

## 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 several Minds in Motion® locations in Winnipeg. The Alzheimer Society of Manitoba is looking for support at the following two 2024 locations:

- Riverwood Square: Tuesdays, 10:00-11:00 a.m. October 15 to December 3
- Faith Lutheran: Thursdays, 1:00-2:00 p.m. October 17 to December 5

Sessions will renew in winter session (January 2025) and spring session (March 2025) and will need continued support for 8-week periods.

### 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:** \$45.00 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](mailto:nmcdonald@alzheimer.mb.ca)

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