Introduction

Over the past three decades, Canadian seniors have become more involved in aspects of active aging which include paid and unpaid work, housework and active pursuits such as fitness activities and sports, with a subsequent decrease in passive activities such as watching television and listening to CDs. (Fast, Dosman, and Moran, 2006; Victorino and Gauthier, 2005). This has led to seniors actively participating in not only the recreational programming, but the development of programming, the design of the facilities they take place in and their administration. An example of this would be in Surrey BC, where the Sunrise Pavilion Centre was recently relocated to the new Chuck Bailey Recreation Centre. The commitment and input from the seniors representing the membership helped immensely to bring the design of the facility to the next level and keep the project on track. The seniors worked collaboratively with the construction team and project leads to ensure the end product met their needs. This kind of active participation is an important trend in the recreation sector.

Service providers are also forming new partnerships in order to properly service the 50+ sector. Specialty programming is being offered by municipal recreational facilities in partnership with doctors, cancer treatment centres and other non-profit organizations to provide a wide variety of programming to help not only help those dealing with chronic disease, but also to help prevent chronic disease.

Specialty sports are also being developed to serve this sector of the population. Examples include Pickleball and Gateball, sports that are lower impact but provide opportunities for both social interaction and physical activity.

But the biggest shift the recreation sector will see in the next 10 year will be the Baby Boomers. They are now entering their older adult years, and are being redefined as the “Zoomers”, with vastly different perceptions of, and expectations for their retirement years than the previous generation of older adults. On the whole, Zoomers are healthier, more affluent, more active, more technologically savvy, more culturally diverse, and ready to enter a new phase of life, free from full-time work obligations. They have interests in travel, lifelong learning, health and wellness, aging well, and staying physically active. There are significant implications for leisure services. For example, Zoomers will avoid services and activities targeted towards “seniors”; on the whole, they will have disposable income and be willing to pay for programs and services that cater to their needs and are of high quality; they will seek out programs and experiences that are empowering, incorporate more opportunities to learn, help broaden horizons and help develop leadership and other skills; they will prefer flexibility in program options, and will be less likely to make a long-term commitment or pay membership fees; they are less likely to volunteer, but when they do, they will look for positions that match their level of skill, interests, schedules, and personal goals; they will focus on health and wellness and staying active; and will demand high quality, comfortable, welcoming facilities that meet a variety of interests and a range of needs.
This description of the older adult “Zoomer” is not only significantly different than the traditional senior, but is in many respects indistinguishable from the adult market. Indeed, it is probably most useful to think of the older adult market of tomorrow simply as an adult market. While there will be differences in program demand due to age and retirement (e.g. such as interest in daytime access – and slightly different program focus, such as a therapeutic rather than a conditioning focus) the Zoomer’s interests will largely be similar to those of the Boomer adults of today.

The resources included in this report offer a broad range of examples of active aging programming across the country. Also included are websites, blogs and other online resources that can assist the recreation practitioner in providing quality programming for those in the 50+ age range.

Bibliography


Active Aging – Programs

Active Living Program for Culturally Diverse Seniors http://lin.ca/success-story-details/18423

This program provides seniors with opportunities to improve the quality of their lives through Awareness and Active living educational workshops and also by participating in fun and fitness activities. A fitness instructor is hired to provide one-hour-per-week fitness class. Workshops are held as well on all aspects of healthy eating and active living.

Coronation 50 Plus Recreation Centre http://lin.ca/success-story-details/18883

Providing fitness classes for all levels: darts, crafts, Fun, Food and Film evenings, Sunday Social, live theatre shows, potlucks, aqua fitness, VON clinic, Blood Pressure clinic, Tai Chi,
yoga, line dancing, clogging, euchre, bridge, cribbage, shuffleboard, bingo, computer classes, digital photography club, music programs, Wellness Center, and more.

Dance Program for Seniors: Clogging
http://lin.ca/success-story-details/19474
Clogging is a great aerobic activity both for the body and mind. No partner or special shoes needed. Some experience is needed. Clogging is described as "total exercise," meeting the five criteria for a well-rounded exercise program.

Forever...in motion
http://www.spra.sk.ca/programs-services/physical-activity/ForeverInMotion/
This collaborative strategy focuses primarily on individuals living in seniors' congregate housing and condominiums or those that attend churches, day programs and community programs, to reach and improve health through physical activity for the older adult population. Saskatoon Health Region has been working on developing, implementing and evaluating the Forever...in motion program since 2002 as a way to make accessible physical activity opportunities available for older adults.

Fitness Forever (U.S.)
http://www.fitnessforever.com/
A nationally recognized, hospital-based program featuring exercises, with big band music, that will enhance and maintain the good health and fitness of seniors. Follows the new American College of Sports Medicine Position and Recommendations, "Exercise and Physical Activity for Older Adults."

Langley Senior Resources Society (BC)- Recreation and Resources for adults age 50+
http://lsrs.ca/
Regular recreation program includes yoga, osteo-fit exercises, Tai Chi, Chair Fit, other fitness classes. Also has an Adult Day Program for adults with diminished abilities, includes recreation and fitness activities such as bowling (adapted for wheelchair or seated if needed), carpet bowling, chair fitness, osteo-fit, interactive Wii games, gardening, etc.

Monterey Recreation Centre in Oak Bay (BC) – Fitness 50 Years & Over classes
http://oakbay.ca/parks-recreation/programs/50-years-over
Offers various fitness class options, such as Boomer Boot Camp, Fall Prevention Balance Class, Fit For 50 +, Gym Basics, Pilates, Strength Training for Special Populations, Yoga.

A Summary of Seniors Service Models (compiled for Let’s Get Serious about Seniors BCRPA Symposium 2012)
http://www.bcrpa.bc.ca/training_symposium/symposium/documents/2012PresentationsforWebsite/C6/Servicemodelsforseniors%5B1%5D.pdf

City of Kamloops Active Aging Programming
Offers a variety of programming including aquafit, balance matters, circuit training, and specialty classes such as osteofit, fitness for those receiving cancer treatment and those at risk for chronic diseases such as heart disease and diabetes.

**Older Adult Programs and Services Database**
http://www.rgpc.ca/oapsd/
An example of how to organize and present data to seniors, online. This Searchable database of programs for older adults in the Hamilton, Haldimand, region is useful for searching examples of different types of facilities, centres and programming available from both the public and private sector. It is searchable by region and subject matter as well as keyword.

**NWT Recreation and Parks Association**
**Elders in Motion program**
http://nwtrpa.org/rpa/?page_id=55
Elders in Motion (EIM) is a series of fitness training programs that enable participants to develop community recreation or home setting programs for Elders. Elders in Motion aims to improve access to physical activity for Elders living in the NWT.

**Recreation and Parks Association of the Yukon (RPAY), Active Yukon**
**Seniors Days**
http://www.rpay.org/content.php?id=56&s=elderactive#result
The Canada Games Centre is open to Seniors 55 and over every Wednesday, for activities like Drop-In Carpet Bowling, Drop-In Shuffle board, Fill in Games, etc., in addition to the available activities in the Games Centre such as swimming, the fitness room, walking track, and virtually everything in the Centre which is offered by the City. Other options include Indoor Golf, fitness classes, walking on the indoor track and drop in sports which include basketball, tennis and soccer.

**SAGE – Sage Advice and Gentle Exercise**
http://www.community-care.on.ca/services/community-health-centre/exercise-for-seniors/
Community Care’s Sage Advice and Gentle Exercises for Seniors (SAGES) is a falls prevention program that focuses on gentle exercise and education to help limit risk of falling. Designed to improve strength and balance, this program will help to maintain independence.

**The Seniors Active Maintenance (SAM) Program**
http://www.samprogram.ca/
This is a day program for seniors and adults with diminished abilities, and is offered in three community-based centers. Activities are planned for the participants on a daily basis. Each day consists of a variety of activities that have been created to maintain and enhance the well-being of the participants/clients. Refreshments and a noon meal are also provided on a daily basis. The SAM Program is a not-for-profit organization serving Hamilton since 1981 and Halton since 1993. Includes resources such as **Stimulate-Activate-Motivate**, which has over 200 pages of fun activities, crafts and recipes!
The Intergenerational Way
This intergenerational guide is based on the activities written by the SAM Program Therapeutic Recreationists in 1999. Over 130 pages of fun intergenerational activities, pictures and instructions. The cost is $25.00 plus shipping and handling.

SAM S.T.E.P.S. To Exercise
This manual and DVD was developed by Sandy Sheffield Young and the SAM Program staff based on the Exercise Program within the SAM Program. This resource can only be purchased with training. The cost is $100.00. Training costs not included.

Sackville Hill Senior's Recreation Centre Dance Programs
http://lin.ca/success-story-details/18884
Traditional Line, Belly, Tap, Zumba and Jazz are a few of the dance forms you can sign up for at Sackville Seniors Rec Centre.

SMART: Seniors Maintaining Active Roles Together
http://lin.ca/success-story-details/12128
Functional exercise program for older adults taught by trained volunteer instructors. Fitness classes are designed to improve well-being, promote healthy aging, maintain independence and decrease the risk of falls. The program addresses health issues such as osteoporosis, arthritis, stroke, diabetes and stress. Volunteer instructors are trained through the VON SMART education program

Active Aging - Resources

Age-Friendly Communities
Making cities and communities age-friendly is one of the most effective local policy approaches for responding to demographic ageing. The physical and social environments are key determinants of whether people can remain healthy, independent and autonomous long into their old age. (World Health Organization)

Public Health Agency of Canada – Age-Friendly Communities
The Public Health Agency of Canada not only provides a broad overview of what an age-friendly community consists of, but also provides resources and the opportunity to become part of the Pan-Canadian Age-Friendly Communities Network. The network provides publications, information and resources, promising practices for implementing the age-friendly communities’ model, share experiences from communities across Canada and invitations to free interactive online webinars.

WHO Age-friendly Environments Programme
http://www.who.int/ageing/age_friendly_cities/en/
The World Health Organization Age-friendly Environments Programme is an international effort to address the environmental and social factors that contribute to active and healthy ageing. This website provides resources as well as an opportunity to join the Global Network of Age-Friendly cities and communities. With the Network, WHO provides a global platform for information exchange, and mutual support through the sharing of experience. Furthermore, WHO provides guidance and promotes the generation of knowledge on how to assess the age-friendliness of a city or community, how to integrate an ageing perspective in urban planning and how to create age-friendly urban environments.

Global age-friendly cities: a guide
The purpose of this guide is to engage cities to become more age-friendly so as to tap the potential that older people represent for humanity. It describes the converging trends of rapid growth of the population over 60 years of age and of urbanization, outlines the challenge facing cities, and summarizes the research process that led to identifying the core features of an age-friendly city.

Age Friendly Communities – Tools for Building Strong Communities
http://afc.uwaterloo.ca/
The University of Waterloo has developed a comprehensive website with tools and resources to help guide communities towards developing solutions to become more age friendly – in a way that best suits your community’s unique needs.

Age-Friendly Manitoba Initiative
http://www.agefriendlymanitoba.ca/
Launched in March 2011, the Age-Friendly Manitoba Initiative Web site is an online, one-stop resource centre that will provide Age-friendly communities with information, discussions, resources, and identify key persons to assist communities in becoming more age-friendly.

Gender Specific

Canadian Association for the Advancement of Women in Sports
www.caaws.ca/women55plus
CAAWS has various programs and resources for women age 55 and up.

The CAAWS 55 to 70+ PROJECT for ‘young senior’ women
Focus groups and national research resulted in the development of new resources, delivery of workshops and training of Master Trainers throughout Canada. Numerous regional workshops across Ontario have taken place and 35 pilot projects are currently underway. These pilot projects are aimed at starting or enhancing sport and physical activity opportunities for women 55-70+ for things like soccer, pickle ball, nordic pole walking, synchronized skating and so much more. The idea is for women 55-70+ to not only participate but lead these activities for themselves, their peers and their communities… as many have said… “we’re just getting started!”
Tools and resources from CAAWS
http://www.caaws.ca/women55plus/resources.cfm
Examples include:

- **Making the Case: Physical Activity and Women 55-70+** - a business case document that builds the rationale for stakeholders to seek funds/commitments from decision-makers to develop initiatives specifically targeted for women 55-70+

- **Women 55-70+ in Sport & Physical Activity Images** - a DVD of 230 physical activity photos of women 55-70+ to use on marketing materials, websites or other communications- cost $10 plus $3 shipping

- **Women 55-70+ and Physical Activity Fact Sheets** - a series of fact sheets with helpful hints and examples, based on what women told us, e.g., Building Capacity to Deliver Physical Activity Programs, Services and Environments for Women 55–70+, Marketing and Communicating Physical Activity Initiatives to Women 55–70+, and others

**E-Newsletter** for which you can select “News on Physical Activity and Women 55 to 70”
http://www.caaws.ca/email/new/index.cfm

**ProMOTION Plus – Girls and Women in Physical Activity and Sport**
http://www.promotionplus.org/content/home.asp
ProMOTION Plus is the British Columbia organization for girls and women in physical activity and sport. The organization offers a grant program developed to provide opportunities to participate in sport for non-active women age 55 and over in all regions of BC.

**Égale Action**
http://www.egaleaction.com/
Le seul organisme dédié exclusivement à la cause de tous les femmes dans le sport et l’activité physique.

**Associations**

**Active Living Coalition for Older Adults (ALCOA)**
http://www.alcoa.ca/e/index.htm
ALCOA “strives to promote a society where all older Canadians are leading active lifestyles that contribute to their overall well-being.” Resources here include: Active Living Tip Sheets; Aerobic Fitness for Older Adults; The Power of Strength Training for Older Adults; Ageism and Active Living: Recognizing Social Barriers to Older Adult Participation; ICAA Strategy Session 2005: Motivation and Reward Systems That Encourage Activity - Post-Event Summary Report (This report presents three priority issues related to physical activity among older adults, listing barriers and solutions for each); and, many more.

**Alberta 55 Plus**
http://www.alberta55plus.ca/default.aspx
“We promote participation and action and have generated a unique spirit of cooperation across the province. The association believes that sport and recreation development for mature adults...
is a provincial issue. It has a direct bearing on the quality of life in this province and it can become a way of life for the individual and the province as a whole.”

This organization promotes the Alberta 55+ games, and publishes a tri-annual newsletter Senior Moments to inform about sporting events, workshops and sport clinics, events, competitions and social happenings around the province.

**Alberta Centre for Active Living**
http://www.centre4activeliving.ca/category.cgi?c=1

Many resources available for both fitness and wellness, some for download, and others to be ordered. Some examples (and there are many more):

- **Acting Our Age: Older Adults Engaged in Physical Activity** - a binder that contains a VHS video and a discussion guide booklet. "Acting our Age will deepen your understanding of the successes, barriers, and challenges faced by older adults around physical activity." (26 min. video)
- **Ever Active Adults: Facilitator’s Manual - Opportunities for Active Aging Through Education and Policy** - addresses the significant gap in the training required by Activity Coordinators working with older adults in lodge settings as well as outline the basic components of physical activity programming.
- **Guides and booklets** relating to PA and older adults
- **Home Support Exercise Program (HSEP) in Alberta** – an evidence-based exercise program for home bound older adults that contributes to independent living and fall prevention. Facilitator training in Alberta is supported by the Alberta Centre for Active Living.
- **Physical Activity Counselling Toolkit** - various plain language resources you can use as handouts when counselling clients about different aspects of physical activity. In addition, you can also look up references and follow helpful links to other practical resources.

**Canadian Centre for Activity and Aging**
http://www.uwo.ca/actage/

Promotes physical activity and the well-being of older adults through a combination of basic and applied research, educational resources and community-based programs. Basic and applied research activities are the foundation of the CCAA’s community-based physical activity classes for seniors and the leadership training courses for individuals who work with the aging population. The Centre’s website contains a variety of tools and training products for those working with seniors. Their publications’ section contains comprehensive project reports, newsletters and a collection of research papers published in various scientific journals.

One of the most significant resources available on this site is the report entitled “**Best and Leading Interventions in Physical Activity Programming for Older Adults**”. (http://www.uwo.ca/actage/pdf/2011-BPP%20Report%20Web.pdf)

In November 2010 the Public Health Agency of Canada (PHAC) contracted the Canadian Centre for Activity and Aging (CCAA) to review and recommend evidence-based physical activity programs and interventions for older adults for inclusion on the Canadian Best Practice Portal. The Portal is a “virtual front door to community and population health interventions.
related to chronic disease prevention and health promotion”. (More information on the portal can be found under the section Government and Government Agencies) Access to these evidence-based and successful interventions will help to improve the health and quality of life of older Canadians. Physical activity providers and older adults alike will have access to interventions that can be replicated in order to promote positive changes in health of older Canadians.

**Canadian Association for Retired Persons (CARP)**
http://www.carp.ca
Although this organization’s prime mandate is advocacy for retired persons, they do offer access to discounted health benefits for their membership including discounts for health clubs and access to a personal health concierge.

**Réseau FADOQ**
http://www.fadog.ca/en/
The largest association of Quebeckers over 50 and THE reference in terms of quality of life for Quebec seniors. This organization runs the Quebec Senior Games where winners go on to compete nationally and internationally. There are opportunities to play hockey, tennis, curling, golf and cycle against Quebecker from across the province. The association also produces a set of simple illustrated exercise guides.

**Go Ahead Seniors Inc**
Go Ahead Seniors Inc. is a provincial (New Brunswick), bilingual, non-profit organization incorporated in 1996. Their mandate is to empower older adults to take actions that will lead to a better quality of life, help maintain independence and effectively promote positive changes. The Healthy Active Living Program is an innovative bilingual program aimed at helping New Brunswick older adults make more informed choices about their health and well being through health education, personal empowerment and prevention.

Older adults gain information and discuss areas of concern through eight central themes including: Understanding Aging, Healthy Aging, Wise Use of Medication, Stress Reduction, Physical Activity, Healthy Eating, Falls Prevention, Personal Safety & Housing Considerations, Understanding Hearing Loss, Seniors and Fraud and Senior Abuse & Neglect. All sessions are free of charge.

**Government and Government Agencies**

**The Canadian Best Practices Portal – Public Health Agency of Canada**
http://cbpp-pcpe.phac-aspc.gc.ca/
This enhanced Portal provides resources and solutions to plan programs for promoting health and preventing diseases in communities across Canada. The site consolidates multiple sources of trusted and credible information in one place, making it a one-stop shop for busy health professionals and decision-makers.
Seniors and Healthy Aging Secretariat – Manitoba
http://www.gov.mb.ca/shas/index.html
Seniors and Healthy Aging is part of the department of Healthy Living, Youth and Seniors. The website contains resources for seniors on all aspects of community living. There is a specific resource manual for recreation access as well as a section on the Age-Friendly Manitoba Initiative.

Seniors and Healthy Aging – New Brunswick
http://www2.gnb.ca/content/gnb/en/departments/social_development/seniors.html
A variety of resources for Seniors and their service providers. Included are healthy aging tips for seniors and access to a public service campaign entitled Active Living Never Gets Old.

Recreation Nova Scotia – Connecting Seniors to Active Living and Physical Activity
http://www.recreationns.ns.ca/resources/connecting-seniors/
Connecting Seniors to Active Living Project is the combined effort of Recreation Nova Scotia, Nova Scotia Department of Health Promotion & Protection and the Nova Scotia Department of Seniors. This project represents a commitment to the first steps toward improving active living and physical activity levels of older adults in Nova Scotia.

Canadian Physical Activity Guidelines for Adults 65 and older
From the Canadian Society for Exercise Physiology (CSEP)
http://www.csep.ca/CMFiles/directives/CSEP-InfoSheets-older%20adults-FR.pdf - French
A one-page brochure outlining the recommended amounts of physical activity, levels of intensity, benefits of PA, and tips to get moving.

BC Recreation and Parks Association – Active Aging
http://www.bcrpa.bc.ca/recreation_parks/active-aging
The BCRPA offers a few resources on active aging including a Move for Life DVD, an Active Communities Initiative Consultation Report and Literature Review and a Planning for Healthy Aging Literature Review.

PEI Department of Health and Wellness – Living a healthy life
http://www.gov.pe.ca/health/livingahealthylife
This site provides an array of general resources and links. The most valuable to the 50+ market would be the Living a health life program. This is specifically designed for people with ongoing health conditions overcome daily challenges and maintain active, fulfilling lives.

Go4Life – The National Institute on Aging (U.S.)
http://go4life.nia.nih.gov/
Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines are the essential
elements of Go4Life. Go4Life offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. The Go4Life campaign includes an evidence-based exercise guide in both English and Spanish, an exercise video, an interactive website, and a national outreach campaign.

Courses for Trainers/Fitness Instructors of Older Adults

Older Adult Fitness Specialist program from Canadian Fitness Professionals (CanFitPro)  
A comprehensive program designed to provide fitness and health professionals with education to help them make safe and effective decisions when developing and delivering activity and exercise programs for the older adult. It includes the Older Adult Fitness Specialist Course Manual, which is used for the Older Adult Fitness Specialist course and certification exam. CanFitPro worked with renowned Canadian and International authors to create a cutting edge resource that captures all the necessary components of fitness for older adults.

YMCA Fitness Education Centre courses  
http://www.ymcaywca.ca/Adults/educationcentre/  
- this one is in the Ottawa area  
After a participant has completed a Basic Theory course, covering an introduction to anatomy, nutrition, training and types of fitness leadership, they can specialize in various areas including Older Adult Specialization. This program is designed to build on your knowledge of fitness for the aging population. It includes physiology of the “wise age,” aerobic components, ball stability, strength and conditioning.

Seniors Fitness Instructor Course (SFIC) – through the University of Western Ontario  
http://www.ccaa-outreach.com/courses/show,1.htm  
This is a certification program for anyone (older adults, young adults and volunteers) who wants to learn how to design and lead effective fitness classes for seniors. This comprehensive course consists of 36 hours of in-class training (16 hours of in-class training for the shorter Fast Track).  

International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults Through the Active Aging Community Center  
The purpose of the International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults is to: ensure safe, effective, and accessible physical activity and fitness programs for older adults; develop competent physical activity instructors of older adults;  
- provide more consistency among instructor training programs preparing physical activity instructors of older adults; inform administrators, physical activity instructors, and others about the minimum training guidelines recommended by the profession when recruiting physical activity instructors of older adults;  
- clarify the definition and role of a physical activity instructor for older adults;  
- establish the level of expertise required to help protect instructors and other facility staff from litigation (lawsuits).
Grand Prairie Regional College - Active Aging Fitness Practitioner - Certificate Program
The certificate program is designed to enhance a degree in Bachelor of Physical Education, Bachelor of Science in Kinesiology or Bachelor of Science in Nursing. Courses in the program can be taken on a full-time or part-time basis either on-line or in a class room setting.

Fitness and Wellness Tips/Blogs/Newletters

New Brunswick forever in motion physical activity and healthy eating resource guide for older adults
This guide is a reference for ideas to get older adults in motion. New Brunswick in motion, the Healthy Eating Physical Activity Coalition of New Brunswick(HEPAC) and the Senior and Healthy Aging Secretariat have worked together to produce this guide. This guide is also useful to health care practitioners who wish to prescribe physical activity to their clients/patients as part of their overall health care plan.

50Plus.com
http://www.50plus.com/category/home/
This site includes fitness, wellness, lifestyle, and more tips for adults 50+
http://www.50plus.com/category/health/tag/fitness/
This section of the site posts news items specifically related to fitness for older adults.

Growing Stronger - Strength Training for Older Adults
http://www.cdc.gov/physicalactivity/growingstronger/index.html
An on-line program for older adults from the Centers for Disease Control and Prevention, based upon sound scientific research involving strengthening exercises—exercises that have been shown to increase the strength of muscles, maintain the integrity of bones, and improve balance, coordination, and mobility. It includes sections on benefits, tips, preparation, intensity information, illustrated exercises, tips on progressions and for staying on track.

International Council on Active Aging (Vancouver Head Office)
http://www.icaa.cc/
Many resources here, including an annual conference (just completed, Dec), a Changing the Way We Age® Campaign, an Active Aging Week, which has locally planned events that focus on healthy lifestyles, exercise, strength training, health and fitness assessments, and more. It also has a Welcome Back to Fitness toolkit http://www.icaa.cc/welcomeback.htm which includes tips, facility checklist, etc. One of the items in the toolkit is an age-friendly equipment features checklist http://www.icaa.cc/welcomeback/equipment.pdf. There are also guides on choosing personal trainers and fitness facilities. Its Walking center section http://www.ipfh.orghttp://www.thorlo.com provides many resources on scientifically based walking information and programs.
Books, Videos etc

Human Kinetics
Books, videos, articles, online courses, software, studies, etc., and other links
http://www.humankinetics.com/activeaging
Many physical activity, fitness, and wellness resources for purchase and some to download in the Active Aging section. Examples include Fitness and Nutrition, Senior Sports, Instruction and Programming for Older Adults, Exercise Programming for Patients with Alzheimers, and many more.

SPRA Resource Centre
http://www.spra.sk.ca/resources-and-advocacy/information/
Resources Available:

**Functional Fitness assessment for adults over 60** By Roy J. Shepard
Uses current information for non invasive assessment of the older adult that can be conducted in a field based setting using large numbers of individuals. Comparisons can be made to age and sex related norms.

**Healthy happy aging : a positive approach to active living**/ Yvonne Wagorn, Sonia Theberge, William A.R. Orban

**Active older adults: Ideas for Action**, edited by Lynn Allen
This manual is for activity directors and program administrators who work with older adults. It contains 15 award-winning fitness programs for seniors, with directions for implementation.

**Armchair Fitness for Seniors: Dance Aerobics, & Strength Improvement** by Betty Switkes (DVDs)
Safe exercises for people who do not want to exercise standing unaided. Benefits of this program used 2-3 times a week include strengthened heart and lungs; lower blood pressure; improved circulation, flexibility and coordination; increased stamina and muscle strength; stabilized blood sugar for diabetics; and enhanced sense of well-being and reduced susceptibility to depression.

**Healthy seniors [compact disc] : for seniors, aqua, step, dance / Fitness Beat**

**Jumpstart for Seniors**
A selection of piano music suitable for low-impact fitness routines. Includes a 30-min Program I and a 15-min Program II.

**Kathy Smith’s WALKFIT for a better body / Kathy Smith with Susanna Levin.** Book:
This is a complete program based walking. From warm-up stretches to sure-fire techniques for building speed, strength, and endurance, this book is designed for seniors, teens fitness buffs, the overweight, expectant and news moms.

**Medicine Ball for All Training Handbook**
Complete medicine ball training guide for youth, adults, and seniors. Begins with the basics of medicine ball training and continues through advanced program design considerations. Covers potential health and fitness benefits, how to choose the right medicine balls, safety considerations, training principles, program variables, individual evaluation, program prescription, warm-up and warm-down exercises, lower and upper body, specialty, reaction, stability, core, and flexibility exercises, samples workouts, etc.

**Strong and Safe: Body strength Workout** by Cindy Kozacek – DVD
Toning/balance workout. Focuses on range of motion and functional fitness - moves you use in everyday activities. Demonstrates a variety of modifications and intensities (seated, easier, harder variations) A fast-paced warm-up, then a medley of multiple-muscle-group exercises (e.g. a lower-body squat combined with an upright arm row). Requires 2 to 5 lb. dumbbells and an X-ertube.

**Super Seniors** with Megan McCracken DVD
A comprehensive program that incorporates the three basic fitness elements: cardio, balance and toning. Starts with fat-burning, heart-strengthening aerobics, followed by rotations and stretches in the balance and flexibility segment and ends with classic muscle toning moves like leg lifts and bicep curls (both standing and seated in a chair). Has modifications for seniors-specific conditions and includes a pre-workout tutorial. 2 to 5 lb. ankle weights are suggested.

**Walkaerobics for seniors** [VHS videorecording] : the first step to fitness / Stash Furman and Norma Goodridge Furman.
Specially designed for seniors, with various levels of difficulty.

**YogaFit Seniors** by June Shaw – video
Includes variety and modifications, and offers an individualized safe and effective workout for seniors at any fitness level.

**Strong Seniors**
http://www.strongerseniors.com/

**Senior Exercise DVD Programs Designed to Enhance Your Life**
The Stronger Seniors Program focuses on improving the Body, Mind, and Spirit of senior citizens, those with limited mobility or recovering from injury or illness.

**FITBRIT Seniors Home Workout**
http://www.youtube.com/watch?v=H8xM-0YduBs
Home workout video for seniors. Also a great resource for recreation professionals as it has a four step program that can easily be brought to the recreation centre.

Generations Being Active Together: Guidelines for Intergenerational Physical Activity Programs
http://lin.ca/resource-details/12810
Includes nine key guidelines to address in the design, implementation and evaluation of intergenerational physical activity programs. What is essential to all IGPA programs is that there is an opportunity for fun, safe and active participation by all. Also includes activity examples.

Helpguide.org – Senior Exercise and Fitness Tips
http://www.helpguide.org/life/senior_fitness_sports.htm
Includes steps for getting started and to create a balanced exercise plan. Also includes tips on how to continue your plan when your routine is disrupted by vacations, caring for an infirmed spouse etc.

Senior Exercise - Daily Routine for Strength and Balance
https://www.youtube.com/watch?v=ok1gB28LaWs
TaiChiHealthProducts.org presents an 8-minute daily movement routine. Join in with Instructor, Don Fiore. TaiChiHealthProducts.org specializes in Senior Health and Exercise Programs with DVDs, a Meditation CD, and other materials in the works. Used by people with physical challenges, such as Parkinson, and those recovering from surgery, a stroke, heart ailments and stress.

Dealing with Difficult Participants by Dave Arch
http://books.google.ca/books/about/Dealing_with_Difficult_Participants.html?id=uOgNAAAACAA&redir_esc=y
If you deal with difficult participants in your training sessions, you know the destructive effect they can have on their own learning, as well as on the group's learning process. This helpful guide book provides you with the knowledge and skills needed to deal with almost any difficult participant. You'll learn first how to identify the types of difficult participants, and then how to decide which technique (127 in all) is best suited for dealing with that individual. Finally, you'll learn the steps of each technique and how to achieve maximum results.

How to Deal with difficult participants
Although like the resource above, this is not older adult specific, it does include some great advice on how to work with difficult people. It was also developed for a very trusted organization, the United Nations. Also available is a section entitled Participants who create problems: how to deal with them.

Equipment

Parent Giving Store – The Ultimate Senior Care Resource
The buyers’ guide offers a brief description of various equipment ideal for seniors physical activity and training. Equipment includes the Exercise Peddler, Heart Rate Monitor, Pedometer, Resistance exercise bands and cuff weights.

Livestrong.com – Exercise Equipment for Seniors
http://www.livestrong.com/article/17947-exercise-equipment-seniors/
This blog article discusses ideal exercise equipment for seniors including cushioned step machines and pool noodles.

General Links

Provincial, Territorial and Regional Recreation Associations
Alberta Recreation and Parks Association
Association des travailleurs et travailleuses en loisir du Nouveau Brunswick
Association Quebeçoise du loisir municipal
British Columbia Recreation and Parks Association
Newfoundland and Labrador Parks and Recreation Association
Northwest Territories Recreation and Parks Association
Parks and Recreation Ontario
Recreation PEI
Recreation and Parks Association of the Yukon
Recreation Connections Manitoba
Recreation New Brunswick
Recreation Nova Scotia
Saskatchewan Parks and Recreation Association
North Eastern Ontario Recreation Association (NeORA)
YRAC (York Region Aquatic Council)

Canada 55+ Games and Provincial Counterparts
Canada 55+ Games
Alberta Senior Citizens Sport & Recreation Association
ALCOA-MB
British Columbia Senior Games
FADOQ
New Brunswick 55+ Games
NWT Seniors Society
Nova Scotia 55+ Games
Ontario Senior Games Association
PEI 55 Plus Senior Games Society
Saskatchewan Senior Fitness Association Inc.
Yukon Elder Active Recreation Association