

## Forever...*in motion* Training Descriptions

### Forever...*in motion* 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 would do this by conducting **Forever...*in motion*** Leader Training Workshops attended largely by older adults, using approved **Forever...*in motion*** training resources.

Preferred Qualifications for those wanting to become Trainers for the program are:

- Strong fitness background including fitness instruction and leadership, with a suggested minimum of 250 hours.
- Courses in fitness-related areas of study. These might 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* Leader (Local)

Anyone can become a **Forever...*in motion*** Leader! They can be of any age and no previous experience is necessary. 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 **Forever...*in motion*** Leaders 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