



# How to Encourage and Enable Healthy Movement in Libraries

A presentation at 2018 Azalea Coast Library Association Conference

By Dr. Noah Lenstra, MLIS

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# THE LANCET

Physical Activity · July, 2012

[www.thelancet.com](http://www.thelancet.com)



"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."

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



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Let's Move! **Museums** and  
Gardens

2.4K views • 6 years ago

If museums can do this, why not public libraries???



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### 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](http://nytimes.com)

# Why not libraries too??



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What can YOU do in your library  
to increase physical activity?



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# 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?



The 'Library of Things' and Active Living (Let's Move in



Movement-Based Programs in Public Libraries: The



Movement-Based Programs in Public Libraries: Best

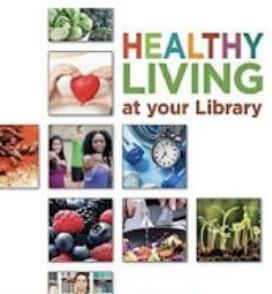


Let's Move In Libraries Webinar

A promotional graphic for 'Get Your Community Moving'. It features a large white circle containing the text 'Get Your Community Moving' and 'Physical Literacy Programs for All Ages'. Below the circle, it says 'JENN CARSON'. The background is red with a colorful geometric pattern.



Healthy Living at Your Library: Sonoma County  
69 views • 1 month ago



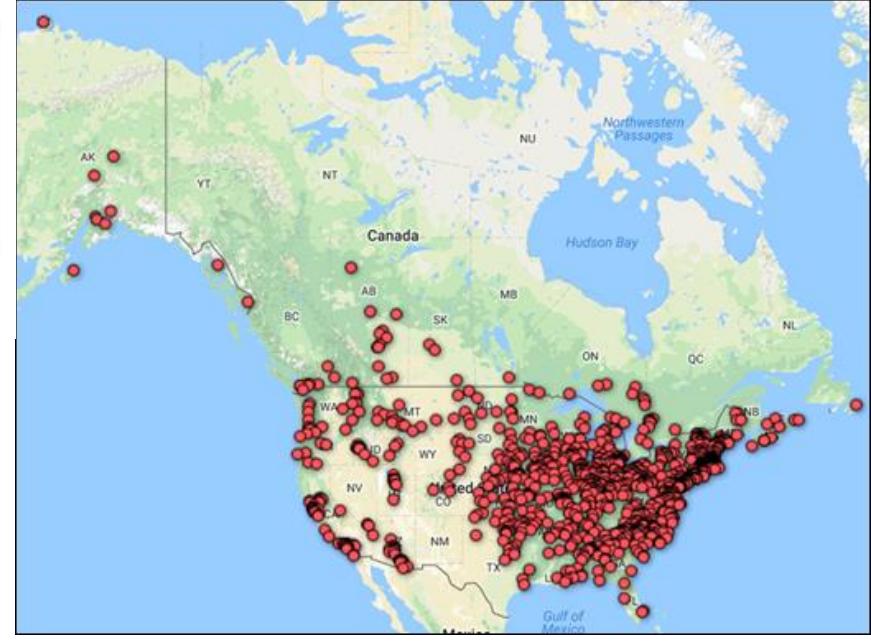
29:21



Increase access to free wellness programming and health resources that meet the unique needs and interests of our library

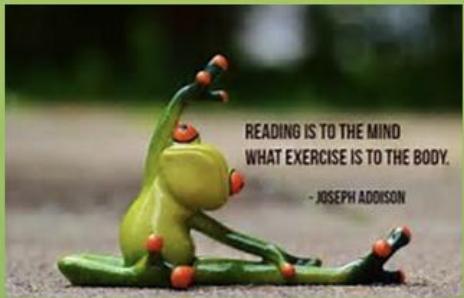
22:30

Be Well at NPL: A Health and Wellness Initiative of  
107 views • 1 month ago



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# DENTON PUBLIC LIBRARY



## Movement in the Library

From  
panel at  
NCLA in  
October



# Down South Shuffle

*LINE DANCING*

**Southwest Regional**  
3605 Shannon Rd.

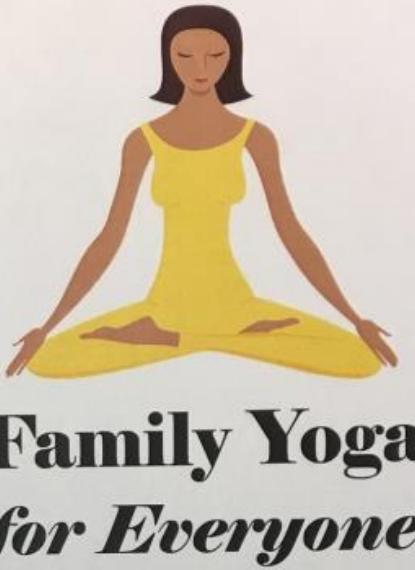
**Mondays at 6:30 p.m.**

Need an excuse to get moving and get fit? Join Down South Shuffle for line dancing and get some exercise. Down South Shuffle is open to all levels of dancers. Come for the first hour and practice your basic steps. Stay for the last hour to learn some advanced moves.



DURHAM COUNTY  
Library

*More Information at (919) 560-8590  
or durhamcountylibrary.org*



**Southwest Regional**  
3605 Shannon Rd.

**Mondays, 1:30-2:30 p.m.**

This yoga class welcomes all bodies and all experience levels. We designed this time to practice yoga together in an accepting non-judgmental atmosphere. Children are welcome. Please bring your own mats.

**DCo** DURHAM COUNTY  
Library

*More information at (919) 560-8590  
or durhamcountylibrary.org*

# 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!**

**Calabash: Hickmans Crossroads Library**



Address: 1040 Calabash Road, Calabash

Phone: 910-575-0173 / Fax: 910-575-0176

Branch manager: Christi Iffergan



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LAST YEAR, BE WELL AT NPL  
DELIVERED

**1,466 CLASSES**

SUCH AS YOGA, ZUMBA, NUTRITION  
& MEDITATION TO

**18,000 NASHVILLIANS**



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## 2. Embed physical activity into existing programs

**Popular library sessions get kids moving while enjoying stories**



▲ HIDE CAPTION

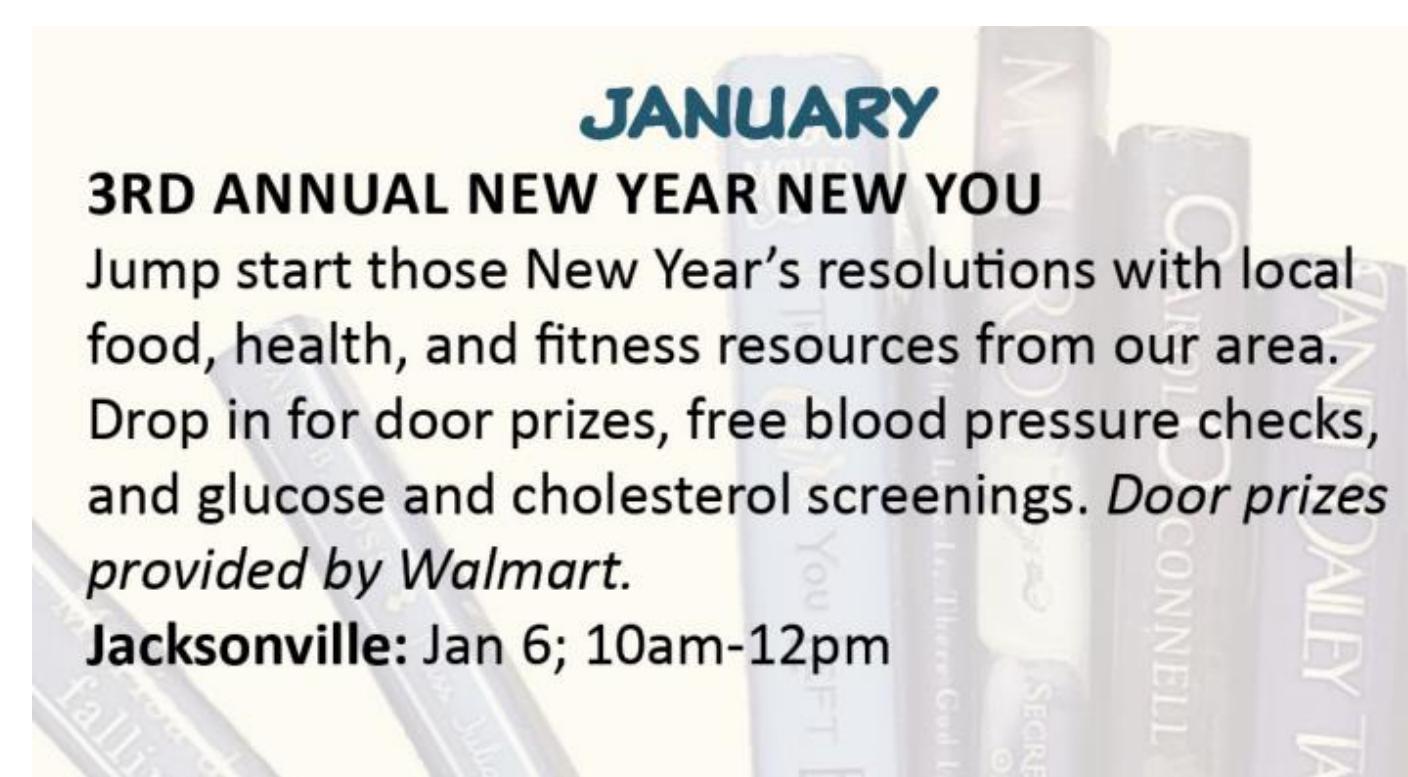
Susan Wood, left, teaches a family yoga story time at the Northeast Regional Library in Wilmington Friday, January 21, 2011. - Staff Photo By Matt Born

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!



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## JANUARY

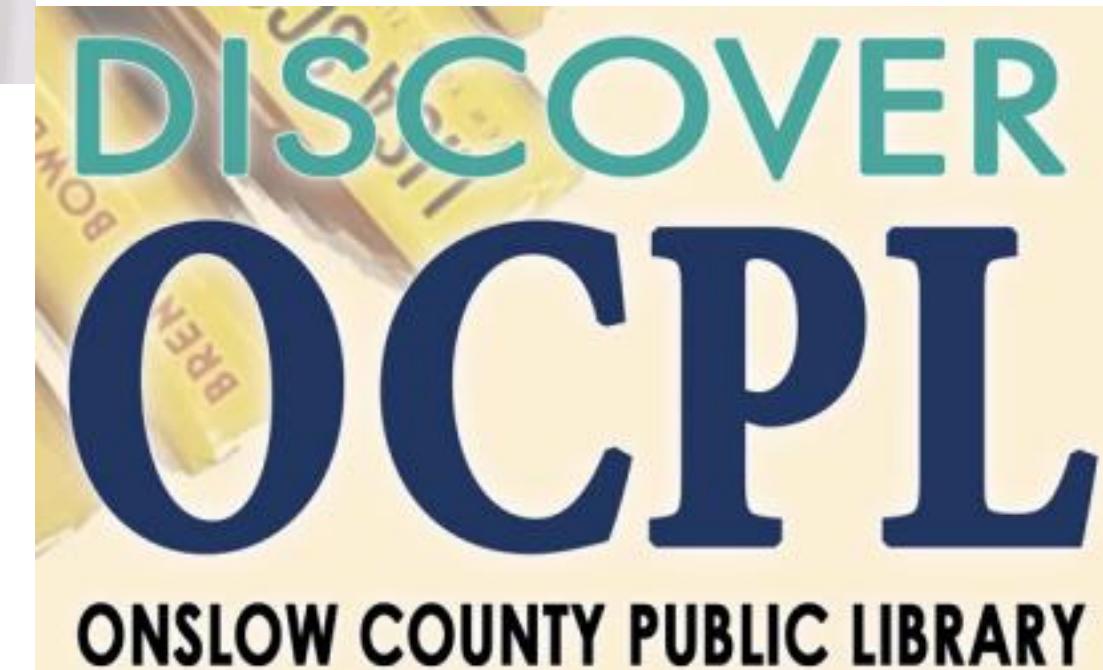
### 3RD ANNUAL NEW YEAR NEW YOU

Jump start those New Year's resolutions with local food, health, and fitness resources from our area.

Drop in for door prizes, free blood pressure checks, and glucose and cholesterol screenings. *Door prizes provided by Walmart.*

**Jacksonville:** Jan 6; 10am-12pm

“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

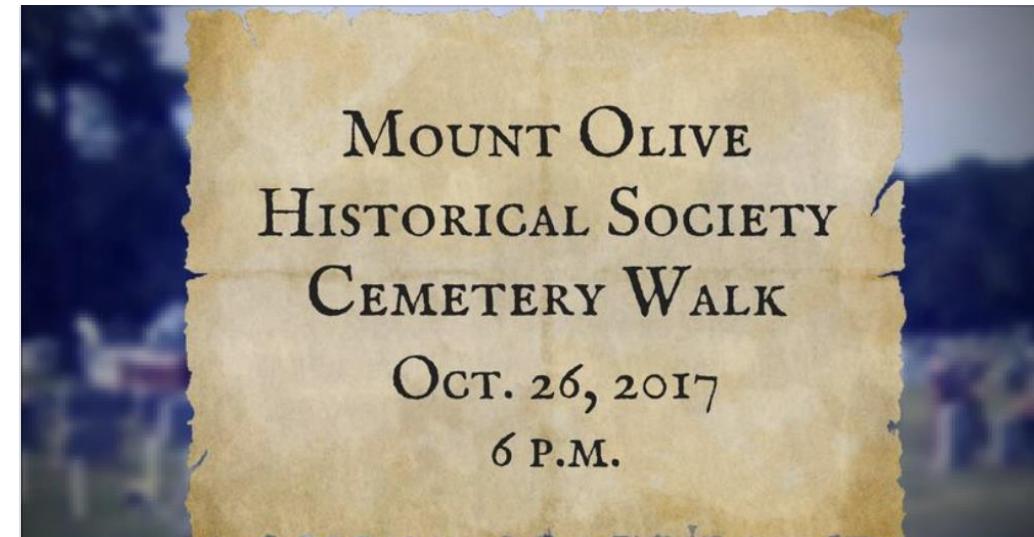
**Location:** Steele Memorial Library

[View Facility](#)

**Address:** 119 W. Main Street  
Mt. Olive, NC 28365

**Contact:** 919-299-8105, ext. 3

**Cost:** Free



OCT  
26

**Mount Olive Cemetery Walk**

Public · Hosted by Steele Memorial Library in Mount Olive, NC

Interested  Going

...

🕒 Thursday, October 26, 2017 at 6 PM - 7:45 PM  
about 5 months ago

📍 Steele Memorial Library in Mount Olive, NC  
119 W Main St, Mount Olive, North Carolina 28365

[Show Map](#)



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# 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



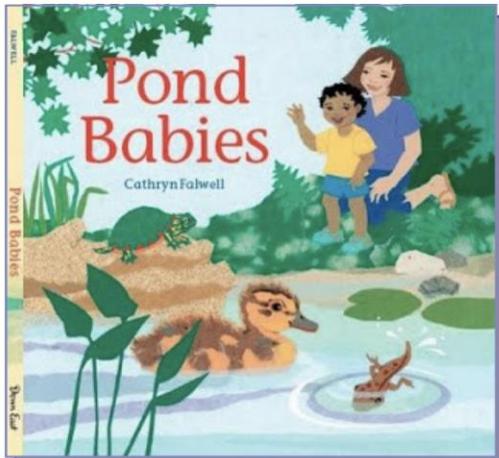
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# 4. Develop new spaces and infrastructures

## 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.



3. Learn to recognize baby animals in a natural setting by their colors and patterns.

### StoryWalk

StoryWalk encourages family literacy and physical activity by posting pages from a children's picture book along a path or walking trail.

**StoryWalk**

[About](#) [Activities](#) [Carolina Beach Lake Park](#) [Hugh MacRae Park](#) [Smith Creek Park](#)

[FAQ](#)

StoryWalk encourages both family literacy and physical activity by posting pages from a children's picture book along a path or walking trail.

- Families walk along the trail while reading a page at a time together and interacting with the story and with each other.
- StoryWalk is a collaboration between [New Hanover County Parks & Gardens](#), the [Health Department](#), and the [Public Library](#).

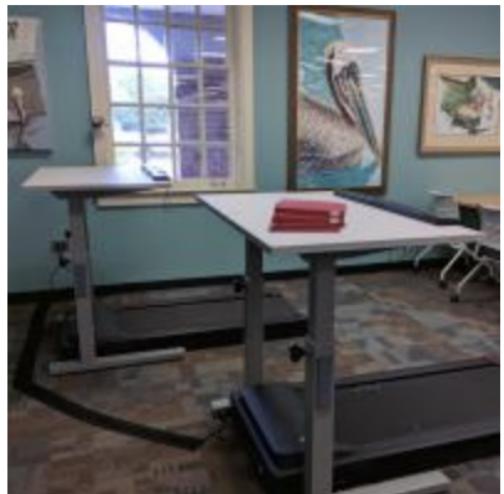




# Read and Ride



Home > Library News > Treadmill and cycling desks



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 safely 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.



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.

 **Kayla Hoskinson**  
March 22 at 7:09pm

Hi! I'm a Free Library of Philadelphia children's librarian, recently heading to the [#pla2018](#) exhibits tomorrow. This is my update from North Philly, where we focus on play and learning, health and fitness, digital literacy, creative projects, and restorative discipline. I work with youth (our after school crowd ranges from 8 to 15). If you have similar moves in your children's spaces, let's meet up and share! Yes, that's a climbing wall. [#isthishowthisworks](#)



 **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**



113 likes

**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!

## Get fit with your library card

- Outdoor fitness equipment, walking trails & playgrounds at select library branches
- Yoga, cycling, Tai Chi & meditation classes
- Fitness magazines, cookbooks & workout DVDs for checkout
- Digital magazines, eBooks & streaming videos
- Streaming music (three hours a day) & free downloadable music (five songs a week to keep)

Locations, event calendar & digital downloads available at [mysapl.org](http://mysapl.org)

All free from the San Antonio Public Library

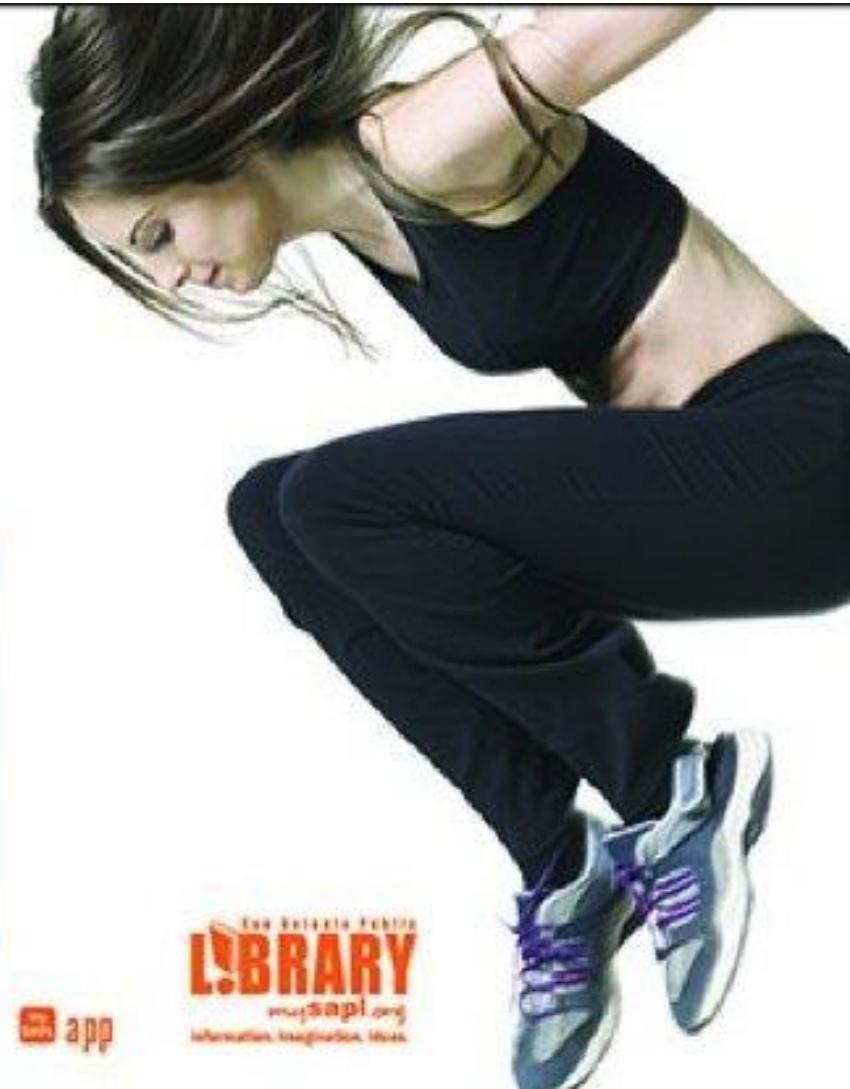
[mysapl.org](http://mysapl.org)

210.207.2500

app



San Antonio Public  
**LIBRARY**  
[mysapl.org](http://mysapl.org)  
Information. Inspiration. Ideas.



# 5. Develop New Collections

## SMYRNA STRONG COLLECTION

Font Size: + - + [Share & Bookmark](#)

[Feedback](#)

 [Print](#)

### Library of Things: Smyrna Strong Collection [Available Starting January 2, 2018]

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 peddle away on it?

[ow.ly/u2ii30iTkmj](http://ow.ly/u2ii30iTkmj)



 **Santa Clara  
CITY LIBRARY**

[Government](#) » [Departments](#) » [Library](#) » [Using the Library](#) » [Technology](#)

**Fitbit Zip**

Font Size: + - Share & Bookmark Feedback Print

**ZIP™ WIRELESS ACTIVITY TRACKER**

Get a kick out of fitness with this little device. It tracks your steps, distance, and calories burned – and syncs those stats to your computer and select smartphones. In doing so, it celebrates how much more you do each day. Zip™ encourages you to set goals, challenge friends, and go farther - one step at time. That's how you turn everyday life into a social, achievable, awesome path to fitness.

See the [Fitbit Zip Instruction Sheet and Fitbit Log](#)

See what's available and place a hold today!



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# 6. Focus on getting people outdoors exploring nature

Since 2008, Wayne County Public Library in Goldsboro has had community garden.





FITNESS

# 6 Things to Know About Non-exercise Activity Thermogenesis



by Pete McCall  
on November 21, 2017



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# Macon County Public Library has backpacks you can check out!



Just bring your library card



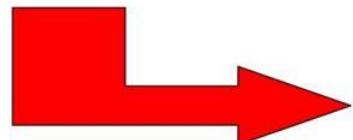
Circulation staff will include your  
kit of hiking contents



Hit the trails...



Grab your backpack...



and you're ready for adventure! !

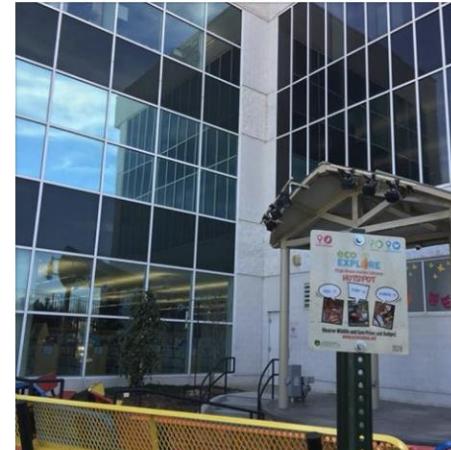


ecoEXPLORE added 3 new photos — in Greensboro, North ...

Carolina.

March 18 at 1:20pm ·

Be sure to check out our new HotSpots in the Triad! These include Haw River State Park, High Point Library and Piedmont Environmental Center!



# EXPLORE MORE

at Pritchard Park



# Chapel Hill PUBLIC LIBRARY



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## 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](http://gazettetimes.com)

# Xbox Bowling For Seniors? Visit Your Local Library

July 4, 2017 · 5:00 AM ET

Heard on All Things Considered



INA JAFFE



## 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.



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## 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.



JUN

11

Turn the Page 5k Road Race

Public · Hosted by Carteret County Public Libraries

★ Interested

✓ Going

...

⌚ Saturday, June 11, 2016 at 7 AM  
More than a year ago

📍 411 Front St, Beaufort, NC 28516-2126, United States [Show Map](#)

### Details

Join us in kicking off our Summer Reading program for the Carteret County Public Library! Registration can be done prior to the race or the day of the event.

For more information on the race please visit:

<https://runsignup.com/Race/NC/Beaufort/TurnthePage5K>

Hope to see you out!

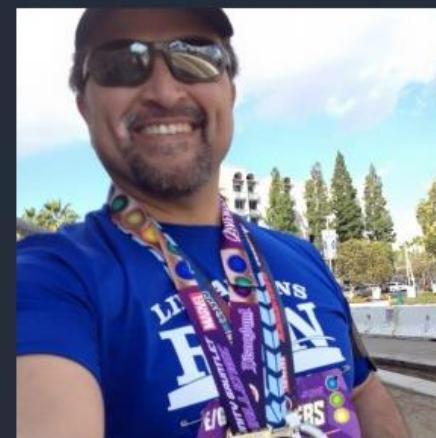
This is a fundraiser for the Carteret County Public Library.

Summer reading program

Running

Health and Fitness

# 9. Be a Model for Others!!





UNCG Teaching Resources Center shared Lily Carden's photo.

...

April 5 at 3:13pm ·

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



Lily Carden is at UNC Greensboro.

April 5 at 1:04pm · Instagram ·

Love the new #uncgcreativitycruiser in the @uncg\_trc and @uncgself - So much fun!!



# 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
7. For fun!
8. For funds!
9. Be a model for others



Let's stay connected!



# Let's Move in Libraries

LetsMoveLibraries.org / @LetsMoveLibrary /  
<https://www.facebook.com/letsmoveinlibraries/>

lenstra@uncg.edu



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