How To Add Movement To Library Programming

Presented by **Noah Lenstra** | lenstra@uncg.edu | @NoahLenstra | @LetsMoveLibrary | At Public Library Association 2020 How-To Festival Slides and Handout available online at: https://www.LetsMoveLibraries.org/PLA2020

Resources mentioned during the presentation

Why move in libraries?

Eric Klinenberg demonstrates how moving in libraries builds social connections in **Library Lanes** program at Brooklyn Public Library: https://twitter.com/ericklinenberg/status/1050769547605753857

Find out what the federal government has to say about the importance of all sectors getting involved in promoting active living at https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html

Learn about the importance of play in library programming at http://everychildreadytoread.org/ and Celano, D. C., Knapczyk, J. J., & Neuman, S. B. (2018). Public libraries harness the power of play. *YC Young Children*, 73(3). https://www.naeyc.org/resources/pubs/yc/jul2018/public-libraries-harness-play/

And learn about the PlayBrary (featuring a kid sized climbing wall!!) https://www.brookings.edu/blog/education-plus-development/2020/02/20/playbrary-a-new-vision-of-the-neighborhood-library/

And find out how to Move Your Way at https://health.gov/moveyourway

Are there Safe Routes to Your Library? Get resources to start here https://www.saferoutespartnership.org/ And see an example here: https://www.cityofpaloalto.org/civicax/filebank/documents/53958

Learn more about the importance of connecting safe routes to everyday destinations (including libraries!) at https://www.cdc.gov/physicalactivity/community-strategies/beactive/index.html

Policy makers increasingly see the public library as a safe place for all ages to get moving – learn more at Robert Wood Johnson Foundation. (2017). Achieving Health Equity: Fun and Fitness in a library parking lot. https://www.rwjf.org/en/library/features/achieving-health-equity.html

How to move in libraries
Wisconsin Library Association's Youth Services Section gives us a play-list for a library dance party: http://yssevents.blogspot.com/2017/01/dance-dance-dance.html

Find even more play lists at JBrary at https://jbrary.com/youtube-playlists/

Get free videos of evidence-based fitness programs for older adults from the National Institute on Aging (NIA) at https://go4life.nia.nih.gov/workout-videos/

Extend your programs with partnerships
Get information on how to build partnerships around movement-based programs for older adults from the NIA at https://go4life.nia.nih.gov/libraries/

Take your programs outside with some help from the Children & Nature Network https://www.childrenandnature.org/wp-content/uploads/CCCN_NatureLibraries.pdf

Get inspired to start an "active" library of things at https://www.smyrnavision.com/get-smyrna-strong-smyrna-library-rent-fitness-equipment-library-card/smyrna-strong-collection/

Or how about Late Night Recess? Check out Arlington (VA) Public Library's approach at https://www.arlnow.com/2017/08/04/late-night-recess-returns-to-arlington-central-library-2/

Search Vimeo for Creative Commons videos you can use to get your community moving!

Library Director Jenn Carson has AMAZING resources – http://jenncarson.com/resources.html

Or how about Instant Recess at the Library? https://infopeople.org/civicrm/event/info?reset=1&id=77

Learn how to bring songs and stretches into your storytimes at https://www.storiessongsandstretches.com/

Try a walking book club or StoryWalk with some help from the ALA's Public Programs Office https://programminglibrarian.org/learn/taking-walk-library-storywalk%C2%AE-walking-book-clubs-and-more

Get inspired to offer free fitness and exercise classes from the ***Nashville Public Library*** https://library.nashville.org/event/be-well-npl

Attend to accessibility and concerns about liability
Whatever you do make it accessible! Get some information to help you plan from the New York Public Library in blog post https://www.nypl.org/blog/2018/04/03/accessible-personal-fitness-disabilities-tips-tech

Get examples of waiver of liability forms at http://letsmovelibraries.org/resources/

Stay involved and connected at
LetsMoveInLibraries.org