



Adult & Older Adult Fitness and Physical Literacy

Programming for adults geared towards encouraging Active, Healthy Lifestyles.



Physical Literacy



"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life."

- The International Physical Literacy Association, May 2014.



Physical Literacy & Active for Life







RACKAfracka ^{by} Fritz



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TEACHING A OLD
DOG NEW TRICKS.

Fitness vs Physical Literacy



Physical Literacy Movement Preparation

Accelerate

High Knees

Step Over

Backwards

Mobility

Hurdles

Direction Changes

Lateral Crossovers

Rolling Plank

Fast Feet

Skip

Weaving Drill

Dynamic Balance

Drop and go

Agility Ladders

Neuromuscular Engagement





Where to find the guide & progressions

<http://www.playcalgary.ca/resources/active-for-life/>

<https://www.calgary.ca/CSPS/Recreation/Pages/Physical-Literacy.aspx>

City of Calgary Gentle Fitness Programs

Level 1

Level 2

Level 3



Level 1 – Posture & Alignments

Slow paced exercise classes focussing on functional movements, fall prevention and strength exercises. Primarily a seated class.

- Significant limitations to exercise.
- Capable of 0 – 15 minutes of continuous physical activity.
- Mobility issues, may be at risk of a fall, may use mobility devices.



Level 2 – Functional Movements

Moderately paced exercise classes focussing on increasing functional capacity, balance and mobility, muscle strength and aerobic endurance. Seated and standing components.

- Some limitations to exercise.
- Capable of 15 - 30 minutes of continuous physical activity.
- Mild-moderate balance and / or mobility issues, may use mobility aide.



Level 3 – Active Agers & Gentle Movers

Moderately paced exercise classes focussing on improving participant's functional strength and on increasing aerobic endurance. Primarily a standing class.

- Little to no limitations to exercise.
- Capable of doing 30+ minutes of continuous physical activity.
- No significant mobility issues.







Displaying Levels & Information

Title:

Strength & Stretch (Gentle Fitness Level 2)



Where to get Information

Drop-in Programs:

www.calgary.ca/gentlefitness



Where to get Information

Registered Programs:

- Program Guide
- Customer Service Representatives
403 268-3800

<http://liveandplay.calgary.ca>



Where to get Information

Site Specific Information:

www.calgary.ca/pools

- Recreation Program Specialist



QUESTIONS???

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