



Activity

Living life- enabling people to live well

The person is at the core- who are they, what are their experiences, who is important to them, what is important to them?



Living life. Being independent. Having a sense of purpose. Doing things that are important to you.



Passive

- Entertainers
- Sport program/event
- Presenters
- Sitting
- Radio
- Television
- Being "done to"

Active

- Socials
- Sports
- Games
- Dancing
- Singing
- Visiting
- Hobbies
- Doing, Talking, Looking

Do FOR



Do WITH



What is a role?

Roles may be an "actual role" or a "virtual role". Both can be real at any given time, but a virtual role may be "virtually" needed at any time.

The only limit is your imagination!



Promoting physical activity

- Functional fitness
- Social engagement
- Mental stimulation
- Health management
- Fun







Zest Champions

Zest modules



Harry and Val


