The Canadian Centre for Activity and Aging is a research and education centre within the faculty of Health Sciences at The University of Western Ontario. The Get Fit for Active Living Diabetes program was developed by the Canadian Centre for Activity and Aging.

For more information about our programs or to see when the next program is being offered in your community visit us at www.westernu.ca/ccaa.

It is never too late to start living life to the fullest. Join the Get Fit for Active Living Diabetes program and start feeling great again.

The Canadian Centre for Activity and Aging’s Get Fit for Active Living Diabetes program is proudly supported by the Public Health Agency of Canada.

If you have questions about CCAA courses or hosting a course at your facility please contact:

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ABOUT THE GFAL-D PROGRAM

Taking this program will help you to incorporate physical activity and healthy eating into your daily routine! If you are an older adult living in the community with Type 2 diabetes or pre-diabetes, increased activity levels will help maintain your functional mobility (ability to move around easily and comfortably throughout the day) and independence as well as help prevent the onset of diabetes or improve existing symptoms.

THE 3 STEPS FOR THE GET FIT FOR ACTIVE LIVING PROGRAM

STEP 1: EXERCISE

Exercise sessions take place two times 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.

STEP 2: EDUCATION

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. Diabetes specific exercise strategies and tips are also included in this program.

STEP 3: HEALTH ASSESSMENT

A health assessment to measure your endurance, strength, balance and flexibility may be provided before and after participating in the program.

Following these 3 important steps will start you on your way to taking back your independence. Together with our certified Get Fit for Active Living Diabetes Facilitator you can find a program that will work for you.