



# CPAA

## Community Physical Activity Advisor

The Community Physical Activity Advisor (CPAA) is a volunteer responsible for encouraging Hamiltonians to make healthier lifestyle choices by providing accurate and consistent education about physical activity and its benefits.

Acting as a physical activity generalist, CPAAs can give presentations, demonstrations, and organize or staff displays on the following topics:

- The benefits of physical activity
- The health risks associated with inactivity
- Setting goals to become more active
- Endurance, flexibility and strength activities
- An overview of Canada's Physical Activity Guide to Healthy Active Living
- Physical activity at home, work, school and on the run
- Tweaking your lifestyle – Tips for getting more active
- Stretching at your work station

If you know of a group of adults who would benefit from the services of a volunteer Community Physical Activity Advisor, please contact:

Marg Taylor, CPAA Coordinator  
Telephone: 905.522.9922 x103  
E-mail: [mtaylor@ywcahamilton.org](mailto:mtaylor@ywcahamilton.org)



The program is partially funded by the Healthy Living Hamilton Coalition, and is supported by YWCA Hamilton and City of Hamilton Public Health Services.

February, 2006



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