

Sit and Be Fit programming hints

Attendees are primarily seeking social connection, and the exercise program tends to be secondary. Make sure the facilitator is aware of his or her role in building community as well as offering the program. Ideal facilitators are warm and friendly and feel comfortable introducing themselves and getting to know participants.

People might initially feel self-conscious doing the exercises. Having the instructor sit with the group and participate can help alleviate those inhibitions.

Facilitating the program is more than turning on the video! Ensure your staff understands the importance of being warm and welcoming and building a sense of community among participants.

Staff were concerned about the cleanliness of towels, which are used in some of the exercises. Consider a means for washing towels. If not possible, consider purchasing extra towels and/or encouraging participants to bring their own. FCPL received extra funds from the California Endowment that made it possible for us to purchase extra towels for participants to keep and bring with them each week.