How to Encourage and Enable Healthy Movement in Libraries

A presentation at 2018 Azalea Coast Library Association Conference

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The Lancet is a weekly peer-reviewed general medical journal. It is one of the world's oldest and best known general medical journals.

“In view of the prevalence, global reach, and health effect of physical inactivity, the issue should be appropriately described as pandemic, with far-reaching health, economic, environmental, and social consequences.”
If museums can do this, why not public libraries???
Opinion | Sharing Public Spaces to Improve Public Health

“Joint use” policies open up schools and churches for fitness classes and more in areas with few parks.

nytimes.com

Why not libraries too??
What can YOU do in your library to increase physical activity?
Some common responses from librarians

1. Fitness classes in meeting rooms
2. Embed physical activity into existing programs
3. Combine physical activity with literature, art, and history
4. Develop new spaces and infrastructures
5. Develop new collections
6. Focus on getting people outdoors exploring nature
7. For fun!
8. For FUNDS!
9. Be a model for others
Who am I and how did I get here?
Movement in the Library

From panel at NCLA in October
1. Fitness Classes in Meeting Rooms

“Come join us each Tuesday for Chair Yoga. This class is suitable for those individuals with injuries or other limitations. This is an extra gentle practice done mostly seated in a chair for ease of movement and balance.” [Started ca. 2013]

Grew out of library stitchers group. Group started talking about balance. One woman said she taught yoga and would be happy to do it at the library. Five years later and still going strong!

Now offers Core Building Exercise and Hula Hooping Exercise classes as well!
LAST YEAR, BE WELL AT NPL DELIVERED

1,466 CLASSES
SUCH AS YOGA, ZUMBA, NUTRITION
& MEDITATION TO

18,000 NASHVILLIANS
2. Embed physical activity into existing programs

Popular library sessions get kids moving while enjoying stories

Since at least 2009 Susan DeMarco and other staff at New Hanover County Public Library have offered storytime programs that make a point of including physical activity.

Can give parents (and librarians) a work-out too!
“Success has showed that the interest is there and there are opportunities. We have all these contacts we can now pull from in the future for programs throughout the year.” Karen Moore
3. Combine physical activity with literature, art, and history

Line Dancing (Mount Olive)

Tuesday, May 8, 2018
Learn more line dances from Patricia Curtis of the Mount Olive Senior Center in this fun, free class. No registration is necessary to attend. For more information, contact the Steele Memorial reference desk at 919-299-8105, ext. 3.

Date: May 8, 2018
Time: 10:00 AM - 11:00 AM
Location: Steele Memorial Library
Address: 119 W. Main Street
Mt. Olive, NC 28365
Contact: 919-299-8105, ext. 3
Cost: Free
**LitClub: The Walking Book Club**

The Gail Borden Public Library—Elgin, Illinois

NO GRASS GROWS under this group's feet. They're a walking-talking book club—they walk first then talk about their book later. It's a healthy workout for brains and gams.

Reading is a sedentary sport. What gave you the idea for a club that includes exercises? Most of us are busy multi-taskers, and it turns out this was the
4. Develop new spaces and infrastructures

Activity 5: Story time

With an adult, go to Smith Creek Park at 633 Shenandoah Street off of Gordon Road in the Murrayville area in New Hanover County.

Read the StoryWalk as you walk along the 1.3 mile trail. The StoryWalk at this location is titled Pond Babies by Cathryn Falwell.

Pond Babies

3. Learn to recognize baby animals in a natural setting by their colors and patterns.
In response to student requests for more diverse study spaces, Randall Library is pleased to announce a new alternative study option for UNCW students. The library will feature two treadmill desks and two cycling desks, offering a fresh alternative to sitting all day at a traditional desk.

The treadmill desks feature a height-adjustable work area for notebooks, laptops, books, and more. The treadmill allows for a walking pace and has readouts for steps, walking time, distance, calories, and speed.

The cycling desks likewise are height-adjustable and include integrated bag hooks to keep your personal items safety stowed. The cycling desks were made possible by a Friends of UNCW Grant.

Randall Library is committed to supporting student success and excellence at UNCW, including the continued development of versatile and energizing study spaces. We invite our Seahawks to come and stretch their legs while stretching their minds, on the new exercise study desks.
Hi! I’m a Free Library of Philadelphia children’s librarian, really heading to the #pla2018 exhibits tomorrow. This is my update from North Philly, where we focus on play and learning, health and digital literacy, creative projects, and restorative disciplining with youth (our after school crowd ranges from 8 to 15). If you move similar moves in your children’s spaces, let’s meet up and see how things work. Yes, that’s a climbing wall. #isthisowthisworks

A total of five San Antonio Public Library locations – the Johnston, Memorial, Mission, Parman and Tobin branches are home to outdoor fitness centers. Courtesy photo.

nowatnpl

Let’s Move in Libraries
March 20 at 11:31pm ·
Did you know that Nashville Public Library has a climbing wall? For real! The bar has just been raised.

nowatnpl

The Main Library Children’s Department installed some new holds on the Crawl Wall. The best way for young children to gain early literacy skills (such as letter awareness) is through PLAY! If they are able to work on their gross motor skills and balance at the same time, that’s just a win all around!
Congratulations to Ramiro S. Salazar, President-Elect of Public Library Association!
5. Develop New Collections

SMYRNA STRONG COLLECTION


Smyrna Library's new fitness and health collection includes small fitness equipment, games, and hiking backpacks. The collection is located in audiovisual shelving in the first floor Reading Room. To find the collection in the catalog, search for "smyrna strong."

BORROWING LIMIT:

One (1) Smyrna Strong item per card at a time. Check out is for one (1) week with a one week (1) renewal.

LOAN GUIDELINES AND FEES:

- $.20 per day for overdue charges
- $2 fee if not returned clean
- Do not return in outside book drop

Before and after usage, wipe off equipment with a damp paper towel. Games and backpacks do not need to be cleaned unless dirty. A damaged item fee of $2 will be charged for fitness items returned to the library unclean. Please return your Smyrna Strong item to the Circulation Desk on the first floor. Please do not put Smyrna Strong items in the book drop.
Did you know that in more than a dozen communities across the United States you can actually check out a bicycle from your local library and pedal away on it?

ow.ly/u2ii30iTKMj
6. Focus on getting people outdoors exploring nature

Since 2008, Wayne County Public Library in Goldsboro has had community garden.
6 Things to Know About Non-exercise Activity Thermogenesis

by Pete McCall
on November 21, 2017
Macon County Public Library has backpacks you can check out!

Just bring your library card

Circulation staff will include your kit of hiking contents

Hit the trails...

Grab your backpack...

and you're ready for adventure! !
7. For fun!

Friday night Nerf fight
On Friday night, battles raged across most of the ground floor of the main branch of the Corvallis-Benton County Public Library.

gazettetimes.com
Xbox Bowling For Seniors? Visit Your Local Library

July 4, 2017 · 5:00 AM ET
Heard on All Things Considered

Read, Play, Grow!: Enhancing early literacy at Brooklyn Public Library

By Rachel G. Payne on July 8, 2013

All photographs ©Philip Greenberg/Courtesy of Brooklyn Public Library.
8. For FUNDS!

To the editor,

Thanks to our wonderful sponsors, volunteers, library staff, and the hundreds of people who attended, the Friends of the Melrose Public Library’s recent Mini Golf at the MPL events raised $8,500.
9. Be a Model for Others!!
We are already pretty in love with the UNCG Creativity Cruiser and hope you will be too! Stop by the TRC to check it out today!
#uncgcreativitycruiser
What will you do?

1. Fitness classes in meeting rooms
2. Embed physical activity into existing programs
3. Combine physical activity with literature, art, and history
4. Develop new spaces and infrastructures
5. Develop new collections
6. Focus on getting people outdoors exploring nature
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Let’s stay connected!

Let's Move Libraries

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