



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO
School of Education



Let's Move in
Libraries

How to Encourage and Enable Healthy Movement in Libraries

A presentation at the 2018 Azalea Coast Library Association Conference
Led by Dr. Noah Lenstra, MLIS (@NoahLenstra / lenstra@uncg.edu), Assistant Professor of LIS

What can you do in your library to increase physical activity??

- 1. Fitness classes in meeting rooms (e.g. Chair Exercises)**
- 2. Embed physical activity into existing programs (e.g. Yoga Storytime)**
- 3. Combine physical activity with literature, art, and history (e.g. Walking Book Club)**
- 4. Develop new spaces and infrastructures (e.g. StoryWalk)**
- 5. Develop new collections (e.g. Fitness Equipment, Bicycles)**
- 6. Focus on getting people outdoors exploring nature (e.g. Community Garden)**
- 7. For fun! (e.g. After-Hours Nerf Battle at the library, Xbox Bowling)**
- 8. For FUNDS! (e.g. 5K, Mini Golf)**
- 9. Be a model for others (e.g. Book Bikes, Librarians Who Run)**

Stay involved with Let's Move in Libraries. We're on Twitter @LetsMoveLibrary, search for us on Facebook, and subscribe to the newsletter at LetsMoveLibraries.org/About

Mark your calendars and sign-up today!

Webinar Title: Physical Activity Programming for Older Adults:
How to Start and Sustain them at your Library through Community Partnerships

Cost: Nothing! This webinar is free.

Date and time: Wednesday, June 6, 2018, 1 p.m. Eastern Time (2 p.m. Atlantic Time, 12 p.m. Central Time, 11 a.m. Mountain Time, 10 a.m. Pacific Time). Length: One hour.

Recording: This event will be recorded. This recording, along with past Let's Move in Libraries webinars, will be freely available at LetsMoveLibraries.org.

Event Description: Attend this webinar to get the information and inspiration you need to start and sustain physical activity programs at your library. We will begin with Stephanie Dailey, the director of the U.S. National Institute on Aging's Go4Life. Dailey and her staff will share with you free, tested resources, including videos, that you can use in your library to start and sustain physical activity programs. Go4Life has partnered with the American Library Association since it started in 2011 to distribute informational materials to libraries throughout the country. Learn more about how to get connected to the great work they are doing!

We will then hear from two public librarians who have successfully started and sustained physical activity programs for older adults at their libraries through community partnerships. For over a decade, the Rural Hall Public Library in Forsyth County, North Carolina, has offered a free, weekly Sittercise class in its meeting room through a partnership with the local public health department. Branch Manager Crystal D. Holland will share with you how it started and what obstacles the library has had to navigate over the years to keep it going.

We will then hear from Jane Schweinsburg, Assistant Director of the Coventry Public Library in Rhode Island, which since 2016 has offered Senior Fitness Classes and Chair Yoga Classes both in the library and off-site at a local senior public housing community. Learn how the partnership with the Coventry Housing Authority shapes this program and enables the library to reach an audience that otherwise would have difficulty making it to the library.

The webinar will conclude with ample time for interactive discussion. Bring questions so that you leave prepared to start and sustain similar physical activity programs at your libraries!

This webinar is the fifth in a quarterly series of free webinars offered as part of the "Let's Move in Libraries" initiative. The project's website is LetsMoveLibraries.org.

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