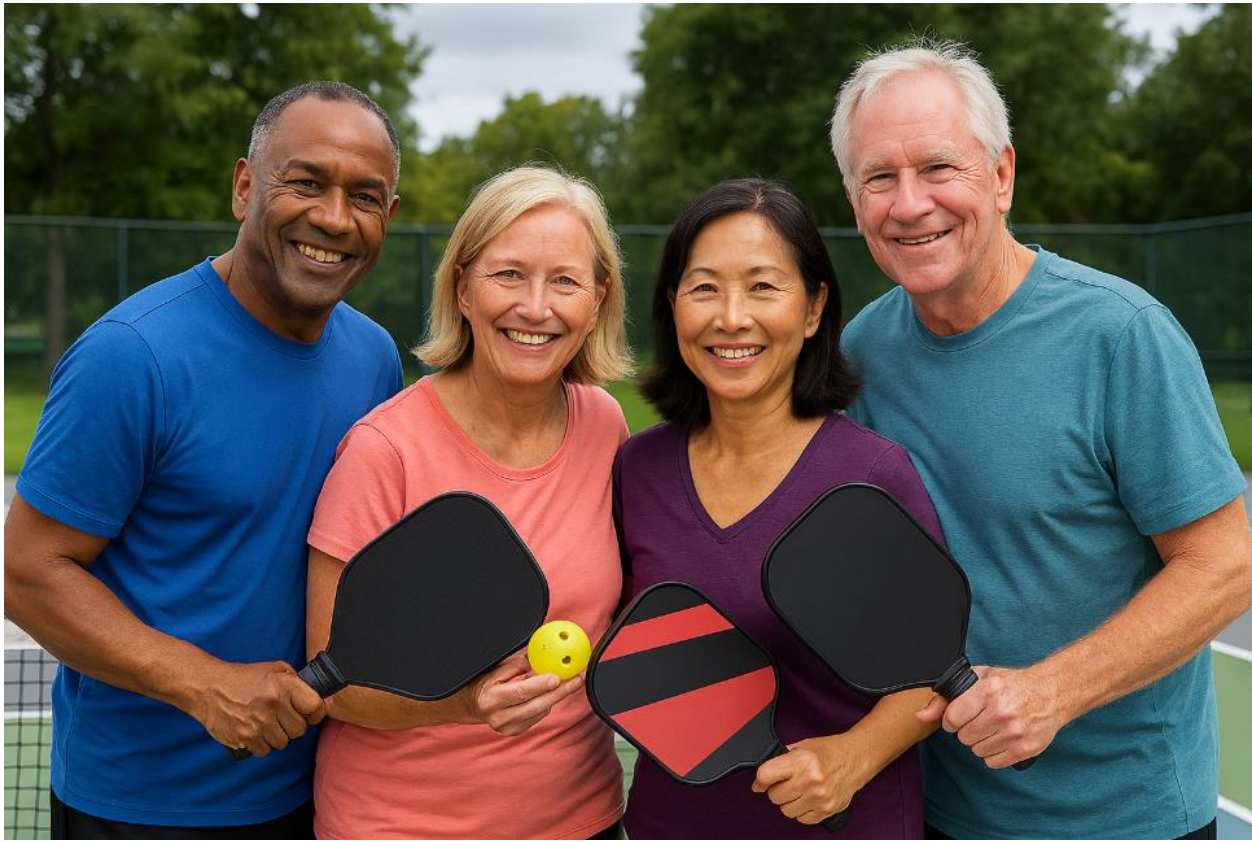


Help Shape Sport for Aging Adults



Join the Future of Adult Sport Advisory Group to Improve Sport Programs for Aging Athletes Using Your Lived Experiences



Why Join?

- Use your voice to promote active, healthy aging through inclusive sport
- Ensure sport programs reflect the real needs and goals of aging adults
- Help sport leaders in creating meaningful and enjoyable sporting experiences
- Provide input that will improve participation opportunities for aging adults
- Volunteer insights to improve sport programs for adults over 35 years-old

Join today by emailing Dr. Scott Rathwell @ scott.rathwell@uleth.ca

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What You'll Do

- Share your adult (age 35+) sport experiences in surveys or discussions
- Provide feedback on research tools and conceptual frameworks
- Highlight which tools and programs reflect real community sport participation

Commitment

- No prior research or sport expertise required—just your lived experience!
- Willingness to contribute your honest opinions and experiences
- Occasional volunteer participation (30–60 minutes per activity; online or in person) across different project phases of your choice over the next 3 years

Who Can Join?

We welcome adults aged 35+, with diverse sporting backgrounds, including:

- Recreational participants
- Competitive athletes
- Former or returning athletes
- Anyone with an interest in sport and active living throughout life

Benefits of Joining

- Contribute to meaningful research that impacts policy and community programs
- Ensure older adults' voices are heard in sport conversations in Canada
- Stay connected with Active Aging Canada initiatives
- Engage in a national effort to make sport more inclusive and enjoyable for all ages

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Ready to Volunteer?

Email Dr. Scott Rathwell: scott.rathwell@uleth.ca



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