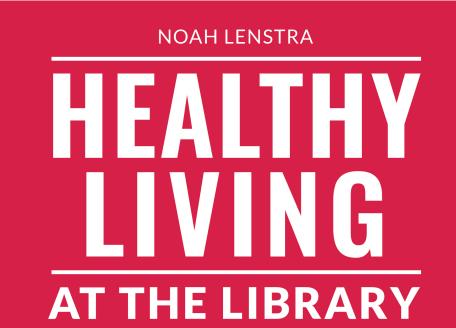
# Healthy Living at the Library

**Noah Lenstra** 

lenstra@uncg.edu @NoahLenstra @LetsMoveLibrary



Slides at LetsMoveLibraries.org/niche-academy/







# What we're talking about

What is Health Equity?
Health equity is when everyone has the opportunity to be as healthy as possible.



## Join the movement!!!

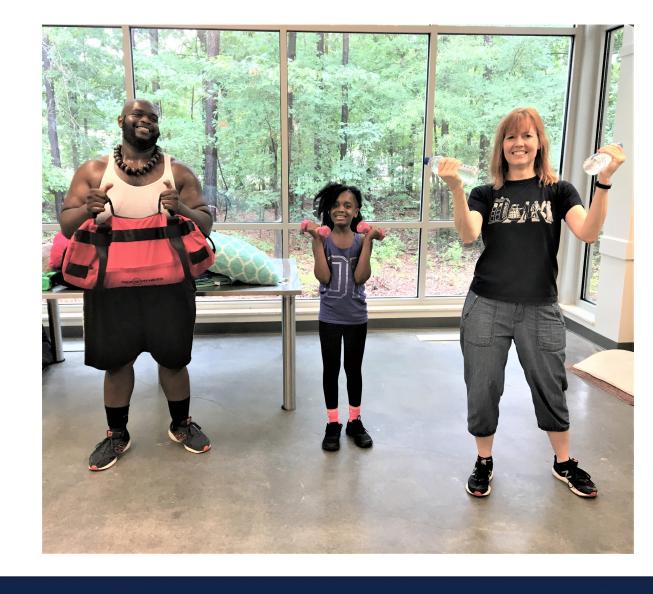
ALA Immediate Past
President Loida GarciaFebo (2019) writes
"bringing wellness to
library workers can also
impact library patrons."





# Look Inward to Get Started!

"A Saturday morning fitness class is a unique contribution from a man who also happens to be the Assistant Branch Manager of the library, but Harlem's personal history motivates him to help."





### From inward to outward!

In Fall 2012 library "struggling to implement a wellness plan for the staff, a challenge for seven far-flung branches with anywhere from 1 to 15 employees" Library administrators put their heads together to think about what they could to develop something that would increase employee health across all their branches. The director came up with the idea of making bikes available, and the staff said "why keep them just for the staff? Why not let patrons borrow them?"



**Locations** ▼ Borro

# **Book-a-Bike**

Borrow a bike and bike equipment for free at libraries i near the Hockhocking Adena Bikeway!



# Administrative buy-in key

Mid-Continent Public Library has found that when we consider healthy options for the public the staff benefits and healthy staff options create a better experience for the public.





# DE-STRESS AT YOUR DESK

www.yogainthelibrary.com









Inhale, lean back, exhale, Inhale, lean forward, exhale

















Rub palms to create friction and warm them. Place over closed eyes for sensory breat



Open and close fists, slowly

and then as fast as you can









lace arm at ninety degree angle o body, palm flat, elbow touchin vall. Step forward with same ot. Repeat on other side.

Place arm higher up wall, pal flat, elbow touching wall. Step forward with same foot. Repeat on other side.

Inhale. Twist to right. Exhale. Repeat on

Photography and design by Brendan Helmuth

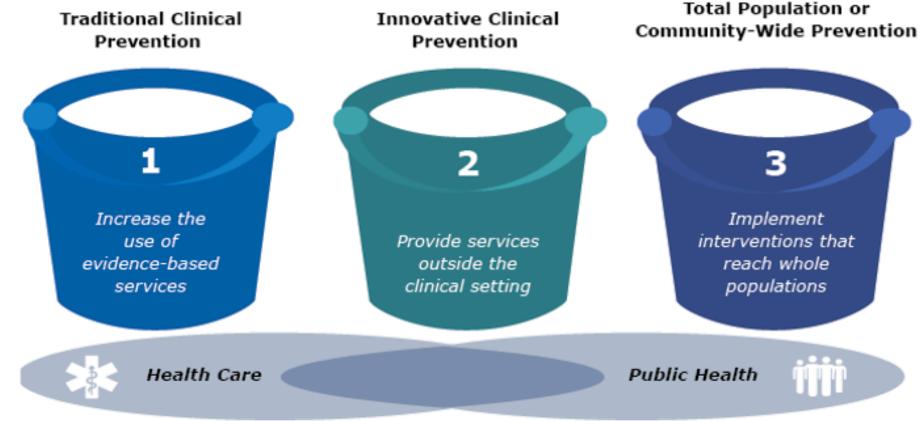


# Four steps to a healthy library

- 1. Inform Just takes one person to start!
- 2. Update "Don't forget about weekly walk!"
- 3. Coordinate Tie it to Mayor's challenge
- 4. Collaborate Want to join us?



## What is health?

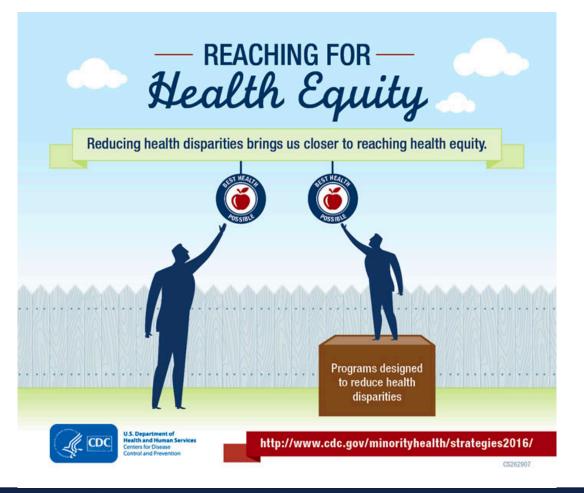


To read more: http://journal.lww.com/jphmp/toc/publishahead





## What is health?





What Makes



OTHER 8%



# Make it policy

#### Refreshments

Refreshments must support the objective of the program and be justified. Food served should be purchased (not homemade) if at all possible. Refreshments should follow the policy below.

#### Regarding Food Served at Library Sponsored Programs

There is a significant rate of obesity in Alamance County (34% of adults in Alamance). Education and promotion of healthy eating are two effective ways to help combat obesity. (See <a href="http://www.alamance-nc.com/health/wp-content/uploads/sites/13/2014/01/13-SOTCH-2013\_finalnov20.pdf">http://www.alamance-nc.com/health/wp-content/uploads/sites/13/2014/01/13-SOTCH-2013\_finalnov20.pdf</a>)

Alamance County Public Libraries are places of education and learning. Many programs and events are offered for the public, especially children; food is served at some of those programs and events.

It is the library's policy when providing refreshments to strive to offer a healthy and nutritious selection at programs and events sponsored by the library. By promoting healthy foods, we will be promoting a healthy community.



# What does it **look like** in practice?

#### The Details

- Bikes are available at the Main Library, Science Library, and Carnegie Library (Health Sciences Campus).
- Once you are registered, you can check out a key from the library circulation desk
  just like you would a book.
- You may use the bike all day but must return it to a library by closing time the same day.
- Helmets (they're required) are also available if you do not have your own.
- Your key will have a number on it, and it unlocks the bike with the matching number.
- You may lock the bike to any bike rack during your travels, but you must lock the bike to one of the Bulldog Bikes racks when you are done.
- Bring the key (and helmet, if applicable) back to the circulation desk for check-in.
- Please remember to follow the Rules of Use!





Sustainable UGA
UNIVERSITY OF GEORGIA



#### **Goat Yoga**

Wednesday, September 19, 2018 // 12:00 pm

Paley Library: 1210 W. Berks Street, Philadelphia, PA 19122



The Philly Goat Project is headed to Temple for a special session of Goat Yoga! Hardy, socialable, and smart, these specially trained miniature goats are eager to softly step on your back during down dog and cuddle with you during shavasana. Be a part of North Philadelphia's dynamic and exciting urban agricultural landscape and practice responsible environmentalism and humane treatment of animals simply by exercising with adorable goats.

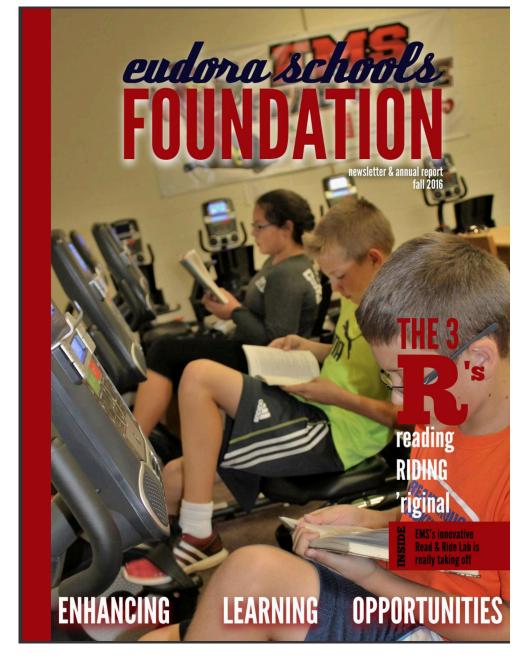
There will be two 1-hour sessions of goat yoga **available only to current Temple students** at 12pm and 4pm. There are a limited number of spaces in the classes. First come, first served. Visit Eventbrite to register!

Goat Chillin' is a chance for all who did not get a spot in

yoga to socialize, play, cuddle, and take pics with the goats. This session is open to all and will take place off Polett Walk outside the Paley Library from 1:30 to 3:00pm.

Sponsored by Temple's Office of Sustainability, Temple University Libraries, and the Philly Goat Project.

"When you walk into the **Eudora Middle School library**, you are greeted with the sound of students' legs moving up and down, and you notice their eyes are continually darting across the pages of the books in their hands. It isn't something you typically see in a school library, a group of 12 stationary bikes with students actively engaged in pedaling and reading at the same time" Eudora Schools Foundation **Annual Report 2016** 





"For 89-year-old Dean Stevens, the free yoga class she attends weekly at the Nashville Public Library has given her a newfound stability she says her peers are often lacking."



#### SIMPLE **STEPS** To better health. **HEALTH CLASS FEBRUARY - JUNE 2017** TAI CHI Follow 5 simple each month for incentives & chances to win prizes. COOKING 03 CLASS Each month learn a new topic like heart health, healthy lungs, eating fruits & HEALTH veggies, and more! **EVALUATION** Chances to win prizes like Total Health CHANGE A memberships, BP monitor, massage, HABIT healthy food gift card & more!

From Stillwater, Oklahoma, Public Library (NOTE: Then library director Lynda Reynolds NOW Consultant for Public Library Management in State of North Carolina)

GISTER NOW!

#### 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



# "If it plays in Peoria..."

# health spot

[library + hospital]







**Health Events** 



**LMH Health Library** 



Health Research Resources



LPL Health Resources























Made possible by a partnership between the North Wilkesboro Recreation Department, Town of North Wilkesboro, the Wilkesboro Tourism Development Authority, and the Wilkes County Library, "Checkout Wilkes" is a lending program that provides equipment that can be used to enhance recreational experience in Wilkes County. Current Items Available for Checkout:

- Pickleball Equipment
- Disc Golf Sets
- Fishing Poles
- Basketballs
- Volleyballs
- Horseshoes
- Binoculars and Birding Books



•If you normally use our Traphill Branch, just ask to have any of these items sent your way for checkout!





Kids can get moving at Harmon Library's FitPHX Energy Zone 4-6 p.m. every Tuesday and Thursday. This physical activity and food program helps kids ages 10 − 14 get healthy and in shape. FREE! http://bit.ly/2ORoKbt #fitphx #phoenixpubliclibrary #phx



# Phoenix Public Library



Health Solutions

Arizona State University

# Love () UT





A project to support early literacy development in Montgomery County

#### Partners who have relationships with Parents and Caregivers of Infants:







63% of parents overall say "I am skeptical of people who give parenting advice and recommendations if they don't know my child and my situation specifically."





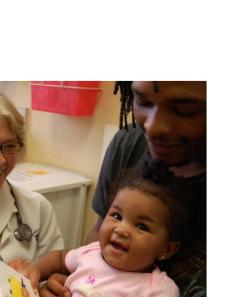










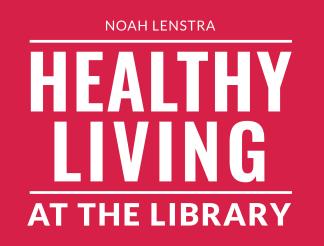






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# Who's ready to get started?



Book available for order from Libraries Unlimited



PROGRAMS FOR ALL AGES

Atlanta Mayor Keisha Lance Bottoms (center) with public librarians at Summer at the Library kickoff, May 2019



