

# Online Healthy Living Leader Training

## DAY 1

TIME	AGENDA	
9:30 – 10:00 am	<b>Opening Prayer, Introductions, Mentimeter, Housekeeping</b> I-SPARC	
10:00 – 10:15 am	<b>Ice Breaker Game</b>	
10:15 – 10:30 am	<b>BREAK</b>	
10:30 – 11:45 am	<b>Indigenous RunWalk Program Development</b>	<b>Honour Your Health Challenge Program Development</b>
11:45 – 12:15 pm	<b>ACTIVE SESSION Nordic Walking</b>	<b>ACTIVE SESSION Jigfit</b>
12:15 – 1:00 pm	<b>LUNCH</b>	
1:00 pm	<b>Return Leaders Join Us</b>	
1:00 – 2:00 pm	<b>Holistic Model (New Leaders)</b>	<b>Disability Inclusivity (Return Leaders)</b>
2:00 – 2:10 pm	<b>BREAK</b>	
2:10 – 2:15 pm	<b>Movement Break</b>	
2:15 – 3:15 pm	<b>Nutrition</b>	
3:15 – 3:30 pm	<b>Prizes and Closing</b> I-SPARC	

# Online Healthy Living Leader Training

## DAY 2

<b>TIME</b>	<b>AGENDA</b>	
9:30 – 10:00 am	Opening Prayer, Introductions, Housekeeping I-SPARC	
10:00 – 10:15 am	Ice Breaker Game	
10:15 – 10:30 am	BREAK	
10:30 – 12:00 pm	Mental Wellness	
12:00 – 12:30 pm	ACTIVE SESSION FitNation	ACTIVE SESSION Yoga
12:30 – 1:15 pm	LUNCH	
1:15 – 1:30 pm	Schools Promo	
1:30 – 2:30 pm	Traditional Medicine	Motivation Strategies
2:30 – 2:45 pm	HealthBeat Promo	
2:45 – 2:55 pm	BREAK	
2:55 – 3:00 pm	Movement Break FitNation Leaders	
3:00 – 3:45 pm	Indigenous RunWalk Admin and Leader Sharing	Honour Your Health Challenge Admin and Leader Sharing
3:45 – 4:15 pm	Evaluation Forms, Leader Recognition, Slideshow, Prizes, and Closing I-SPARC	