

Movement-Based Programs in Public Libraries: Examples and Best Practices from the U.S. and Canada (First in a Quarterly Series)

August 16, 2017. **Presenters:** Jenn Carson and Gwen GeigerWolfe

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



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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>



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LET'S MOVE IN LIBRARIES

Movement-based programs in public libraries

[HOME](#) [ABOUT](#) [CONTACT](#) [RESOURCES](#) [MAP](#)

RESOURCES

This page contains a directory of resources for librarians interested in starting or sustaining movement-based programs. Please add to this directory [at the bottom of the page](#). Scroll down to see some general resources related to this programming area, or explore resources:

[By type of program \(e.g. yoga, gardening, fitness classes, StoryWalk®\)](#)

[By population served \(e.g. youth, older adults\)](#)

<http://www.letsmoveinlibraries.org/resources/>



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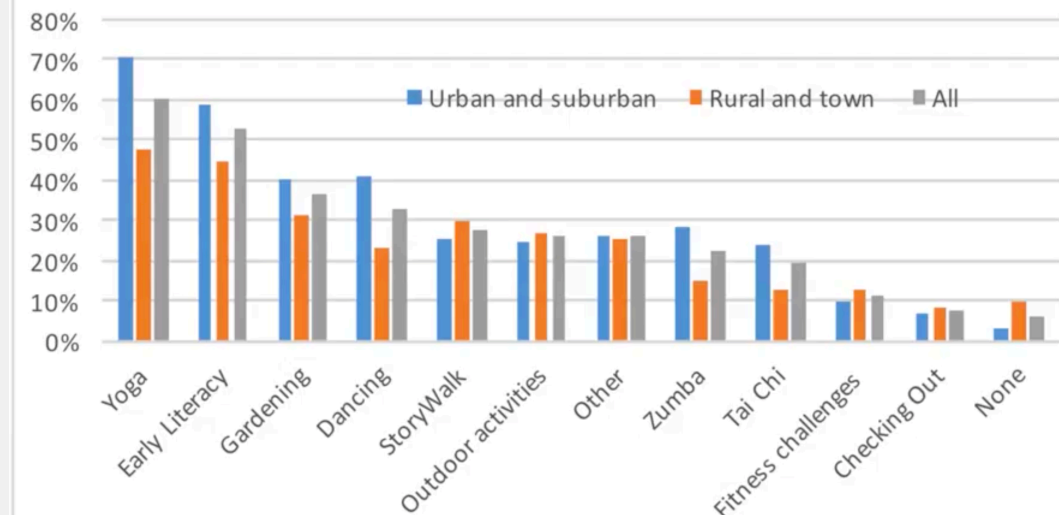
Part 2: The survey

Noah Lenstra. 2017. "Yoga at the Public Library: An Exploratory Survey of Canadian and American Libraries." *Journal of Library Administration*, 57(7)

Noah Lenstra. 2017. "The State of Movement-Based-Programs in Mississippi Public Libraries," *Mississippi Libraries* 80(3).



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Chat

downtown...window to window.

From Angela Llewellyn 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 the age

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

Let's Move In Libraries Webinar



Noah Lenstra

Subscribe 0

55 views

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👍 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.

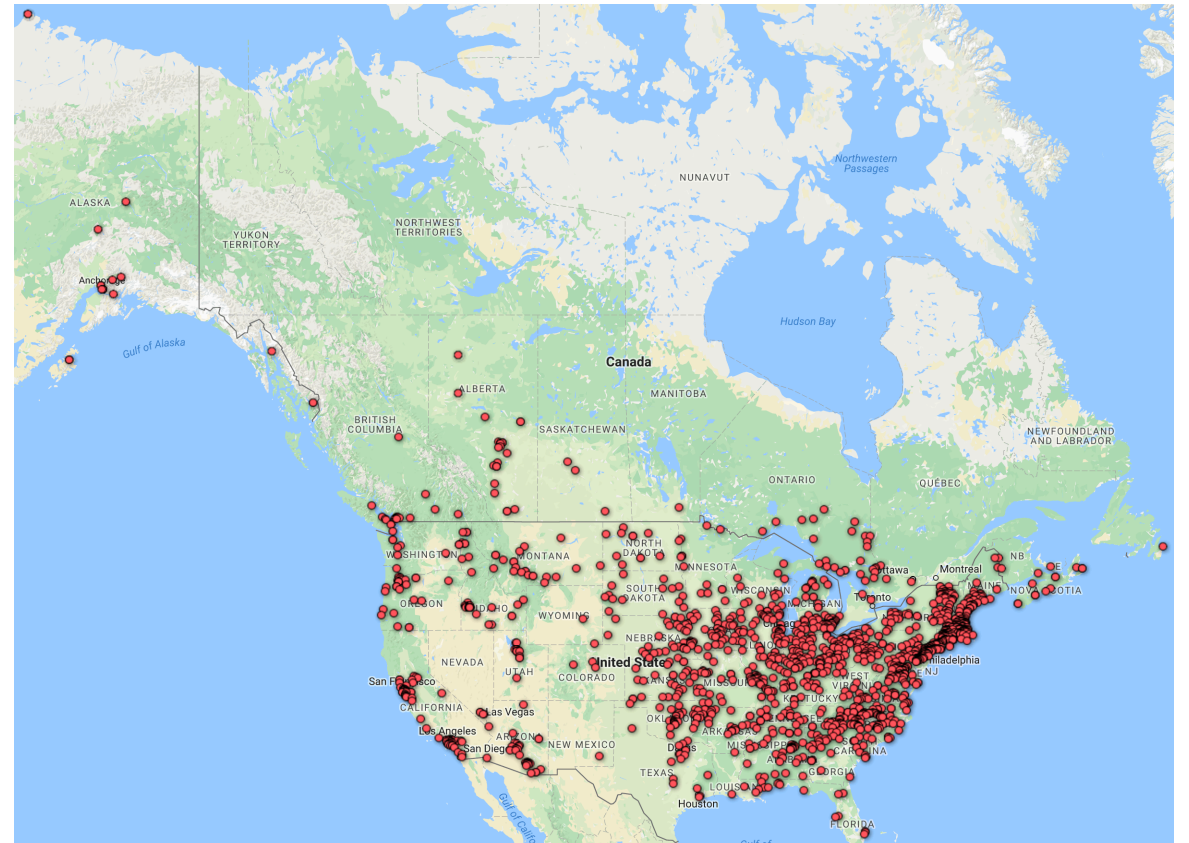


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Part 3: The map

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



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Save the Date!

November 8, 2017, at 1 p.m. Eastern Time

Next webinar: ***“Library of Things” to Promote Movement***



PRESS PHOTOS BY ED COURRIER
Bethlehem Public Library Director Josh Berk helps launch Bike Bethlehem! by peddling one of the loaner bicycles through a red ribbon held between Dr. Stephen Olenchock from St. Luke's University Health Network and Lisa Ronca, co-owner of Cutters Bike Shop. The press conference announcing the new community bike sharing program was held at the Bethlehem Public Library. Copyright - © Ed Courrier

Bike Bethlehem! Bike share program 'Ready to roll'

Monday, August 22, 2016 by ED COURRIER Special to the Bethlehem Press in Local News

"I am pleased to announce the launch of Bike Bethlehem!" declared Mayor Robert Donchez from the steps of the Bethlehem Public Library Aug. 15.

"I hope the Bethlehem Bike Share will be so successful that it will continue to expand throughout the city," Donchez said before turning to City of Bethlehem Health Director, Kristin Wenrich, to present an overview of Bethlehem's innovative new program.

After spending three years researching similar programs in other metro areas, "We are now literally ready to roll," Wenrich said. To make the experience family-friendly, there are 10 adult single-speed bikes, six children's bikes and two trailers available. These can be checked out at the Bethlehem Public Library on the Northside or Cutters Bike Shop on the Southside. Instead of a library card, an adult 18 years of age or older must provide a valid driver's license or photo ID and sign a waiver to get the free use of a bike, helmet and lock. When the loaner bike and equipment is returned to the rental location during open hours,

Print

Comments (0)



HOME | DIRECTORIES & LISTSERVS | CE & TRAINING | YOUTH SERVICES | TRUSTEES & FRIENDS | STATE AID

HOME » NATURE BACKPACKS

NATURE BACKPACKS



The Library of Virginia supports informal learning with a collaborative project with the Virginia Department of Conservation and Recreation and the Science Museum. The project provides nature-themed backpacks designed to help families, Scout groups, home schoolers and other groups explore nature and learn science concepts while visiting a Virginia State Park. Ideally four backpacks would be placed in a library branch and be checked out for at least two weeks using a Virginia Public Library card.

Backpacks will be evaluated by having the patron complete an evaluation form when the backpack is returned to the Library.



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Event: **Seed Exchange - Denton Library**

Department: Library

Event Type: Library Programs

Date: Monday, May 01, 2017

Time: 6:00 PM - 7:00 PM

Open-to-Public: Yes, event is open to the public and held Indoors

Cost or Fee? No

Denton Branch Library
310 W. Salisbury Street
Denton, NC 27239
Lat: 35.83247700 Lon: -80.24374800

Description: *The next Denton Seed Exchange will take place on Monday, 11/8/17 at 1:00 PM. Please bring a seed chest!*

Today: Best Practices Discussion



Home News & Events Books & More Research Resources Library Services

IN THE SPOTLIGHT Staff Picks If You Like Gift Giving Guide More

Gwen GeigerWolfe

Mother Nature is One Tough Mama

Posted On: Mar 3, 2017 In: *In the Spotlight*



end to winter's bleak and naked landscape.

Either I have a knack for meeting a lot of garden folk in this town, or Lawrence is just full of people who like to grow green things. It's starkly apparent during this time of year-when the unseasonably warm days spark conversations of an early spring that evokes a gleam in the eyes of **knowing growers**. No matter how you slice it, everywhere you look in our community people are ready for warmer climes, longer days, and a promised

<http://www.lawrence.lib.ks.us/tag/gwen-geigerwolfe/>

PROGRAMMING Librarian

A website of the American Library Association Public Programs Office

Browse Ideas News Blogs Program Models Learning About



Jenn Carson

MSLIS, CYT, CCYT Library Director of LP Fisher Public Library, Woodstock, N.B., Canada

Jenn Carson, MSLIS, CYT, CCYT is the Director of the LP Fisher Public Library in Woodstock, NB and has been delivering movement-based programs in libraries and schools for eight years. She is the creator of www.yogainthelibrary.com, a popular resource for library staff and teachers interested in delivering yoga and mindfulness-based programs in their communities. She has been blogging about physical literacy for the American Library Association for two years at www.programminglibrarian.org. Carson is also involved with a research project gathering data on physical literacy programs in libraries with Dr. Noah Lenstra (University of North Carolina at Greensboro) and is writing a book for **ALA Editions** on physical literacy which is being released in June 2018. Her team was recently given the New Brunswick Public Library Service Innovation Award for their physical literacy initiatives. She is a member of the International Association of Yoga Therapists, the Atlantic Provinces Library Association, and **Beta Phi Mu**: the International Honors Society for Library and Information Sciences. Carson was named the first Ambassador for the **National Unplugg'd Challenge** which encourages children to put down their devices and play.

Recent Posts

Family Yoga Party
One Community: Celebrations of Indigenous History
Things Fall Apart: When Everything Goes Wrong
Robot Storytime: Coding for Preschoolers
Paper Monsters: Literacy Attacks!

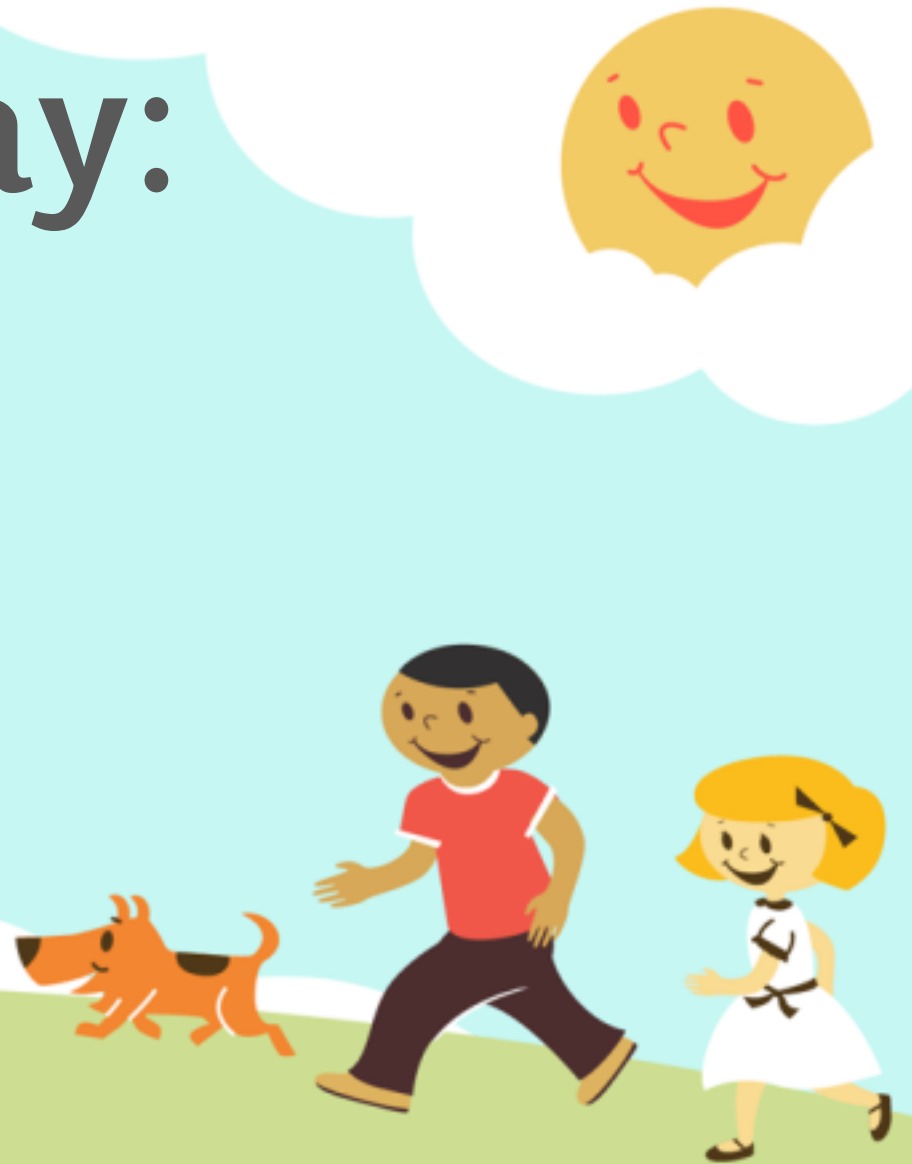
<http://www.programminglibrarian.org/users/jcarson>



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Patrons at Play: Physical Literacy in the Library

Jenn Carson, MSLIS, CYT, CCYT
Library Director, LP Fisher Public Library
Ambassador, National Unplugg'd Challenge





"A library is a miracle. A place where you can learn just about anything, for free. A place where your mind can come alive."

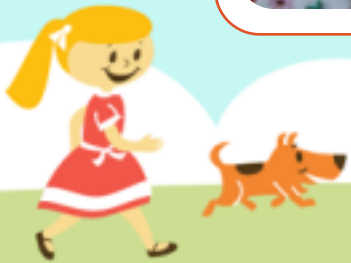
~Josh Hanagarne

Background:

I've always liked to play.

A lot.

Now I get paid for it.





Bringing physical literacy to the Library!



"Have you ever noticed how eager young children are to learn about everything? And how they are constantly moving while doing so? Whether they are painting at an easel, stirring cake batter, or building blocks, their whole body is involved. And learning occurs during this movement."

~Maureen Murdock

Movement-Based Program Planning

- Setting the stage, community partnerships
- Budgets, legalities, and logistics
- Spreading the word with effective marketing



THE L.P. FISHER PUBLIC LIBRARY PRESENTS

**BRAZILIAN
JIU JITSU
DEMO**

JANUARY 21
2:30-4PM
FREE

DID YOU KNOW WOODSTOCK
HAS A **JIU JITSU** CLUB?

MATT TRITES AND SION GOODINE, FROM THE
WOODSTOCK BRAZILIAN JIU JITSU CLUB, WILL
DEMONSTRATE BRAZILIAN JIU JITSU (BJJ)
TECHNIQUES FOR SPORT AND SELF-DEFENSE.


BJJ IS A MARTIAL ART THAT FOCUSES ON
GRAPPLING AND FIGHTING ON THE GROUND,
EVOLVING FROM KODOKAN JUDO GROUND
FIGHTING TECHNIQUES.

IT IS A GREAT MARTIAL ART FOR
KIDS BECAUSE THERE IS NO
STRIKING INVOLVED; A PERSON
CAN SUCCESSFULLY DEFEND
THEMSELVES BY USING PROPER
TECHNIQUE AND LEVERAGE TO
APPLY JOINT LOCKS AND CHOKE-
HOLDS ON AN OPPONENT.

IT IS ALSO GOOD FOR WOMEN, SINCE BJJ
USES TECHNIQUE TO ALLOW A SMALLER,
WEAKER PERSON TO TAKE DOWN A LARGER,
STRONGER PERSON.

CALL THE L.P. FISHER PUBLIC LIBRARY
AT 325-4777 FOR MORE INFORMATION.
WWW.WOODSTOCKBJJ.COM
WWW.FACEBOOK.COM/L.P.FISHER.LIBRARY

WOODSTOCK BJJ
BRAZILIAN JIU JITSU



Program Models: Fun for the Whole Family

Kids' Kilometre Fun Run



Bike Clinic



Program Models: Just for Kids

Afterschool Dance or Music

Library Mini-Golf



Program Models: Teen-o-rrific

Library Guild



"...All adolescents are saturated with new hormones, new and acute kinds of self-consciousness, new kinds of desires, and [?]confronted with the avalanche of new responsibilities that are associated with the threshold of adulthood. All of this physical and mental turmoil creates a new kind of muscular tension in the adolescent. They squirm. They chew their fingernails. They tap their feet. They screw themselves up into the damndest kind of postures. They jump up and down and shout at the slightest provocation. They are like tightly wound springs."

~Deane Juhan, Job's Body: A Handbook for Bodywork

Yoga and Meditation for Teens



Program Models: Grown-ups Still Play!

Run and Walk Club

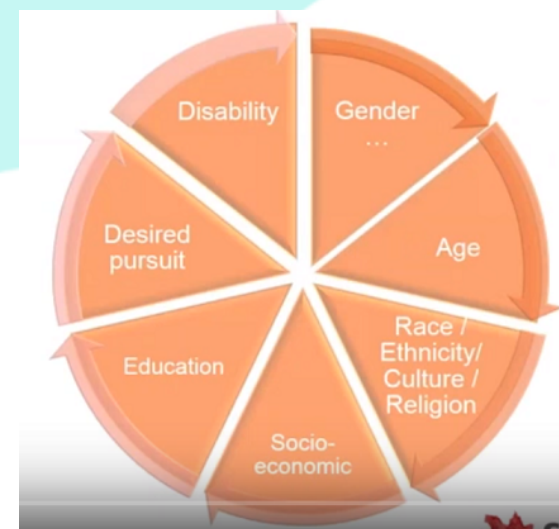


International Fibre Enthusiasts



We're always dancing in the stacks!





Include, Adapt, Adjust,
Innovate!

Movement-based programs are for everybody!

All programs at the library are **FREE**.



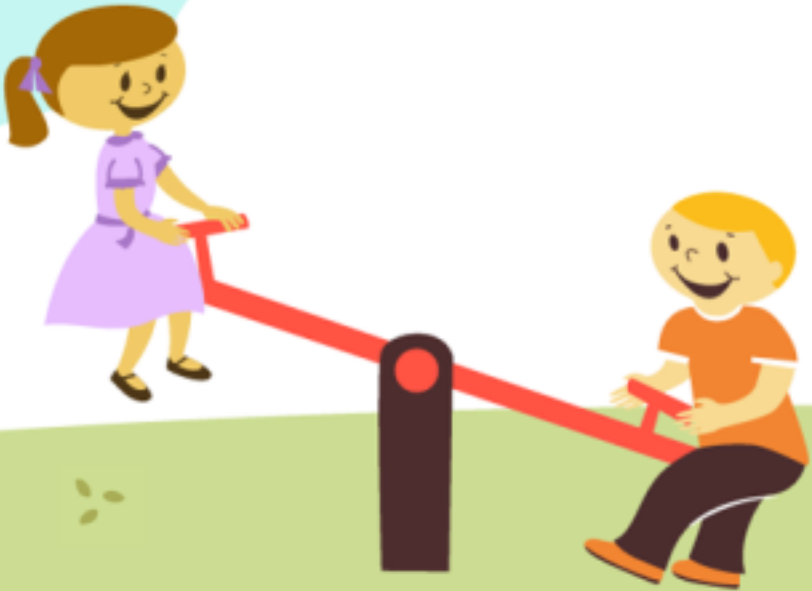
Watch this webinar by Sport for Life:

<https://www.youtube.com/watch?v=oxU1MueMACs&feature=youtu.be>

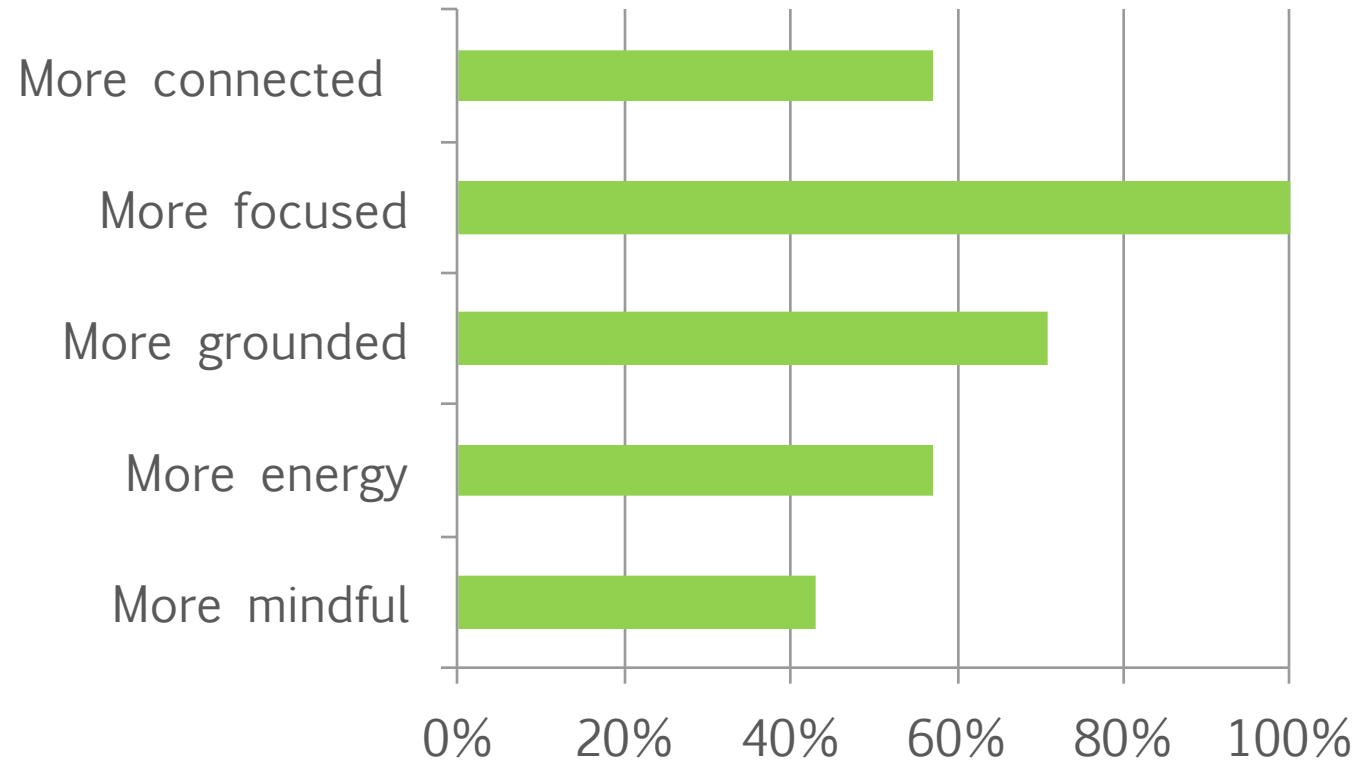
Passive (sometimes sneaky) ways to get people moving....



- Stand-up desks (adjustable), bike and treadmill desks
- Activity cards (such as yoga cards) left in common areas
- Active outdoor equipment (for all bodies)
- Alternative collections (pedometers, yoga mats, snowshoes, fit kits, gym passes, board games, etc...)
- Movement stations (dress-up centre, sensory tables, puppet theatre, stand-up maker counter, stacking blocks, hopscotch)
- Health-related programs (digestion, healthy sleep, meditation, acupuncture, etc...that will encourage people to take better care of their bodies...and then they will want to move more)
- Displays of “active” materials (i.e.: how-to running books, movies about runners, runner bios, cookbooks for runners)



Noted Improvements after 15-min Yoga Break



Physical Literacy
for Staff

Taking Care of Us



Lawrence Public Library

Lawrence, KS

Gwen GeigerWolfe, MPH, MLS



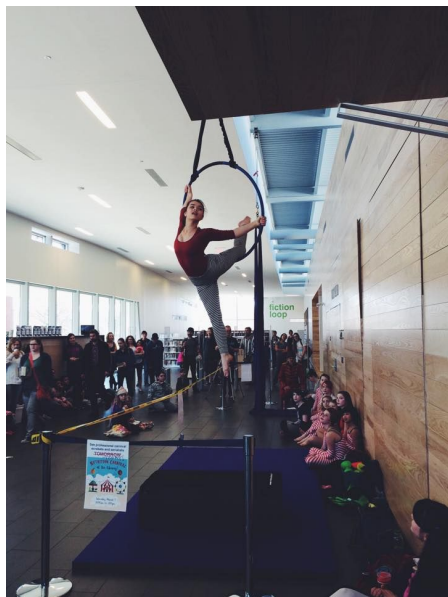


Located in Northeast Kansas, LPL is a single branch library serving a community of 95,000.



A tallgrass prairie community celebrating a rich history that includes the University of Kansas, the birthplace of basketball, writers William Burroughs and Langston Hughes, and much more.





Health Mashers, Drop-in Services
Domestic Violence Info & Advocacy
Healthcare Navigators, Career Clinic
SNAP Enrollment, Nutrition Carnivale
MOOCs, World Breastfeeding Celebration
Before You Check Out, Health Kits
Floss Bar, Seed Library, Family Mindfulness



Movement-based Programs

- Yoga @ Your Library
- Family Yoga
- GYM Pass Collection
- Bookworms & Waterbugs
- Senior Fitness Crawl

FRIS | Jun 9–Jul 28 | 7-8 AM | Library Lawn

Fitness Fridays

Free! All ages and skill levels welcome. Bring a mat or towel.

June 2 | Beginning Capoeira w/ KU Capoeira Club
Brazilian dance, acrobatics, and martial arts.

June 9 | BodyFlow™ w/ Body Boutique
Yoga, Tai Chi, Pilates fusion to build strength and flexibility.

June 16 | Boxing Basics w/ CrossFit Lawrence
Boxing is a high energy workout — you'll break a sweat!

June 23 | Yoga @ Your Library w/ Sarah
Start the day with peace and strength in the great outdoors.





June 30 | Strong by Zumba™ w/ Anna Oliver
Music led interval training from the makers of Zumba™.

July 7 | Tai Chi w/ Susan Pomeroy
Movements for low-impact strength, coordination, balance.

July 14 | HIIT w/ Nourish
Full body workout of cardio, strength, balance, and stretch.

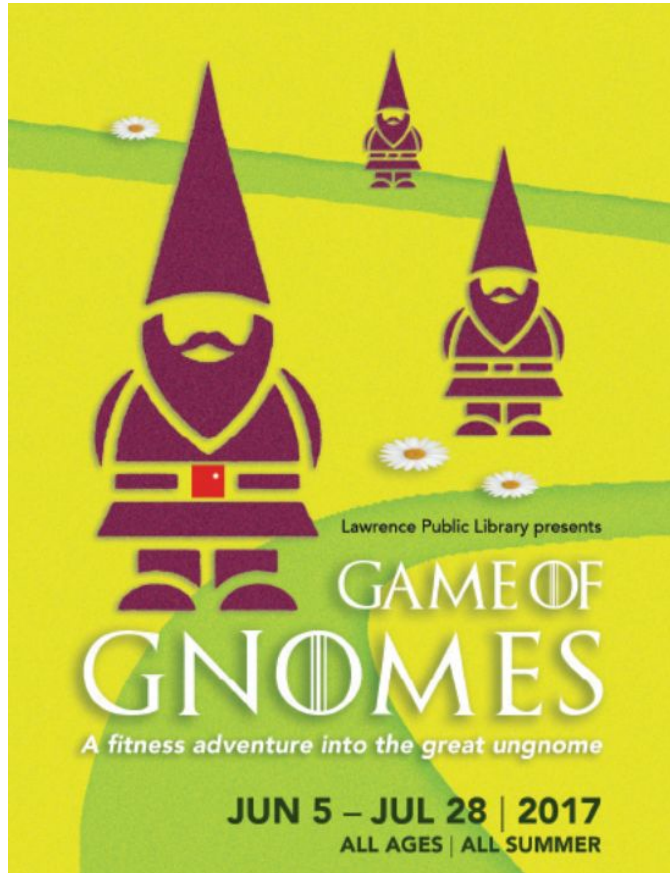
July 21 | Library Grind w/ Summit
The FUN in FUNCTIONal fitness: sweat, get lean, build strength.

July 28 | Body Boutique Bodyweight Camp
Blast major calories; train for agility, strength, and core.

    lpls.org/summer

707 Vermont St. Lawrence, KS 66044 | 785-843-3833

- Fitness Fridays
- Hike Through History
- Game of Gnomes
- Action Book Club
- Storywalk



- **21 Hidden gnomes in 10 parks around the city, map included.**
- **Locate and match the gnomes' names to the correct park.**
- **Find all 21 gnomes to win a prize and enter into a grand prize**



- Yoga
- Tai Chi
- Capoeira
- HIIT
- Pilates

- Bootcamp
- Body Flow
- Boxing
- Functional Fitness

- Zumba
- Tabata
- Pound
- Library Grind

Fitness Fridays



- **Provides full membership access to one of 3 local gyms for 28 days.**
- **Passes are available to those over 18 with a valid library card.**
- **Users agree to follow each gym's policies for use and liability.**

Gym Pass Collection

Must be 18+ to check out



FREE

*with a library card!

Good at Body Boutique, CrossFit Lawrence, and Summit Gym, check out a 1-month pass to see if one of these gyms might be your jam!

707 Vermont Street
Lawrence, Kansas 66044
785-843-3833
www.lawrencepubliclibrary.org



Ask a Librarian about
how to get one!

Collaborating With Your Community For Health

Make Friends, Get Healthy

A “Supporting Healthy Communities Through
Library Partnerships and Collaboration” Activity Book

Lissa Staley, Topeka Shawnee County Public Library
Gwen GeigerWolfe, Lawrence Public Library



PLACE

The library is a recognized, easily located, reliable resource in your community. It's visibility can be lent to others as an asset to their work.

How does the visibility of your library benefit potential partners?

SPACE

You may have areas in and around your library that are usable for a variety of needs. Communities and organizations often need the spaces you offer and do not know they are there.

What types of spaces do you have that might be useful to others?

PROMOTION

Your library is engage in marketing, from fliers to community boards, to social media. You have a marketing channel that can be useful to potential partners.

What types of marketing does your Library use?

Thank you!

If you have questions, ideas, or suggestions,
please reach out:

ggeigerwolfe@lplks.org

785-843-3833

Questions?
Stories to share?

