

Role Title: **Health and Fitness Event Support**
(This role is to be open mainly to men)

Responsible to: Fit As A Fiddle Coordinator

Hours: To be arranged

Purpose of the role: To support events arranged to promote health and fitness for men over 50.

Main duties and Responsibilities

1. To assist the Fit As A Fiddle Coordinator to set up and support events in the community designed to highlight the health and fitness of men over 50.
2. To talk to participants, engage with them and make them feel at ease when attending the events.
3. To assist with serving refreshments to event participants.
4. Encouraging participants to take part in activities organized by the Fit As A Fiddle Coordinator at the events.