

Tuesday October 19
10:30 a.m. to Noon

Health and Fitness Project

The health and Fitness Project was written for the Oshawa Senior Citizens' Centres for the purpose of facilitating and providing necessary tools to seniors to establish healthy lifestyle choices, enabling seniors to enjoy good physical and mental health and a high quality of life as they age. The facilitators will share the results from the research of a successful Health & Fitness initiative implemented at the Oshawa Senior Citizens Centres that promotes healthy living and disease prevention

Key Learning Objectives:

1. Key findings from research done by Older Adult Fitness Consultant, Toni Johnston, on what older adults want and need from seniors centres to establish/maintain a healthy lifestyle;
2. Successful fitness and nutrition initiatives -including tools and programs developed for seniors to maintain a healthy lifestyle, enhanced nutritional choices at our centres, and
3. The development of educational seminars to prevent/live with chronic illness.

Kim Evans is Leisure Programs Manager at the Oshawa Seniors Citizens Centre and has been a part of the implementation of the Health & Fitness initiative for the past year. Along with Programs and Services Director, Colleen Zavrel, Kim worked with and hired the Health & Fitness Initiative Consultant, Nutritional Advisor, Personal Trainer

and Project Coordinator as well as established a team of Senior volunteer advisors to implement the Health & Fitness project.

Toni Johnston is a Registered Nurse, a Seniors Fitness Specialist and President of Active 4 Life Inc. She has been in the fitness industry for 13 years. Toni leads low impact seniors exercise classes for over 250 older adults in the communities of Oshawa and Markham. She has been instrumental in the design and production of Low Impact Exercise DVDs for Older Adults and has presented to several organizations on the benefits of exercise and physical activity. Most recently, she has created and written the Health and Fitness Project for the Oshawa Seniors Citizens Centres and has provided her expertise to assist with its implementation.