



Fitness for Health – Fitness Theory Course

On October 7-9, 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 - Fitness Theory Course at Manitou Springs Hotel and Mineral Spa at Manitou Beach, Saskatchewan. The Fitness for Health project intent is to increase the knowledge, therefore, the physical activity levels of district members for health benefits! The course attracted 20 participants – 12 from the Prairie Central District – 2 from the Lakeland District – 3 from the South East District – 3 from the Saskatoon Sport Council.

The Fitness Theory Course increased the knowledge and practical skills of the participant so they may lead safe and effective group exercise classes. The Fitness Course was followed by the National Fitness Leadership Alliance (NFLA) exam. The next step in the process of becoming certified is to attend one of three following Certification Modules:

- ✓ Group Exercise – Nov 11-12, 2011, Warman, SK
- ✓ Aqua Exercise – Feb 10-12, 2011, Humboldt, SK
- ✓ Exercise for Older Adults – March 3-4, TBA

Go to the <http://www.spra.sk.ca/fitcourses> to find other Group, Aqua, and/or Exercise for Older Adult modules.

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