

## Fitness Leaders Job Description

The Minds in Motion® fitness leaders are certified professionals who are passionate about working with older adults and are responsible for delivering a safe, stigma-free and fun-filled environment. They also accept that participants will arrive with a varying level of ability and mobility.

The Minds in Motion® exercise program focuses on mindful activity while integrating the following core elements into each 50-minute exercise session:

- Warm up
- Cardiovascular conditioning (seated and/or standing)
- Cool down
- Strength conditioning
- Stretch

## Responsibilities

- Ensure participants understand your role, their role and the purpose of the exercise session
- Maintain a clutter-free exercise space for participants and focus on safety, not sets
- Encourage participants to share any physical concerns or limitations with you
- Provide modifications to exercise, when needed
- Engage socially with participants before and after each session
- De-brief with the lead facilitator after each session regarding any participant issues
- Attend the annual Minds in Motion® development ½ day of training
- Notify the lead facilitator in a timely fashion when conflicts in your schedule arise

## Qualifications

- Current First Aid and CPR certification
- Completion of post-secondary schooling in community recreation studies, kinesiology, human kinetics or health sciences and/or certification in provincial or national accredited exercise council or curriculum
  - Preference for leaders who have taken the active older adult module

## Experience

- A minimum of two years' experience leading exercise to music group fitness programs for older adults
- Personal or professional experience with Alzheimer's disease or other dementias

**Pay Rate:** \$38 per hour based on 8-week contract

To apply, send in your resume to:

**Kathy Diehl Cyr**

**Minds in Motion® Program Manager**

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