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

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

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

An eight-week education and exercise program to motivate sedentary older adults to engage in a more active lifestyle.

The 2013 Get Fit for Active Living program is a proud partnership between the Canadian Centre for Activity and Aging and the Athletic Club of London.

If you have questions about CCAA courses or hosting a course at your facility please contact the Canadian Centre for Activity and Aging.

1.866.661.1603
cca@uwo.ca

The Athletic Club

Western
Canadian Centre for Activity and Aging

Western Health Sciences
About the GFAL-D Program

Taking this program will help you to incorporate physical activity and healthy eating into your daily routine! An evaluation of the program showed that those who participate in the Get Fit for Active Living program are still exercising more than one year after the program. Of those who join a general exercise program (without taking the Get Fit for Active Living program), 49% are likely to drop out within the first year.

The 3 Steps for the Get Fit for Active Living Program

Step 1: Exercise

Exercise sessions take place two-times per week for the 8-week duration and include a warm-up, walking and/or low-impact aerobics, strengthening and balance exercises, stretching and a cool-down. Your program may offer an additional session in a weight room, designed to teach you how to use weight training equipment safely and effectively.

Step 2: Education

Education sessions take place once per week. Topics include:

- benefits of physical activity
- exercise adherence
- strengthening and stretching
- nutrition for older adults
- exercise and chronic conditions
- developing a home exercise program
- exercise program opportunities in your community

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 Seniors’ Fitness Instructor you can find a program that will work for you.

It's time to start getting fit for your new active lifestyle!