

## Exercise in the Park

### Overview

Free, outdoor exercise classes are currently very popular in communities across the country. Not everyone can afford a gym membership, so this is a great idea that could be ongoing, not just a one-time event.

### Activity Prep and Execution

1 hour/week

#### Planning

- Determine weekly team and roles
- Establish partnerships for each week
- Contact parks and rec for requirements
- Determine weekly dates
- Map Locations- Could be at different parks in the community or just one.
- Develop promotion- flyers, social media, radio
- Blitz community weekly with promo, social media announcements 2-3x's/week
- Community services/church cards

#### Day of event

- Set up check in/medical/prayer area
  - Contact & release forms
  - Community services/church cards
  - Nutrition plans
  - Exercise plans
  - Set up speakers- playlist
  - Set up wireless mic
  - Exercise mat bin
  - Hand towel bin
  - Water bottles
- Activity
  - 2 instructors - 15 min stretch, 30 min workout (low impact), 15 min cool down
  - 2 encouragers in the crowd exercising alongside but also walking around making sure people are ok or need help.
  - 2 people working the check in/medical station
- Clean-up & load
  - Collect towels- wash with detergent and bleach
  - Collect mats- spray & wipe down with disinfectant
  - Clean up water bottles
  - Load equipment

#### Follow up

- 2 people call/email to invite the next week and see if there are any prayer requests

**Volunteer Needs:**

- Teams of 6
  - 2 instructors
  - 2 encouragers
  - 2 connectors-gather info pray with people- recommend a health care worker present

**Supply Needs:**

- Total cost \$1200-1500.
  - Exercise Mats for 50 people -\$1000
  - 60 Hand towels- \$60
  - 100 water bottles/week - \$10/week
- Exercise mats
- Hand towels
- Speakers for music
- Wireless mic for instructor
- Water bottles
- Contact & release forms
- Info for local services/churches

**Potential Partners:**

- Local gyms/instructors- provide at home exercise plans
- healthcare workers- provide nutrition plans
- BGMC – equipment
- AGUSM healthcare missionaries