

Steppin' Up With Confidence



Are you passionate about healthy, active aging?
Do you want to help others become or stay active?
Become a Steppin' Up with Confidence Leader!

What is Steppin' Up with Confidence?

It is a peer led exercise program that trains volunteers at no charge and supports them in offering free classes for older adults within their communities. Steppin' Up with Confidence is a program of Active Aging in Manitoba (AAIM) and was developed in partnership with the WHRA, University of Manitoba and the Manitoba Fitness Council.

Who should get involved?

All Manitobans 55 years of age or older with an interest in healthy, active aging and a desire to lead an exercise class for their peers.

What will you learn in the two day workshop?

- The importance of regular physical activity for functional ability.
- The proper way to do a variety of exercises specific to older adults.
- How to prepare and lead an exercise class for older adults.
- How Active Aging in Manitoba can continue to support you as a volunteer.

Continued Peer Volunteer Mentorship

You will also receive a Peer Leader Training Manual with all of the exercises and resources to help you begin an exercise class in your community.

All SUWC peer leaders will receive ongoing support from AAIM through the mentorship and support that follows the initial training.



Being peer leaders is a very enjoyable and satisfying experience because of the positive feedback from our enthusiastic participants...

-Christine Grywinski and Denise Gautreau, Peer Leaders

For more information or to get involved, please contact Active Aging in Manitoba:

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