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.

The CCAA is affiliated with St. Joseph’s Health Care London and Lawson Health Research Institute.

Canadian Centre for Activity and Aging
1490 Richmond Street
London, Ontario  N6G 2M3
P. 519.661.1603
F. 519.661.1612
E. ccaa@uwo.ca

www.ccaa-outreach.com

If you have questions about CCAA courses or hosting a course at your facility please contact:
Leslie McAdam
Education Coordinator
P: 519.661.1607
TF:1.866.661.1603 xt 81607
lbrown59@uwo.ca
WHAT IS THE GET FIT FOR ACTIVE LIVING (GFAL)? The GFAL program is an 8-week exercise and education program to motivate sedentary older adults to engage in a more active lifestyle. The program teaches seniors how to get started on a regular exercise program and about the importance of leading a healthy, active lifestyle so that they can maintain their independence.

ABOUT THE TRAINING
GFAL Facilitators help community-dwelling older adults adopt a healthy, active lifestyle so they can maintain their functional mobility and independence. The GFAL exercise program is divided into two components;

- 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 three times a week. Facilitators lead general exercise classes twice a week and strength training class once a week.

General exercise 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.

WHAT YOU WILL LEARN
Topics covered in the facilitator training include:
- Healthy Screening and Assessment
- Program Evaluation
- Adult Learning Concepts
- How to Run a GFAL Program
- Administrative and Marketing Skills

OTHER CCAA COURSES
For more information about other CCAA leadership training courses visit our community outreach website at www.ccaa-outreach.com

WHO SHOULD TAKE THE GFAL-F?
Any Certified Seniors Fitness Instructors (SFIC) interested in motivating community-dwelling, inactive older adults to become active. Those passionate about teaching seniors the benefits of physical activity and living a healthy, active lifestyle will benefit from this training.