

Becoming a Forever...in *motion* - Trainer

Forever...in *motion* – Provincial Trainer

Provincial Trainer workshops are opportunities for experienced fitness professionals to become **Forever...in *motion*** trainers. Your role as a **Forever...in *motion*** trainer is to teach older adults the skills they need to lead safe, effective exercise classes for their peers. You will conduct **Forever...in *motion*** Leader Training Workshops for older adults, using approved **Forever...in *motion*** training resources.

Preferred Qualifications for people wanting to become trainers for the program include:

- Strong fitness background including fitness instruction and leadership, with a suggested minimum of 250 hours
- Courses in fitness-related areas of study, which may include Exercise Physiology, Biomechanics, Biochemistry, Anatomy, Care and Prevention of Athletic Injuries, Adult Education and other related courses
- Experience working with older adults, preferably in an exercise setting
- Adult education/workshop facilitation experience
- CPR and First Aid certification

Primary Audience	Length of Training	Mode of Training	# of Participants
Experienced fitness professionals	2 days (16 hours)	Facilitated classroom setting with breakout activities	Minimum of 3 - 4 Maximum of 15

Forever...in *motion* – Local Leader

Anyone can become a **Forever...in *motion*** Local Leader! You can be of any age with no previous experience. This workshop is designed to train participants to lead a safe and appropriate exercise program for older adults.

Preferred qualifications for those wanting to become a **Forever...in *motion*** Local Leader are:

- Willing to participate in a 20 hour **Forever...in *motion*** Leader training
- A sincere interest in being a peer leader for other older adults
- Willing to lead **Forever...in *motion*** classes
- Good listening and communication skills
- Enthusiastic and able to motivate others
- Good leadership skills
- Demonstrates a personal commitment to an active lifestyle
- Training in First Aid and CPR, while not a requirement, is recommended

Primary Audience	Length of Training	Mode of Training	# of Participants
Older Adult Volunteers	2 days (20 hours)	Facilitated classroom setting with break out activities	Minimum of 3 - 4 Maximum of 12-14