

FITMOM

Application for Community Participation

RPAN's new program to support the health and wellbeing of moms prenatal, postnatal or in their child bearing years.



FITMOM COMMUNITY PARTICIPATION APPLICATION

The Recreation & Parks Association of Nunavut is pleased to announce a **NEW** program called **FITMOM**, which will provide prenatal, postnatal and beyond fitness, and yoga programs for moms in Nunavut. **FITMOM** is designed to meet the needs of moms to be and new moms and veteran moms interested in health and wellness in the childbearing years.

In looking to develop a quality program, RPAN reached out to FITMOM founder Andrea Page from Toronto. An athlete her entire life, Andrea was shocked by the change in her emotional and physical well-being post-birth following the birth of her first child. She had gained weight and lost motivation. Having been active all her life she had never imagined she would be facing issues of low body image and lethargy. She realized that pregnant women and new and experienced moms have unique physical and emotional needs that require special support. It was Andrea's experiences and challenges as a new mom combined with a desire to help others that inspired FITMOM. FITMOM has been recognized by Chatelaine, Today's Parents magazine, CTV, Pregnancy magazine, ET. She is also recognized as one of North America's premiere pre and post natal fitness experts.

Purpose and Objectives

The purpose of this project is to provide support and training to communities in the Nunavut for the successful implementation of a FITMOM program. This includes providing training and resources to communities, as well as equipment.

Priority Areas

1. Quality program delivery for moms (both girls and young women)
2. Ensure equipment is provided for programs
3. Training and certification of local instructors. PHASE II

Project Outcomes

1. Communities will host FITMOM program to support pre and post natal physical fitness programs for mom's, including:
 - FITMOM 2 BE is designed for women that want to stay active & fit throughout pregnancy.
 - YOGAVIBE 4 BIRTH. Yoga is a proven and powerful transformative practice that integrates body, mind and spirit.
 - FITMOM and BABY is the most popular indoor FITMOM class for moms who want to workout with their babies.
 - FITPARENT AND TODDLER...This class is a spin off of the FITMOM & Baby class. Your active toddlers are involved from beginning to end. Moms are instructed through the exercise program while toddlers are prompted to mimic body movements with fun analogies of animals and familiar objects that are designed to stimulate and entertain them.
 - ROCK A MAMA LULL A BABY...Broken into segments, this class gives mom a challenging 30 minute strength and cardio circuit followed by infant stimulation and yoga for mom.
2. Provide communities with a full inventory of equipment and supplies needed to deliver program including"
 - a. DVD's and USB sticks for all of the above sessions.
 - b. Yoga matts
 - c. Baby carriers
 - d. Water Bottles



3. Host an introduction webinar for communities on the implementing the program.
4. Host community instructor training and certification, so that Nunavut communities are better able to deliver quality programs. (Phase II)
5. Improve health, well-being and physical activity of moms and babies

FITMOM INFORMATION

WHAT IS FITMOM?

- A program designed to meet the needs of moms to be and new moms and veteran moms interested in health and wellness in the childbearing years.

HOW DO COMMUNITIES BECOME INVOLVED IN FITMOM?

- Complete and return registration form to dcurrie@rpan.ca by August 21st, 2020

WHAT RESOURCES WILL BE SUPPLIES WITH FITMOM?

RPAN WILL...

- ✓ Provide communities with USB sticks with all programs
- ✓ Provide each community with 10 yoga mats
- ✓ Provide each community with 10 baby carriers
- ✓ Host Introduction webinar (October 2020)

HAMLETS WILL...

- ✓ Confirm space is available a minimum of three times a week
- ✓ Participate in the October webinar
- ✓ Identify who will oversee the community program
- ✓ Provide storage for equipment

Hamlet MUST be in good standing with RPAN...any Hamlets owing fees or other monies will not be considered for participation until paid in full.



