

Healthy Living in St. James Town

PHYSICAL FITNESS

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PHYSICAL FITNESS

Overall purpose of Healthy Living Project

- ▶ Knowledge
- ▶ Access
- ▶ Support

Healthy
Living in St.
James Town

PHYSICAL
FITNESS

Physical Fitness

- ▶ Why do we have Physical Fitness Programs

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Physical Fitness

- ▶ What are the Physical Fitness Programs

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PHYSICAL FITNESS

Physical Fitness

- ▶ Schedule of Programs

Healthy
Living in St.
James Town

PHYSICAL
FITNESS

Physical Fitness
▶ Permit details

Healthy Living in St. James Town

PHYSICAL FITNESS

What Outcomes

- ▶ Diversity of group: Cultures, Sex, Age
- ▶ Numbers: new people new cultures
- ▶ Behaviour Change:
- ▶ Goal Attainment
- ▶ Attendance

Healthy Living in St. James Town

PHYSICAL FITNESS

Measurement

- ▶ Attendance
- ▶ Testimonials: Video

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Measurement

- ▶ Pre and Post Test: When to take Post Test