

**AAALF is one of six national associations of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). It is a member-driven association that promotes active lifestyles for all individuals by facilitating the application of diverse professional interests through knowledge expansion, information dissemination, and collaborative efforts. AAALF is an advocate for issues affecting 12 special interest groups – individuals with disability; aquatics; college and university administration; aging and adult development; facilities and equipment; outdoor pursuits; minorities; international relations; measurement of physical activity; physical fitness; future professionals; and safety and risk management. The Council on Aging and Adult Development (CAAD) is a council within the American Association for Active Lifestyles and Fitness (AAALF). The purpose of this professional association is to promote and encourage professional services by providing quality leadership and programs for the elderly population in health, physical education, recreation, dance and related areas. AAALF's physical activity aging initiatives include the following two programs:**

### ***Fitness Programs for Older Adults (FPOA)***

AAALF and the Council on Aging and Adult Development, in partnership with Flaghouse, offer practitioners a series of low cost workshops to support continuing education needs of those working with older adults. This program offers “hands on” training workshops to fitness professionals working with seniors. These workshops provide innovative and exciting interventions and solutions to encourage physical activity and fitness for practitioners working with older adults. National experts specializing in exercise for older adults present half-day and full day workshops in various locations across the United States. Contact Rosie Barretta for more information @ 800-476-3432 or rbarretta@aahperd.org.



### ***TESA: Training and Encouraging Senior Activity Project***

The Training and Encouraging Senior Activity project is the result of collaboration between American Association for Active Lifestyles and Fitness (AAALF) and the National Senior Games Association (NSGA). The TESA project promotes physical activity for seniors 50 years and older by conducting national knowledge-based workshops for seniors, as well as for the professionals who work closely with them. The workshop purpose is to provide basic physical activity guidelines for older adults, as well as knowledge, skills, and motivation to empower older adults to become and remain more physically active. The TESA project is funded by the Centers for Disease Control and Prevention (CDC). Contact Heather Soler for more information @ 800-476-3455 or hsoler@aahperd.org.