



# Fitness

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## Opportunity:

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There are many different ways of how people can gather to do health and fitness activities. The model depends on the needs and demographics of the community and the resources you have. The strategies can be used and modified easily for any age or level of fitness. The purpose is to build community in a safe and supportive environment. Also, providing and developing holistic health by engaging and training the body, mind, and spirit together.

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## Requirements:

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- Space and equipment depending on the type of activity (see proposed activities)
- Someone (preferably a trainer, fitness coach, or physio) leading the session,
- Ways of inviting people

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## Process:

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- Choose a location for meeting and training that fits the activity (for example: in a park for a running group, in a big open space, or in a room for workouts),
- Decide if the event is a one-time or regular event,
- Bring people together with an interest in working out, Plan the training session based on the people that are attending/invited (children, families, elderly, young people, etc.) and according to their fitness level,
- End the training session with something positive (relaxation, stretching, fun game, etc.)

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## Activities:

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- running groups;
- hiking groups;
- high or low-intensity group exercise sessions;

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- family fit;
  - total fit;
  - nutrition;
  - physiotherapy;
  - Tikva;
  - garage gym;

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### **Posture:**

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- The goal is to engage people and encourage participation,
- Create a safe environment without shame,
- Build good relationships and eventually share your values,

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### **Follow-Ups:**

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- Connect fitness/ health professionals in your city and community.
- Offer follow-up events.
- Help people find fitting sports activities (if they are interested).
- Invitation to regular meetings and discussion meetings (only if there is interest).

