



Community Physical Activity Advisor

Community Physical Activity Advisor (CPAA) Placements

Placement options:

Health Exhibit/Fair

At a health exhibit or fair, the CPAA will answer questions, and present information, handouts and demonstrations to a wide audience. The goal of the CPAA at a health exhibit/fair is to provide current physical activity information to the audience to encourage an increase in physical activity.

Presentation/Workshop

Usually presented in a lecture format, the Presentation is an information session of up to 60 minutes in length. Topics range, based on the needs and interest of group, and can include benefits of physical activity, risks of inactivity, tips for getting started, and goal setting strategies.

A Workshop is an interactive presentation where the learners take part in a practical component, such as an energizer or a goal setting activity, and is usually longer than 60 minutes.

Both presentations and workshops are designed to meet the interests and needs of a specified group, targeted at aiding the audience with incorporating physical activity into specific aspects of life.

Energizer

An energizer is an instructor-led activity session involving the participants. The Energizer involves light physical activity, and provides examples of the types of activities promoted in Canada's Guide to Physical Activity. The energizer lasts between 5 – 20 minutes.

REQUEST FOR CPAA PLACEMENT

Group requesting presentation:	
Time and Duration:	
Desired Program (indicate one):	<input type="checkbox"/> Health Fair/Exhibit <input type="checkbox"/> Workshop <input type="checkbox"/> Energizer
Date requested:	
Number of participants expected:	
Age Range of Audience:	
Location/address:	
Special considerations:	
Facilities (type of room):	
Any Particular Focus: (e.g.. Keeping Active in Winter)	
Contact Information (name, telephone number, email address, fax):	
Parking Availability:	

Complete this form and submit your request to:

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