

## Step 1 Ensure you have a strong foundation...

### Who is teaching the classes?

- You
- Aides/Assistants
- Outside Instructors
- OT/PT
- Other

### Are they certified instructors?

- Yes
- No
- I'm not sure

List the fitness education/certifications of your team and their expiry  
OR use this area to write down some certifications you will look into.

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## Step 2 Review the schedule...

### How many cardio-based fitness classes or programs do you offer per week?

Heart pumping exercise like walking, aerobics, line dancing

- < 1
- 1
- 2
- 3
- 4
- 5+

List your cardio-based offerings...

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### Consider...

- Do participants achieve a moderate-to-vigorous pace?
- Do they maintain this pace for at least 10 mins at a time?

## Step 2 Review the schedule continued...

### Do you offer at least 2 days per week of muscle and bone strengthening activities?

(Strength training with weights, bands, exercise machines, body weight)

- Yes  No

#### List your strengthening offerings below...

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### Consider...

- Are participants using sufficient weight or resistance?
- Are you engaging all of the major muscle groups?

### Do you offer exercises to enhance balance and prevent falls? (Programs which help improve coordination, whole body strength, walking ability, range of motion, flexibility)

- Yes  No

#### List your balance offerings below...

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### Consider...

**NOTE: some of these classes may have already been named for aerobic activity and muscular strength**

Activities that help to meet 150 minutes of moderate-to-vigorous intensity aerobic activity and muscular strengthening, also help to increase balance and prevent falls.

### A space for notes...

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## Step 3 Something for everyone...

### Do you incorporate...

- intellectual engagement
- social engagement
- purposeful engagement
- emotional engagement
- spiritual engagement
- environmental engagement

List the ways you incorporate (or will incorporate) each of the following into your classes

### Intellectual Engagement

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### Social Engagement

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# Developing & Delivering a Holistic Fitness Experience Resource

## Step 3 Something for everyone continued...

List the ways you incorporate (or will incorporate) each of the following into your classes

### Emotional Engagement

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### Purposeful Engagement

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### Spiritual Engagement

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## **Step 3** Something for everyone continued...

List the ways you incorporate (or will incorporate) each of the following into your classes

### **Environmental Engagement**

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## **Step 4** Spread the word...

**How are you marketing your program?**

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# Developing & Delivering a **Holistic Fitness Experience Resource**

## **Step 5** Keeping them coming back for more...

How do you keep your participants coming back week after week?

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**Congratulations!**  
You've just taken the time to review  
your current fitness program.  
Now it's time to put these ideas and  
strategies into action!

**Do you have questions or need support?  
Email [contact@strongeruseriorfitness.com](mailto:contact@strongeruseriorfitness.com)**