



PARTNERS, TEAMS, & GROUPS, OH MY!: SOCIAL FITNESS EXPERIENCES



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MANY OLDER ADULTS REPORT THAT SOCIAL ASPECT OF GROUP EXERCISE IS WHAT MOTIVATES THEM.

Encouragement from others

Social contact

Companionship

Others as role models



Bethancourt, H. J., Rosenberg, D. E., Beatty, T., & Arterburn, D. E. (2014). Barriers to and facilitators of physical activity program use among older adults. *Clinical Medicine & Research*, 12(1-2), 10-20.



LET'S MAKE YOUR CLASSES MORE SOCIAL!



Find a partner!



PARTNERS INSTEAD OF INDIVIDUALS

- Band Exercises
- Partner Exercises
- Pair Competitions: mini golf, minute to win it, backyard games tournament



Small Groups!

Join with another couple!



21 Questions



SQUARE AND SOCIAL DANCING

HELLO

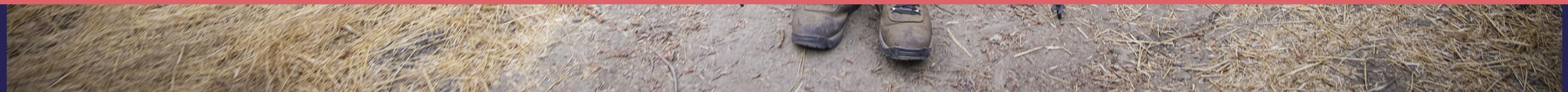
my name is

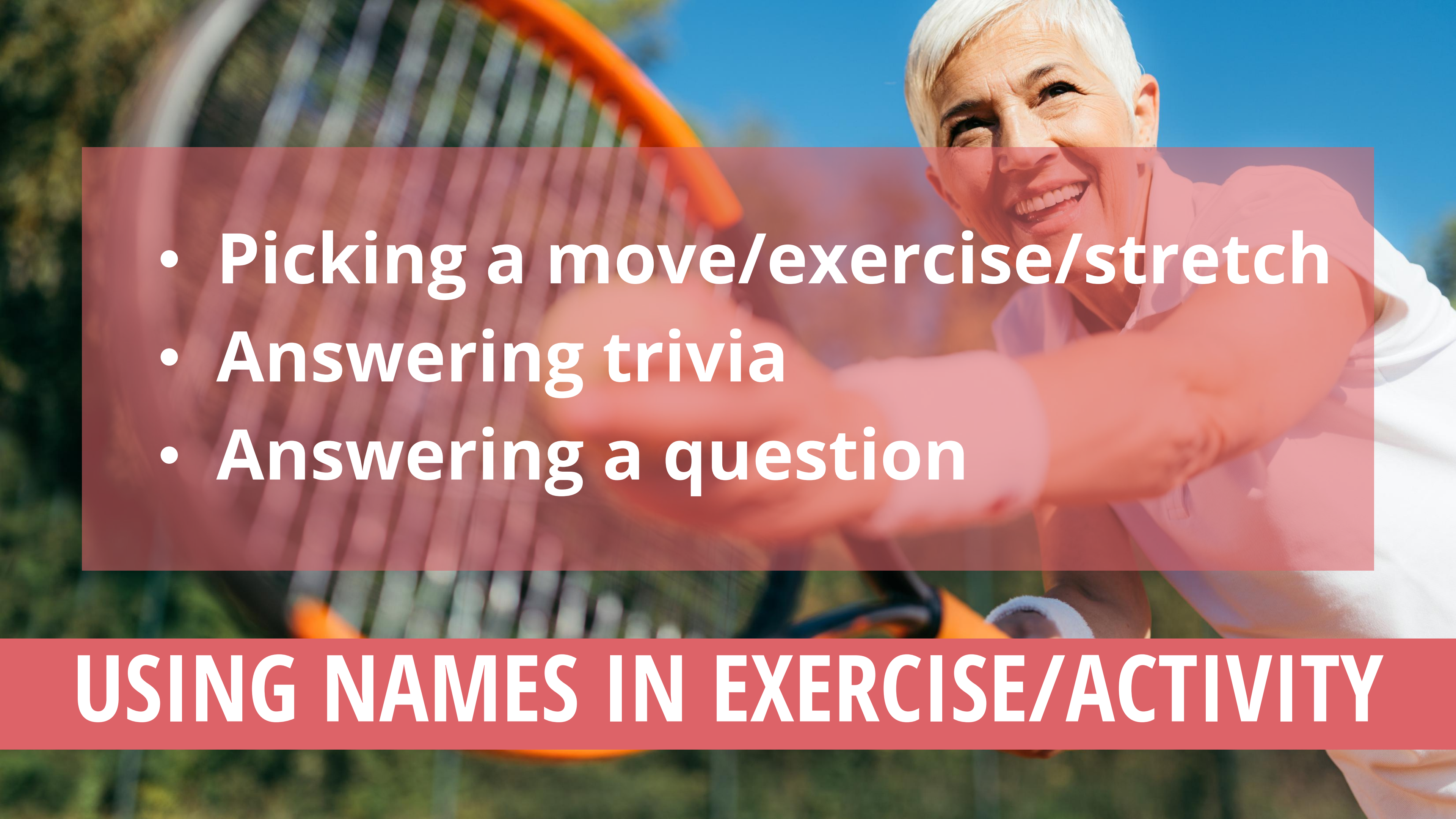
Energetic Emily!

GROUP INTRODUCTIONS



Never Have I Ever...



- 
- Picking a move/exercise/stretch
 - Answering trivia
 - Answering a question

USING NAMES IN EXERCISE/ACTIVITY

- 
- **Compliments**
 - **"My Name is Emily and I love Balloons"... "Emily loves Balloons."**

ALPHABET GAME



TEAMS INSTEAD OF INDIVIDUALS

- Walking Challenge
- Move-a-thon
- Team Sports
- Team Challenges
- Incorporate: Team Name, Colors, Chant, etc.

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- A group of elderly people, mostly women, are participating in a fitness class. They are all smiling and holding small dumbbells up in the air with their right arms. The setting appears to be a bright, indoor space, possibly a community center or a gym. The background shows shelves with various items and large windows letting in natural light. The overall atmosphere is positive and energetic.
- Celebrating new participant success
 - Fitness test results
 - Attendance milestones
 - Birthdays and Anniversaries

CELEBRATING SUCCESS



THE “Cool Down Club”



Tom

Bill

Share your social fitness strategies!

Thank you!

Questions?



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Session is Thurs. Oct 15th at 12:30 p.m. ET.**
One attendee will win 50% off enrollment
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