



Fitness for Health Project - targeting individuals and communities in the Prairie Central District

Are you interested in increasing physical activity in your community?

If you answered YES, the Prairie Central District for Sport, Culture and Recreation wants YOU!

In partnership with the Saskatchewan Parks and Recreation Association (SPRA), the Prairie Central District for Sport Culture and Recreation (PCDSCR), with financial assistance from the Community Initiatives Fund (CIF) - Physical Activity Grant Program (PAGP) - will be implementing ***Fitness Certification Information Sessions*** followed by the ***SPRA Fitness Leader Certification Modules***.

Step 1: Fitness Certification Information Sessions are over ... see Step 2 below

Step 2: SPRA Fitness Leader Certification Training Modules (outcomes and outputs page 2)

- Fitness Theory Module – Oct. 7, 8 and 9, 2011 Manitou Beach Resort
- Group Exercise Module – Nov. – 11 and 12, 2011
- Aquatic Exercise Module – Feb. 10, 11 and 12, 2012 Humboldt Uniplex & Aquatic Facility
- Exercise for Older Adults – Mar. 3 and 4, 2012

Registration forms are posted on-line.

“Fitness for Health” project

Outcomes:

The Community Exercise Class Participant

1. Increased opportunity to safe and effective exercise classes based on the SPRA and National Fitness Leaders Association (NFLA) performance standards.
2. Increased knowledge of healthy eating.
3. Increased knowledge of the benefits of physical activity.
4. Increased muscular cardiovascular and flexibility conditioning.

The Trained Exercise Leaders

1. Increased knowledge of the physiology of exercise leadership.
2. Increased knowledge in conducting safe and effective practices.
3. Reduction in liability risk.
4. Increased knowledge in the use of the Canada Food Guide.
5. Increased marketability.
6. Increased awareness of the Saskatchewan *in motion* initiatives.
7. Increased awareness of physical inactivity issues.
8. Increased opportunity to get physically active for health benefits.

The Community

1. Community endorsed exercise classes are based on National and Provincial performance standards and guidelines.
2. Reduced liability risk.
3. Increased professionalism.
4. Increased capacity.
5. Increased awareness of the Saskatchewan *in motion* initiatives.
6. Increased awareness of physical inactivity issues.
7. Increased ability to affect positive change and make decisions that will assist community members to lead a more physically active lifestyle.

Outputs:

1. 24 newly trained SPRA certified exercise leaders.
2. 20 new exercise classes offered in the district communities.
3. 300 exercise class participants.
4. 24 communities affecting positive change to benefit their resident's health.