

## Why Does Our Community Need Healthy Living Peer Leaders?

- 17% of Wellington Dufferin Guelph residents are overweight. (Guelph Community Foundation, 2009)
- 52% of Canadian's are inactive. (CFLRI, 2008)
- At least 50% of Guelph CHC priority populations do not eat healthy at least some of the time. (Guelph CHC, 2006)

Physical activity and healthy eating can help prevent many chronic diseases. As a healthy living peer leader, you can help improve the health of your community!



**“Exercise is very important in all walks of life. By exercising we can keep control of all our major diseases like diabetes and high blood pressure.”**

*in motion Mondays participant*

For more information or to register for training please contact:

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# Healthy Living Peer Leader Project

Join us and become a volunteer healthy living peer leader in your community.

You'll learn to help others be physically active and eat well.



## Is this for me?

Becoming a healthy living peer leader may interest you if you:

- want to live in a healthy community
- want to meet others with similar interests
- like to help others



## What skills do I need to have?

To be a healthy living peer leader, you need to:

- have a passion for healthy living
- be good at working with people
- be well organized and reliable
- be able to speak and read basic English (because training will be in English)

## How It Works

Guelph CHC is offering training to people who want to volunteer in their community as healthy living peer leaders. To get started, you will need to attend three full-day training sessions:

- 1) physical activity training
- 2) healthy eating and group facilitation training
- 3) first aid & CPR training

All volunteers must also attend a two hour volunteer orientation session with Guelph CHC.

After you have attended these sessions, Guelph CHC will help you lead and organize activities within your community. As a healthy living peer leader you could be:

- leading a walking group
- running DVD exercise classes
- giving healthy living presentations
- sharing healthy eating tips with participants, friends and family
- matched with a community member for one-on-one mentoring

Your ongoing time commitment will be about one hour per week, plus a one hour monthly meeting with Guelph CHC. You'll also be expected to keep written record of your activities.

**Training sessions  
will be fun and informative!**

- Training is free of charge
- Food and childcare honorarium provided

## Peer Leader Training Important Dates

Healthy Living Information Night  
Thursday April 29  
7:00 – 9:00pm  
Shelldale Centre - Gym

Guelph CHC Volunteer Orientation  
for Health Living Peer Leaders  
Thursday May 6  
7:00 – 9:00pm  
Shelldale Centre - Jassy's Room

Physical Activity Training  
Saturday June 5  
9:30am – 4:30pm  
Shelldale Centre - Jassy's Room

Healthy Eating and  
Group Facilitation Training  
Saturday June 12  
9:30am – 4:30pm  
Shelldale Centre - Jassy's Room

First Aid and CPR Training  
Saturday June 19  
9:30am – 4:30pm  
Shelldale Centre - Multi-purpose Room