OTHER CCAA TRAINING

CCAA leadership training programs are evidence-based, hands-on learning experiences designed to educate health care professionals, fitness instructors, volunteers, family members and/or older adults about physical activity across the mobility spectrum.

- Functional Fitness for Older Adults (FFOA)
- Seniors’ Fitness Instructor Course (SFIC)
- Home Support Exercise Program (HSEP), HSEP Facilitator Training
- Restorative Care Education Training (RCET)
- Balls for Strength, Balance, and Flexibility (Balls)
- Balls, Bands, and Balance (BBB)
- Functional Activity Measures (FAM)
- Functional Exercise for Dementia (FE4D)
- Functional Fitness for Adult Day Programs (FFADP)
- Functional Fitness for Falls Prevention (FFFP)
- Physical Activity Advocacy Workshop (PAA)
- Post-Rehab Exercise for Stroke (PRES)
- Tiered Exercise Program (TEP, TEP-F)

The Canadian Centre for Activity and Aging (CCAA) is a research and education centre within the Faculty of Health Sciences at Western University.

Leaders in Physical Activity and Aging: From Research to Action

The Canadian Centre for Activity and Aging (CCAA) investigates the interrelationship of physical activity and aging, and develops strategies, based on research, to promote the independence of older adults.

Our mission is to develop, encourage and promote an active healthy lifestyle for Canadian adults that will enhance the dignity of the aging process.

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If you have questions about CCAA leadership training or hosting a course/workshop at your facility please contact the CCAA.
ABOUT THE GFAL-D PROGRAM

Education sessions take place once each week and cover a variety of topics including the benefits of active living, healthy eating, the components of fitness and how to stick with a new exercise program.

Exercise sessions take place two times a week. Facilitators lead general exercise classes twice a week. These classes include a warm-up, walking and/or low-impact aerobics, balance exercises, stretching and cool-down. Strength training sessions may incorporate the use of hand and ankle weights, weight equipment and resistance bands.

ABOUT GFAL-D FACILITATORS

GFAL-D Facilitators teach community-dwelling older adults with Type 2 diabetes and pre-diabetes to adopt a healthy, active lifestyle. Increased activity levels help maintain functional mobility and independence as well as help prevent the onset of diabetes or manage existing symptoms.

WHAT YOU WILL LEARN

Topics covered in the facilitator training include:

• Healthy screening and assessment
• How to run a GFAL-D program
• Adult learning concepts
• Diabetes specific strategies, tips and tools
• How to offer safe and effective evidence-based exercise sessions to diabetic participants with a history of inactivity
• How to safely progress diabetic participants through fitness classes based on the CCAA’s Seniors’ Fitness Instructors Course model.
• How to integrate diabetes specific information into lecture, discussion, resistance training and fitness class sessions
• Administrative and marketing skills
• Program evaluation

WHO SHOULD TAKE THE GFAL-D-F?

Anyone with a fitness background interested in motivating community-dwelling, inactive older adults with diabetes or pre-diabetes to become active. Seniors Fitness Instructor Certification (SFIC) is highly recommended. For more information on this and other courses visit www.westernu.ca/ccaa.