

What is Choose to Move?

[Choose to Move](#) is a free and flexible program that provides participants with motivation and support to become more physically active and socially connected. Choose to Move can help participants integrate activity into their daily routine, meet new friends, and make a positive change to their lifestyle. Choose to Move can support older adults to become active, regardless of ability.

In this 3-month program, participants work with a trained activity coach to develop a personalized physical activity plan to meet their health goals. Participants **choose** activities that they will enjoy and are able to do. Participants will receive ongoing support from their activity coach and group members to help keep them accountable to their plan. They will share successes and challenges and learn new ways to live healthier, more active lives with a group of 10-15 participants.

Choose to Move is **NOT** a regular fitness program – participants do not meet to exercise together.

Choose to Move is **NOT** a structured personal training program, but it provides participants with motivation and resources to build more physical activity into their daily routine.

See a video with Choose to Move participants in action [here](#). Choose to Move is an initiative of the [Active Aging Society](#) and was developed by the [Active Aging Research Team](#) at UBC.

What support do participants receive?

Choose to Move participants will receive one-on-one and group support over 3-months, including:



A **one-on-one consultation** (30-minutes) with the activity coach. The consultation helps participants set health-related goals and develop a physical activity action plan that fits their routine and suits their interests, goals, abilities, and resources.



Group meetings (8 x 1-hour) facilitated by the activity coach where participants connect with others in their group to share experiences, encourage and motivate each other. Participants learn about various health topics (e.g., falls prevention, stress management, nutrition) and resources available in their communities. Activity coaches lead short movement breaks throughout the meetings to give participants an opportunity to move together.

Suggested schedule:

Week	1	2	3	4	5	6	7	8	9	10	11	12

Information sessions take place before the program starts to help participants decide if Choose to Move is right for them. Each participant is also screened for eligibility (e.g., not regularly active).

Who are activity coaches?

Activity coaches have varied backgrounds. All activity coaches have experience working with older adults and are aware of supports and services available in their community. A fitness background is not required, but is an asset. Organizations can have existing staff trained or hire someone new.

What support do organizations receive?

The Choose to Move support team at the Active Aging Society works with organizations to understand how Choose to Move might fit and complement existing programming and activities. Organizations who offer Choose to Move receive funding towards delivery costs.

Choose to Move can be adapted to meet the needs of diverse settings and organizations.

		The support team will...
Pre-delivery support	Adaptation support	<p>...meet with you to identify any adaptations that might be needed for Choose to Move to meet the needs of your community. Examples include:</p> <ul style="list-style-type: none"> ▪ Adjusting the program schedule ▪ Including volunteer support ▪ Integrating Choose to Move into existing offerings (e.g., lunch program)
	Recruitment/referral resources and planning support	<p>...support you to recruit Choose to Move participants. Support can include:</p> <ul style="list-style-type: none"> ▪ Recruitment strategy brainstorming ▪ Promotional material templates (e.g., posters) ▪ Sharing information about your programs with our referral network ▪ Registration screening tool
	Activity coach hiring support (if needed)	<p>...provide you with resources if you need to hire an activity coach, including:</p> <ul style="list-style-type: none"> ▪ Activity coach hours estimator ▪ Sample activity coach job description
	Activity coach training	<p>...train all activity coaches to deliver Choose to Move. Training takes place online (~7h to complete) and includes self-directed and interactive modules that cover:</p> <ul style="list-style-type: none"> ▪ Choose to Move program delivery details (i.e., one-on-one consultations, group meetings) ▪ Facilitation and group management skills ▪ Physical activity and behaviour change basics (for those without a fitness background) ▪ Physical activity and chronic conditions (for those without a fitness background)
Program materials	Program materials	<p>...provide template materials needed to deliver Choose to Move, including:</p> <ul style="list-style-type: none"> ▪ Group meeting guides/slides; select 8 topics from a menu of 20+ ▪ Participant intake forms ▪ Administrative documents (i.e., attendance record, delivery checklist)
	Participant materials	<p>...provide participant materials, including:</p> <ul style="list-style-type: none"> ▪ Action plans ▪ Group meeting summaries ▪ Activity log
Ongoing support	Ongoing support	<p>...be available to answer any questions throughout program delivery. The support team will schedule regular check-in calls during the first program, then as-needed.</p>
	Community of practice	<p>...host community of practice calls via Zoom with those involved in Choose to Move delivery (e.g. activity coaches). This is an opportunity for activity coaches and organizations to share their experiences with and learn from each other. Calls occur approximately quarterly for one hour.</p>