

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

There are currently 8 Minds in Motion® locations in Winnipeg. The Alzheimer Society of Manitoba is looking for support at the following 2023 locations:

- Riverwood Square: Tuesdays, 10:00-11:00 a.m. October 10 to November 28
- Dakota Community Club: Tuesdays, 1:00-2:00 p.m. October 10 to November 28
- St. James Assiniboia 55+ Centre: Tuesdays, 1:30-2:30 p.m. October 10 to November 28
- Chalmers Community Centre: Thursdays, 10:30-11:30 a.m. October 12 to November 30
- St. James Civic Centre: Fridays, 1:00-2:00 p.m. October 13 to December 1

There is currently 1 Minds in Motion® locations in Brandon. The Alzheimer Society of Manitoba is looking for support at the following 2023 location:

- Senior for Seniors Co-Op Inc.: Thursdays, 1:30-2:30 p.m. September 20 to November 8

Responsibilities

- Understand varying levels of participants to develop an exercise program that is safe and inclusive for everyone
- 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 (October)
- Notify the lead facilitator in a timely fashion when conflicts in your schedule arise

Qualifications

- Current Level C First Aid and CPR certification
- Completion of post-secondary schooling in kinesiology, human kinetics or health sciences and/or certification in provincial or national accredited exercise council or curriculum (i.e. Manitoba Fitness Council)
 - 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 is considered an asset

Pay Rate: \$38.00 per hour based on 8-week contract

To apply, send in your resume to:

Nicole McDonald, Dementia-Friendly Community Program Manager

Email: nmcdonald@alzheimer.mb.ca

For more information, please call the office at: 204-943-6622 (Winnipeg) or 1-800-378-6699 (Manitoba).