

Volunteer Position Description

Arthritis Foundation Exercise Program (AFEP)

Position Title: Arthritis Foundation Exercise Program (AFEP) Leader

Purpose: Giving older adults the opportunity to find a healthy and productive social interaction is of the utmost importance. This is exactly what an AFEP leader does. The AFEP class leader creates a fun, effective, and easy to follow exercise class with cardio, strength, balance, and flexibility. Go above and beyond to help unite the older adult in Salt Lake County with fun and exercise.

Location: In-person at any one of the 15 senior centers located throughout Salt Lake County. Webex/Online presentation

Key Responsibilities: Organize a friendly and effective atmosphere in which to facilitate information to participants in a way that adheres to the fidelity of the program. This includes but is not limited to:

- Facilitate the class according to the curriculum
- Arrive 10 minutes early to set up workout space and greet participants
- Take attendance every class
- Obtain all registration forms return them to AFEP coordinator
- Develop relationship with clientele by greeting them and asking questions about their abilities to create a class suitable for them
- Contact participants when they are not in class

Length of Appointment: Teach one session (16 classes) within 3 months after training and an additional session within a year for a total of 2 sessions in a 1-year period.

Time Commitment: Two classes weekly for at least 16 sessions. CPR certification

Qualifications: Anyone who is comfortable being up in front of a group leading them through a workout. An AFEP leader needs to be friendly, fun, and dependable. It is helpful to have an interest in exercise and staying fit. Leaders must have a current CPR certification

Support: AFEP Coordinator. Online training: 10 hours self-paced. Aquatics Exercise Association (aeawave.org). Quarterly trainings with Salt Lake County Health Educators

Benefits: An AFEP volunteer leader leaves class knowing that they were a part of an experience that made a positive difference to those involved. By being a part of an older adult's opportunity to move their body in a friendly and safe social setting, you can change someone's life for the better.