

## Leader Training

### *Prior to Leader Training*

- Complete CPR training
- Complete 6 weeks of strength training

### *Leader Training*

- Full day training with StrongPeople® Strong Bodies Ambassador including hands-on practice, teaching, and fidelity checks OR
- Online StrongPeople® Strong Bodies Leader Training

### *After Leader Training*

- Complete 12 weeks of strength training before teaching a class
- Implement StrongPeople® Strong Bodies program within one year of training

## Peer Leaders

Leaders will probably find it beneficial to have someone help them with their tasks as a StrongPeople® Strong Bodies Program Leader. A Peer Leader could be a participant in the program who is willing to help the Program Leader make the program run smoothly.

### *Possible Tasks for Peer Leaders*

- Help keep the exercise logs.
- Set up/clean up the room before and after each class.
- Arrange transportation for group members who are in need.
- Work with local media to publicize the program.
- Work with the Program Leader to fundraise for equipment.
- Help organize a party after the session is over to celebrate everyone's progress.

**Note that leaders cannot train Peer Leaders to lead the class.** In order to lead a class, Peer Leaders must become leaders by attending a StrongPeople® Strong Bodies Program Leader Training.