



Older Adult

Implementation Guide Highlights

- ❑ The Implementation Manual will take you through the successful implementation process used in Saskatoon, Saskatchewan.

Resource Guide Highlights

- ❑ General information about *in motion*, including the strategy's vision, goals and partners.
- ❑ Information on the benefits of a physically active lifestyle, what individuals need to know about being active, and precautions people need to take while exercising.
- ❑ An outline of how to implement a physical activity program, including tips on recruiting and motivating participants.
- ❑ Outlines of key initiatives, which have proven successful for *in motion*, that can be used to increase physical activity levels of any older adult population. These specific program ideas and activities are a key resource for anyone planning *in motion* initiatives. The involved task of developing quality activities has already been done. Specific content includes motivational tools, fun challenges, and adaptation to suggestions to ensure inclusion.
- ❑ A description of qualities that make an effective leader, ideas of where to recruit potential leaders, and a list of fitness videos that can be used to fill in when an instructor is not available.
- ❑ Listings of additional internet based resources, including educational and activity focused sites.

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Section 1: Introduction

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- What is *in motion*?
- Why Physical Activity?

- Recruitment
- Retention
- Support and Resources
- Challenges and Solutions

Section 2: The Process

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Section 3: Evaluation Process

Resource Guide Table of Contents

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- Introduction
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- Goals of the *in motion* Older Adult Initiative

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- Qualities to look for When Recruiting a Leader
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- Volunteers
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SECTION 4: Making Fitness Fun

- Making Fitness Fun
- *In motion* Year Plan
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 - *In motion* Certificate

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- Web sites
- Education Contact