

Fitness for Health – Group Exercise Course

On November 11 & 12, 2011, the Prairie Central District for Sport Culture and Recreation (PDCSCR) partnered with the Saskatchewan Parks and Recreation Association (SPRA) with funding from the Communities Initiative Fund (CIF) Physical Activities Grant Program, to implement the Fitness for Health - Group Exercise Course at Warman Elementary School.

The Fitness for Health project aims to increase the physical activity levels of district members for health benefits!

Fourteen participants were trained – eight from the Prairie Central District – one each from the Lakeland District & Regina Sport Council, and two each from the South East District & Saskatoon Sport Council. Course conductor, Mimi Lodoen, did an excellent job training the participants.

If you have your SPRA - Theory Fitness certification, register for one of the upcoming certification modules:

- ✓ Aqua Exercise – Feb 10-12, 2012, Humboldt, SK
- ✓ Exercise for Older Adults – March 3-4, 2012, TBA

For information, call Bonnie at (306) 726-2087 ext. 222; or visit <http://pcdscr.ca/> to access a registration form. You can also check out <http://www.spra.sk.ca/fitcourses> to find other SPRA courses.

