

*Program to Promote Physical Activity in the Latino Community: Training Manual for Health Promoters*¹ is a Spanish-language curriculum that presents the activities involved in implementing a community program with the following key objectives:

1. Prepare health promoters to organize, carry out, and evaluate a program of regular physical activity with groups in the Latino community.
2. Motivate both promoters and community participants to incorporate regular physical activity in their daily lives and to encourage their families to do the same.

The manual includes a detailed description of the training process for promoters, an evaluation plan and related monitoring and evaluation instruments, and a bibliography. A pilot test and ongoing evaluation have shown that the program results in increases in self-reported regular physical activity among both adults and children.

¹ *Programa para Promoción de Actividad Física en la Comunidad Latina: Manual de Capacitación para Promotores de Salud*