

## **Active Iowa Supplemental Training Video Series**

This document contains all of the links related to the Active Iowa Supplemental Training series and brief descriptions of each video in the 12-part series.

[Active Iowa Supplemental Training Video YouTube Playlist](#): Provides a playlist to access all the Active Iowa Supplemental Training videos.

[Introduction to Active Iowa Supplemental Training](#): Gives a brief overview of what will be covered in the Supplemental Training Series, introduces the presenters of the series, and provides an overview of Active Iowa.

[Module 1: The Social Determinants of Health](#): Discusses how where we live, learn, work, and play affect our health and health outcomes. The module defines the concept of Social Determinants of Health and explores how they can impact a person's ability to access physical activity resources and be physically active.

[Module 2: Health Equity](#): Defines and describes health equity and how health equity should and needs to be incorporated within your Active Iowa program.

[Module 3: Cultural Humility](#): Discusses the importance of cultural humility and why it should be incorporated into your Active Iowa program. The module includes examples on how to start incorporating cultural humility into your program.

[Module 4: Accessibility and Health](#): Starts with discussing inclusive physical activity programs, then provides some strategies and options for implementers to consider in making their Active Iowa program inclusive and accessible for people of all abilities.

[Module 5: Recruiting Physical Activity Leaders](#): Starts by defining the role of Physical Activity Leaders (PALs) and their importance to Active Iowa. The video then discusses ways to recruit PALs to lead activities.

[Module 6: Training Physical Activity Leaders](#): Discusses how to keep recruited PALs engaged prior to taking part in a PAL training. The video then gives some tips and tricks when training PALs as part of the Active Iowa program.

[Module 7: Retaining Physical Activity Leaders](#): Provides tips to keep your PALs engaged after they have been trained in the Active Iowa program and keep them excited about the program over the long-term.

[Module 8: The Role of Active Iowa Ambassadors \(AIA\)](#): Goes over the role of an Active Iowa Ambassador, how to identify these individuals, and how to get them trained and involved in supporting Active Iowa.

[Module 9: Gathering Community Support](#): Discusses how to establish support for your program throughout your community and uplift existing community resources as potential locations for Active Iowa activities to be held.

[Module 10: Engaging Your Community](#): Focuses on engaging your community in marketing and spreading the word about your Active Iowa program. Specifically, the video discusses the importance of community partnerships, ideas for participant incentives, and social media as avenues to promote your program.

[Module 11: Technology and Active Iowa Programming](#): Discusses ways to adapt your Active Iowa program to a virtual format, some virtual platforms you can use to lead this type of programming, and some benefits to leading these types of activities.