

# Instructor Training Grants for Evidence-Based Physical Activity Programs: 2019 Call for Applications

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## Purpose

The National Recreation and Park Association (NRPA), with the support of the Centers for Disease Control and Prevention (CDC), is pleased to announce the availability of **Instructor Training Grants for Physical Activity Programs** for local park and recreation agencies. NRPA is seeking local park and recreation agencies to join efforts to increase the availability, participation, and sustainable support for programs that positively impact chronic disease management, increases in physical activity engagement, and the quality of life for individuals through the following evidence-based physical activity programs – [Walk With Ease, Active Living Every Day and Fit & Strong!](#).

## Chronic Disease in America

According to the CDC, *one in two adults in America has a chronic disease*, like heart disease, arthritis and diabetes, and *one in four adults has two or more*. Chronic diseases are the leading causes of death and disability in America, is a growing public health threat. About 80% of older adults have at least one chronic conditions, and 68% have at least two. A recommended strategy to help people with chronic conditions improve their quality of life (and help those without prevent chronic conditions) is maintenance of a healthy lifestyle, for example, healthy eating and physical activity engagement.

## Key Dates

- Application release date: **Monday, October 28, 2019**
- [Informational webinar](#): **Tuesday, November 5, 2019 (2:00 p.m. EDT)**
- Deadline for applications: **Monday, November 26, 2019**
- Applicants notified: **December 2019**
- Deadline to accept grant award: **December 20, 2019**
- Grants initiated: **January 2020**

## Application Deadline

Tuesday, November 26, 2019  
11:59 p.m. EDT

## Apply Online

## Key Materials

- [Frequently Asked Questions \(FAQs\)](#)
- [Evidence-Based Program Assessment Tool](#)

## Key Contacts

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**Website:**

[Healthy Aging in Parks](#)

Check out the [Success Stories](#)

## Description of Programs

For a complete overview, see NRPA's [Program Assessment Tool](#).

**Walk with Ease (WWE)**: a multi-component, low-impact 6-week walking program to teach people how to safely and comfortably incorporate physical activity into their everyday lifestyle.

- Audience: those with arthritis or other chronic diseases interested in a walking program and are able to stand for at least 10 minutes with minimal lower extremity restrictions
- Length 6-weeks, 3 time per week for one hour
- Instructor Training – online format that is 3-4 hours to complete and CPR certification is required

**Active Living Every Day (ALED)** - a behavior-change 12-week program that teaches sedentary people the skills necessary to overcome barriers to physical activity

- Audience: Sedentary people in need of motivation with or without chronic disease interested in becoming physically active
- Length: 12 weeks, one time per week for one hour
- Instructor Training: self-study format with online final exam that is 4-6 hours to complete

**Fit & Strong! (F&S!)** - a multi-component physical activity and behavior-change 8 or 12-week program that teaches sedentary adults with joint pain and stiffness how to engage in safe and effective exercise.

- Audience: wants to be physically active but may have lower-extremity limitations and/or mobility challenges
- Length: 8 or 12-week: 90 minutes 3x/week for 8 weeks or 90 minutes 2x/week for 12 weeks
- Instructor Training – online format 6-8 hours to complete
- Specific equipment is required

## Eligibility

### Principal applicants must:

- Be a local park and recreation agency (e.g., municipal park and recreation department, tribal recreation department, park district, community services department, etc.). Non-profits interested in applying may do so only if a letter of support from the Director of the local parks and recreation agency is provided describing the established partnership and how both organizations will work together to support the program in the community.
- Be able to engage at least 100 participants for WWE, 60 participants for ALED or 60 participants for F&S! between January 2020- March 2021.
- Provide services to underserved populations (for e.g., populations of color, living in/near poverty levels, those with limited access to healthcare and human services, rural and other remote geographic populations, populations highly affected by chronic conditions, etc.).
- Serve a diverse community in relation to gender, age, religion, race/ethnicity, socio-economic status, etc.

## Project Timeline

The instructor training grant programs will be initiated in January 2020 and conclude March 2021.

## Awards

A total of 130 Instructor Training grants (80 Walk With Ease, 20 Active Living Every Day and 30 Fit & Strong!) will be awarded by NRPA. Applicants may only apply for one of the above programs and request up to three (3) instructor training grants for the WWE program and up to two (2) instructor trainings for the ALED and F&S! programs

## How To Apply

Applications must be submitted via this [application link](#). Emailed applications or applications submitted after the deadline (November 26, 2019) will not be accepted.

## About the National Recreation and Park Association

The National Recreation and Park Association (NRPA) is a national not-for-profit organization dedicated to ensuring that all Americans have access to parks and recreation for health, conservation and social equity. Parks are essential to healthy lifestyles, vibrant communities and a healthy environment, but not everyone has a great park. The National Recreation and Park Association (NRPA) works to ensure all parks in all places are benefiting all people. We partner with our network of 60,000 park and recreation members to strengthen communities by offering equitable access to healthy activities and safe play spaces and protecting our natural resources.

Since 2013, NRPA, with support of the Centers for Disease Control and Prevention (CDC), has been providing grants to local park and recreation agencies to deliver the [Walk with Ease](#), [Active Living Every Day](#), and [Fit & Strong!](#) arthritis-appropriate evidence-based interventions. To date, more than 285 local park and recreation agencies across 48 states and American Samoa have offered these programs to more than 20,000 participants.

For more information, visit [www.nrpa.org/Healthy-Aging-in-Parks](http://www.nrpa.org/Healthy-Aging-in-Parks).