



Physical Activity for Older Adults

What is Forever...in motion?

- **Forever...in motion** (FIM) is a Health Promotion initiative in partnership with community organizations that support older adults to become physically active through a peer volunteer led program.
- The program goal is to improve and/or maintain the health of older adults living in the community through education and physical activity.
- Programs are located primarily in seniors' housing, community centres, churches, condominiums and leisure centres.
- Forever . . . in motion was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association.

Become a Forever...in motion Site

There is no cost to become a **Forever...in motion** site. The goal is simply to enable you to offer a safe physical activity program for your group. To become a **FIM** site you will need a space that can be utilized for exercise, as well as, one or more people that would be interested in becoming a **Forever...in motion** peer volunteer leader.

- Your site can determine how many days per week as well as what time you want to offer your **FIM** program.
- Programs typically vary from 30 to 60 minutes, 1 to 5 days per week.
- **Forever...in motion** programs include a cardiovascular, muscular strength, balance and flexibility component.

- ✓ Participate in a Class
- ✓ Become a Volunteer Peer Leader
- ✓ Host a Program in Your Community



For more information, contact:

Phone: 306.766.7370

Email: healthpromotionRQHR@rqhealth.ca

www.rqhealth.ca/forever-in-motion



Saskatchewan
Parks and Recreation
Association