

Movement-Based Programs in Public Libraries: Examples and Best Practices from the U.S. and Canada

The 'Library of Things' & Active Living

November 8, 2017. **Presenters:** Josh Berk & Rick Samuelson

Moderator: Dr. Noah Lenstra, Assistant Professor in the Department of Library and Information Studies at University of North Carolina at Greensboro, njlenstr@uncg.edu

Project website: LetsMoveLibraries.org



THE UNIVERSITY *of* NORTH CAROLINA
GREENSBORO

Background

Part 1: The review of the literature

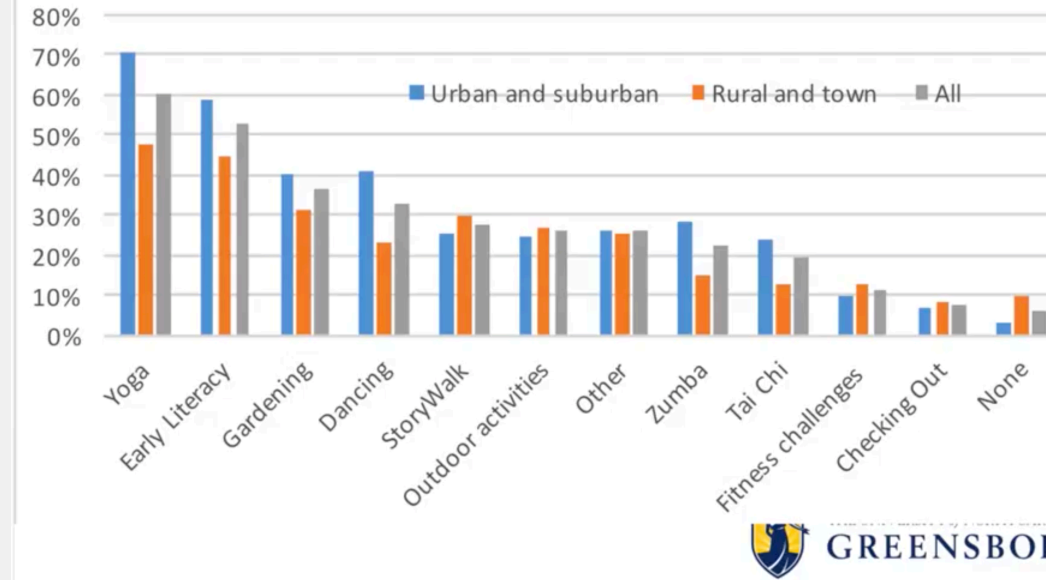
Noah Lenstra. 2017. "Let's Move! Fitness Programming in Public Libraries." *Public Library Quarterly*. 36(3).

<http://dx.doi.org/10.1080/01616846.2017.1316150>



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO

Part 2: The survey



Chat

downtown...window to window.

From Angela Lewellyn to All Participants (01:16:16 PM):
I've done several storywalks here. We added a petting zoo at the end, to one, as well.

From Barbara Scott to All Participants (01:16:22 PM):
neat idea!

From Barbara Scott to All Participants (01:17:49 PM):
We did the Iron Chef as well last year....got winners from our local city schools....and did a Junior Iron Chef.

From Barbara Scott to All Participants (01:19:41 PM):
We're doing architectural scavenger hunts with the kids and adult programs this summer. It's proving to be lots of fun!

From Janice Harris to All Participants (01:21:33 PM):
We are doing a geocache for the little ones and each station has an active challenge then the clue, we are going to be pirates and the cache will be in a treasure chest.

From pam taylor to All Participants (01:22:53 PM):
we're planning a breakout room!

From Janice Harris to All Participants (01:23:32 PM):
We just did escape room for this age

From Barbara Scott to All Participants (01:28:38 PM):
we have a couple of line dancing groups that meet here....also a Qi Gong group

From Lindsay Johnston to All Participants (01:31:24 PM):
What does fitness kit include?

From April Roy to All Participants (01:33:51 PM):
We offer kickboxing and interval training at our libraries.

From Janice Harris to All Participants (01:36:20 PM):
That's awesome, trained instructors brought in for those?

From Susan Craven to All Participants (01:36:27 PM):
I am!

From Barbara Scott to All Participants (01:36:46 PM):
what's great about our MMM program is that it cuts across all income barriers...we know that there are programs out there that cost \$\$\$...we feel that we are leveling the playing field.

From April Roy to All Participants (01:36:57 PM):
Yes. We have an amazing instructor that teaches to all fitness levels.

From Jennifer Dye to All Participants (01:37:09 PM):
Suggestions for finding instructors for fitness programs?

From Barbara Scott to All Participants (01:37:31 PM):
local YMCA's?

From Susan Craven to All Participants (01:37:33 PM):
Facebook is a good start.

From Kristen Case to All Participants (01:37:36 PM):
I earned certification as a group ex instructor and can lead my own classes. Some specific programs like Zumba, Pound, etc are licensed and you need a certified instructor for those. I have had luck partnering with our local Y.

From Susan Craven to All Participants (01:37:48 PM):
People will suggest instructors. Mine do it for a minimal fee.

From Susan Craven to All Participants (01:37:55 PM):
And they are certified

From Janice Harris to All Participants (01:38:18 PM):
Something to work towards and yes, budget is always a concern

From April Roy to All Participants (01:38:30 PM):
Ours was doing classes at a local church. I agree that people will make suggestions if you ask.

38:20 / 1:00:02

Let's Move In Libraries Webinar



Noah Lenstra

Subscribe 0

+ Add to Share More

55 views

1 0

Published on Jun 12, 2017

Thank you to the 1622 public librarians who completed the "Let's Move In Libraries" survey. Preliminary results from this survey were shared during a free webinar open to all on June 7, 2017, at 1 p.m. Eastern Time.

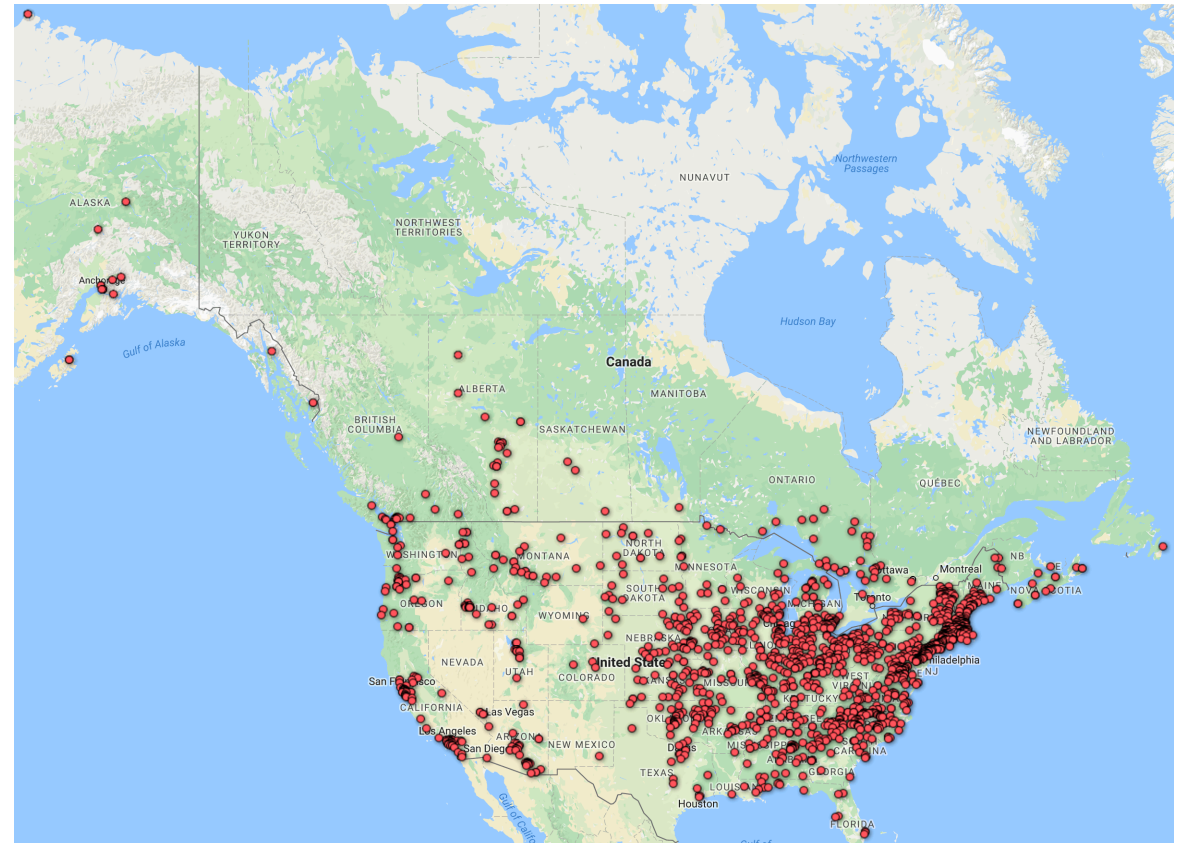


THE UNIVERSITY of NORTH CAROLINA
GREENSBORO

Background

Part 3: The map

<http://www.letsmovelibraries.org/map/>



THE UNIVERSITY *of* NORTH CAROLINA
GREENSBORO

Today: Best Practices

Backpack Adventures

Put down your cellphone, lace up your walking shoes and grab your library card. The trails are waiting.

by Alex Spence

August 4, 2016 2:00 PM

[RSS](#) [Print](#)

◀ ▶ 5 of 6



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO

March 7, 2018, at 1 p.m. Eastern Time

Next webinar: *Promoting Health and Wellness through Movement*



Be Well at NPL

Save the Date!

Be Well At NPL is Nashville Public Library's investment in mind/body health for the citizens of Nashville. Whether you're 6 or 60, an athlete in your prime or just starting out, you're welcome to take part in free exercise, meditation, cooking, and other healthy living events at all of our 21 locations.

Please email with your ideas, comments, suggestions, successes, struggles, etc.

lenstra@uncg.edu

And please keep **updating the map:**

<http://www.letsmovelibraries.org/map/>

Strength in Unity!



THE UNIVERSITY *of* NORTH CAROLINA
GREENSBORO

Bike Bethlehem!

www.bikebethlehem.org





BETHLEHEM
UNIVERSITY HEALTH NETWORK
Bethlehem Area Public Library
evo
BETHLEHEM
evo
BETHLEHEM
evo
BETHLEHEM
evo

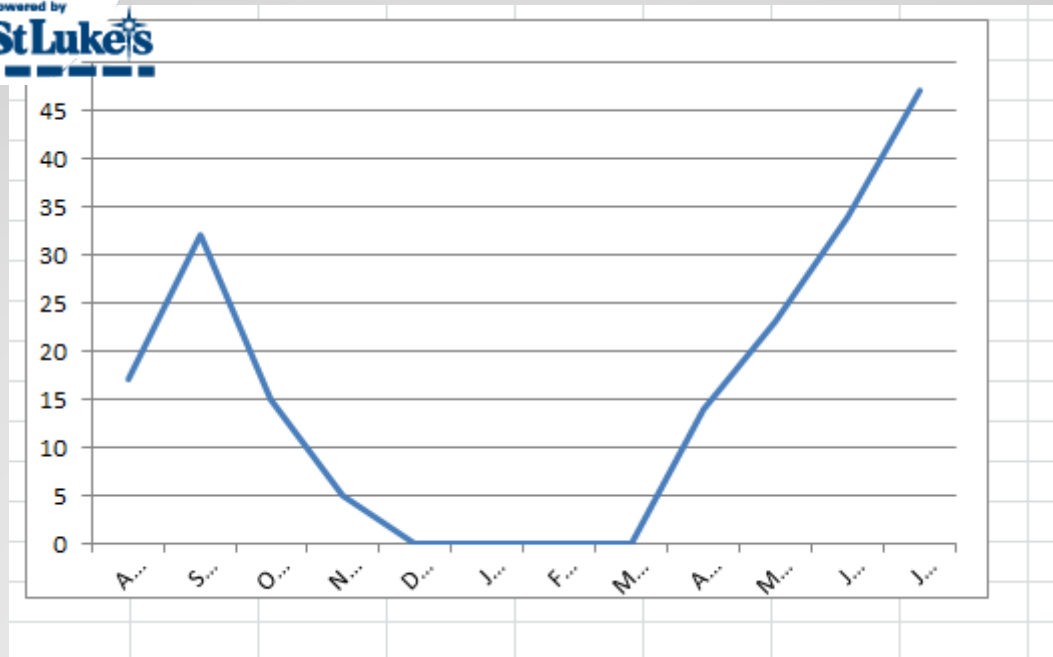
BEHOLD
WORK
LEARN
YOUTH

... Library
Celebrating 100 years 2001



PROTECT







PICK A LOCATION

Choose from one of two
locations: Cutters Bike Shop or
Bethlehem Area Public Library

RENT BIKE

Provide ID and sign a waiver.
Receive a bike, helmet and lock.

RIDE BIKE

Enjoy the ride!

RETURN BIKE

Return the bike to the rental
location during open hours and
pick up your ID.

Project Budget

Products	Amount/item	# of Items	Total Cost
Bikes-single speed with coaster brakes (EVO or Sun)	\$ 320.00	10	\$ 3,200.00
Maintenance and Parts (tires and tubes)	\$ 35.00	10	\$ 350.00
Bike Signs, locks, chains and helmets	\$ 75.00	10	\$ 750.00
Bike Shop Stipend	\$ 3,600.00	1	\$ 3,600.00
EVO Children bikes 20 inch	\$ 175.00	3	\$ 525.00
EVO Children's bikes 24 in	\$ 200.00	3	\$ 600.00
Child Trailers	\$ 220.00	2	\$ 440.00
ID Scanner	\$ 800.00	2	\$ 800.00
Advertising	\$ 1,000.00	1	\$ 1,000.00
Bike Racks-holds 7 bikes	\$ 300.00	2	\$ 600.00
Personnel (5 hours per week @ 27.00/hr)	\$ 7,000.00	1	\$ 7,000.00
Grand Total			\$ 18,865.00



Henrico
County
Public
Library



Check Out an Adventure: Connecting Families to the Outdoors through the Public Library



NATURE BACKPACKS



BIRDING BACKPACKS

Two concerns:

- Children and families are spending less time outdoors
- Our libraries boast a rich collection of nonfiction and science-based titles for children that often get overlooked among the our more literary holdings

Solution:

Library programs and materials to jumpstart interest our rich natural resources and collections

An Abundance of Regional Ecologically Diverse Nature Destinations



Pocahontas State Park

Photo: Va. Dept. of Conservation

<https://www.flickr.com/photos/vadcr/29262024395/in/album-72157603482912703/>



Three Lakes Park

Photo: Henrico Recreation & Parks

<http://henrico.us/assets/Three-Lakes-Nature-Center.jpg>

Henrico County Public Library

Nature Exploration Kit

Please return this kit clean, dry, and complete with all the parts listed at right. Return it in person to your library's checkout desk, *not* in a drop box or automated return.

Replacement cost of complete kit is \$116.
Replacement cost of Virginia State Parks pass is \$66.

CONTENTS

- A. Backpack
- B. Virginia State Parks pass
(free parking and admission to all Virginia State Parks)
- C. Bigfoot *Leave No Trace* ethics card
- D. Five *Pocket Naturalist* guides
- E. Three activity pages
- F. Port-A-Bug field observation container, in its cover
- G. Dip net
- H. Magnifying lens, in its cover
- ... and this contents page.



MADE POSSIBLE BY



Library of Virginia

Nature Backpacks Program

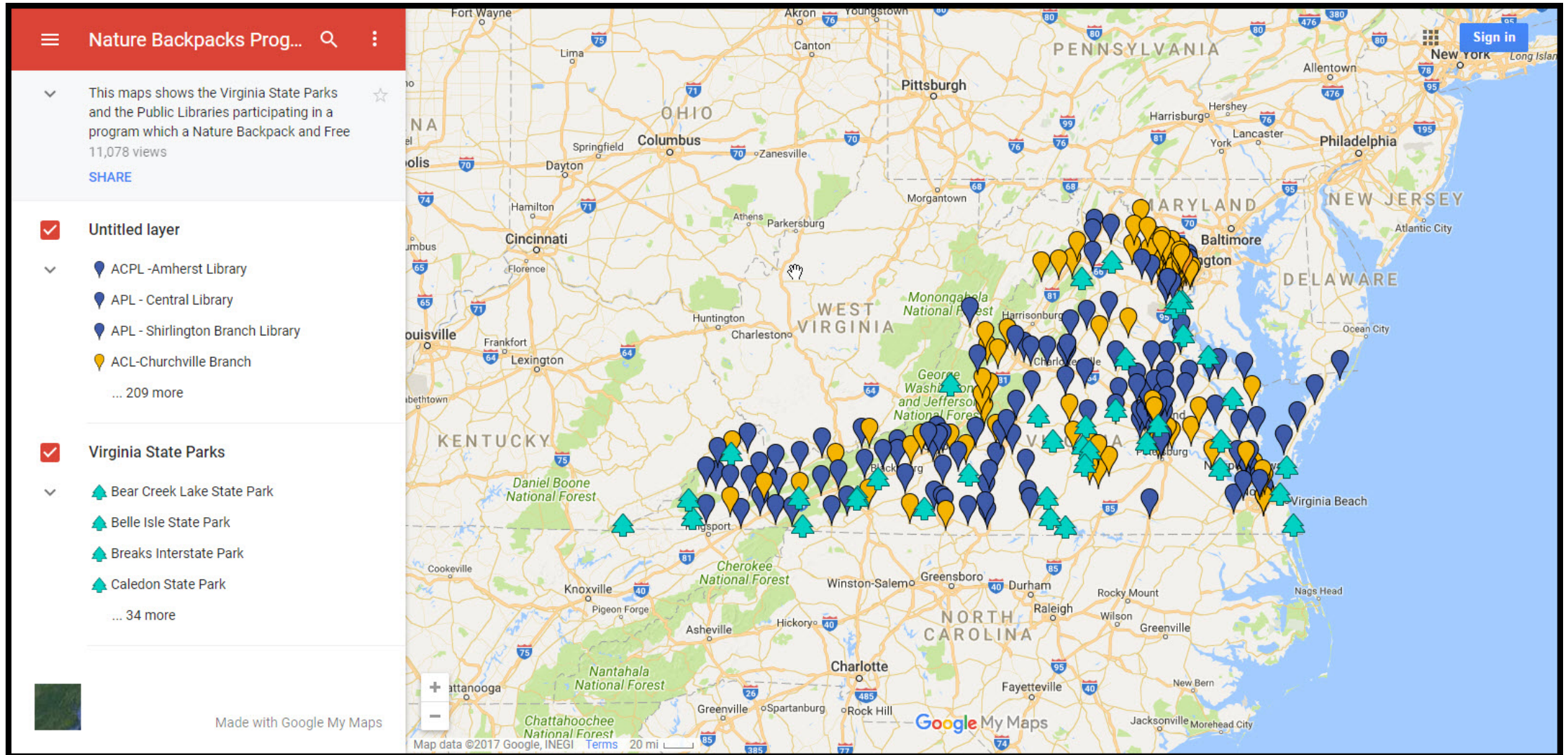
[\(http://vpl.virginia.gov/nature-backpacks/\)](http://vpl.virginia.gov/nature-backpacks/)

Developed through a partnership of:

- Library of Virginia
- Virginia Department of Conservation & Recreation
- Science Museum of Virginia

Made possible in part by an *Institute of Museum and Library Services* grant to the Library of Virginia

Big draw: State Park Parking Pass



Nature Backpacks Program – 4 backpacks available at each participating library site

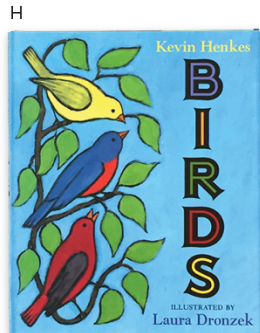
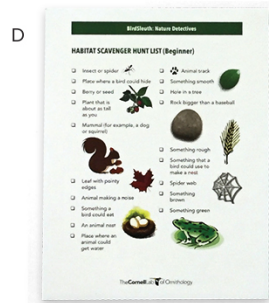
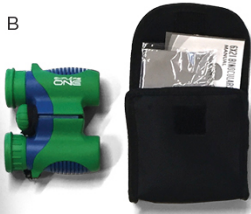
Birding Backpack

Please return this kit clean, dry, and complete with all the parts listed at right. Return it in person to your library's checkout desk, *not* in a drop box or automated return.

Replacement cost of complete kit is \$78.
Replacement cost of binoculars is \$20.

CONTENTS

- A. Backpack
 - B. Binoculars with instructions and lens cloth, in its pouch
 - C. *Bird Spy Bingo* card
 - D. Habitat Scavenger Hunt List
 - E. *Stokes Beginners Guide to Birds*
 - F. National Geographic Kids *Bird Guide of North America*
 - G. *Have You Heard the Nesting Bird?* by Gray and Pak
 - H. *Birds* by Henkes and Dronzek
- ... and this contents page.



Designed to introduce young children to the joys of birdwatching and the natural offerings of our local area.

Target age range: 4-8

Connected to our county parks and the Virginia Birding & Wildlife Trail

Birdwatching in Henrico County

Several Henrico County Parks are part of the **Virginia Birding and Wildlife Trail**, a project of the Virginia Department of Game and Inland Fisheries.

For more information about the Virginia Birding and Wildlife Trail, visit www.dgif.virginia.gov/vbwt/

For other great Henrico County park locations, visit henrico.us/rec/parks/



1 DEEP RUN PARK

9900 Ridgefield Parkway
Henrico, VA 23233
(804) 652-1430



2 DOREY PARK

2999 Darbytown Road
Henrico, VA 23231
(804) 652-1440



3 ECHO LAKE PARK

5701 Springfield Road
Glen Allen, VA 23060



4 MEADOW FARM/ CRUMP PARK

3400 Mountain Road
Glen Allen, VA 23060
(804) 652-1455



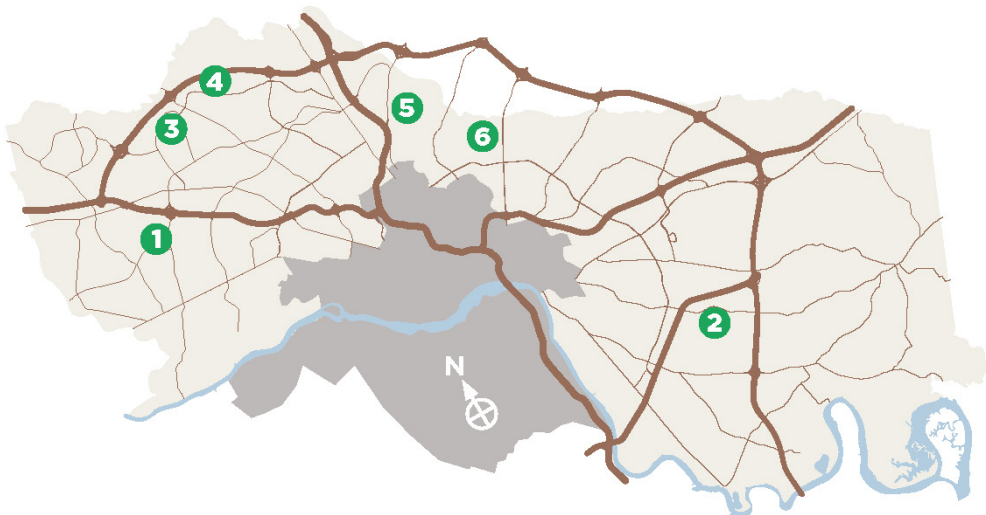
5 THREE LAKES PARK

400 Sausiluta Drive
Henrico, VA 23227
(804) 652-1470



6 VAWTER STREET PARK

4501 Vawter Ave
Henrico, VA 23222



Your Birding Life List

your name _____

Many birdwatchers keep a **Life List** — a list of all of the birds they have ever seen. This is a fun way to “collect” birds!

Recording the **date and location** can help you remember what time of year and where you saw a bird. Was it a bird that only visits Virginia during the winter? Did you see it at a feeder? Or by the water?

You can start your own Life List. Here are 20 common birds found in Henrico County. See if you can spot them in one of **Henrico County’s parks**, or even in your backyard.

Bird	Date	Location	Notes
<small>look in a bird guide to learn what they look like</small>	<small>when you saw the bird</small>	<small>where you saw the bird</small>	<small>anything else — what was the bird doing? was it alone? with others?</small>
American Crow			
American Goldfinch			
American Robin			
Blue Jay			
Canada Goose			
Carolina Chickadee			
Carolina Wren			
Downy Woodpecker			
Eastern Bluebird			
European Starling			
House Finch			
House Sparrow			
Mallard			
Mourning Dove			
Northern Cardinal			
Northern Mockingbird			
Red-bellied Woodpecker			
Ruby-throated Hummingbird			
Tufted Titmouse			
White-breasted Nuthatch			



Birding Kits launched with Introduction to Birdwatching workshops at multiple libraries



HCPL Borrowing Details:

- Same checkout length as Nature Backpacks: 2 weeks
- Backpacks are shelved in children's areas
4 at each participating library / 20 total
- No feature to prohibit shelving / binoculars have only a \$20 replacement cost

189 total circs since launch in October 2016

Questions

Rick Samuelson, Youth Services Coordinator
Henrico County Public Library
rsamuelson@henricolibrary.org



March 7, 2018, at 1 p.m. Eastern Time

Next webinar: ***Promoting Health and Wellness through Movement***



Be Well at NPL

Save the Date!

Be Well At NPL is Nashville Public Library's investment in mind/body health for the citizens of Nashville. Whether you're 6 or 60, an athlete in your prime or just starting out, you're welcome to take part in free exercise, meditation, cooking, and other healthy living events at all of our 21 locations.

Please email with your ideas, comments, suggestions, successes, struggles, etc.

lenstra@uncg.edu

And please keep **updating the map:**

<http://www.letsmovelibraries.org/map/>

Strength in Unity!



THE UNIVERSITY *of* NORTH CAROLINA
GREENSBORO