliance

In case you missed it, the CKA published the results of the survey that took place between May 15th and July 15th 2020. This survey aimed to measure the impact of COVID-19 on kinesiologists across Canada. In total 105 kinesiologists responded to the survey where 2% of respondents were from New Brunswick. You can read the conclusions of the survey and comments collected on four principal topics in by following the link above

⇒ THE IMPACT OF COVID-19 ON PHYSICAL ACTIVITY BEHAVIOR AND WELL-BEING OF CANADIANS

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7312579/>

Iris A. Lesser and Carl P. Nienhuis, Int J Environ Res Public Health., 2020 Jun; 17(11): 3899.

Are you interested in how Canadians physical activity was impacted by COVID-19 public health lockdown measures? A study recently published results of a survey with approximately a thousand Canadians how COVID-19 public health measures affected physical activity and measures of well-being. The results of the survey show a variable response in that some previously active people became less active while some inactive became active. It appears that self-rated quality of life is related to these changes in behaviors with those indicating higher quality of life reported increased physical activity during lockdown. Individuals with lower quality of life generally reported reduced physical activity levels. Despite what the title of the article indicates, it is not clear from the article if the data are representative of all regions of Canada, including New Brunswick, because of no indication as to the distribution across Canada of the sampled participants. In conclusion, the authors indicate that this information is potentially useful for public health measures that target increasing physical activity promotion as it supports that physical activity promotion should be tailored to specific sub-groups and not generalized.

⇒ A PREVENTIVE ROLE OF EXERCISE ACROSS THE CORONAVIRUS 2 (SARS-COV-2) PANDEMIC

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7506115/>

Meizi Wang, Julien S. Baker, Wenjing Quan, Siqin Shen, Gusztáv Fekete, and Yaodong Gu, Front Physiol. 2020; 11: 572718.

This literature review outlines the evidence in support of the current best practices in exercise management as a prevention strategy that could be useful in the management and minimization of COVID-19. Much of the information contained in this article is a refresher on the benefits of physical activity, however it is tailored specifically towards COVID-19 and prevention. If you are looking for information on the importance of physical activity in a pandemic, you will find it here.

RECENT PUBLICATIONS AND RECOMMENDATION

⇒ LE GUIDE D'INTERVENTION EN ACTIVITÉS PHYSIQUES ADAPTÉES À L'INTENTION DES KINÉSIOLOGUES (AVAILABLE IN FRENCH ONLY)

<https://www.puq.ca/catalogue/livres/guide-intervention-activites-physiques-adaptees-intention-3436.html>

Christophe Maïano, Olivier Hue, Grégory Moullec, Véronique Pepin, *Presse de l'Université du Québec*

ABSTRACT

The "Guide d'intervention en activités physiques adaptées à l'intention des kinésiologues" is aimed at kinesiology students and kinesiologists likely to work with different populations with disabilities or special needs. Designed in the form of a practical guide, this book was written by more than 50 specialists in kinesiology and adapted physical activities. The 20 chapters in the book are the direct result of this collaboration and directly involve the professional skills of the kinesiologist. More particularly, they present the practice and reference frameworks in which the kinesiologist works, the concept of adapted physical activity and the fundamental elements to be considered for intervention in adapted physical activities.

