

**Handout for “Let’s Move! Public Libraries Impacting Physical Fitness in Their Communities,” presented by Dr. Noah Lenstra, MLS, on Thursday, September 7<sup>th</sup> at The Association for Rural & Small Libraries Conference, St. George, Utah**

Contact information: Noah Lenstra, [njlenstr@uncg.edu](mailto:njlenstr@uncg.edu)  
<http://www.letsmovelibraries.org>

Please contact me. I would love to hear from you!

**Resources on the website**

1. Map of public libraries that provide movement-based programs on a regular basis. <http://www.letsmovelibraries.org/map/>. [**Project ongoing. Please add information**]
2. Free, ongoing webinar series. Watch the first two and participate in the next one (November 8, 1 p.m. EST). <http://www.letsmovelibraries.org/webinar-archive/>.
3. Directory of resources to support public librarians wishing to do more to promote physical activity. <http://www.letsmovelibraries.org/resources/>.
4. Project Facebook group. <http://bit.ly/2vDoaE8>.
5. Lissa Staley, Topeka Shawnee County Public Library, and Gwen Geiger-Wolfe, Lawrence Public Library. 2017. *Make Friends, Get Healthy: A ‘Supporting Healthy Communities Through Library Partnerships and Collaboration’ Activity Book*. <http://bit.ly/2wMHi7Z>.

**Resources by and for Rural and Small Public Librarians**

1. Estherville Public Library (IA, pop. 6,360) – Running a Couch to 5K program - <http://arsl.info/esthervilles-couch-to-5k/>.
2. Chadron Public Library (NE, pop. 5,851) – Yoga @ The Library. Presentation at Big Talk from Small Libraries Conference, 2013. <http://bit.ly/2vDk5ji>.
3. Appalachian Regional Library System (NC, pop 3,413) - StoryWalk®: Create-It-Yourself - [http://arlibrary.libguides.com/storywalks/how\\_to](http://arlibrary.libguides.com/storywalks/how_to).
4. L.P. Fisher Public Library (New Brunswick, pop. 5,254) – Yoga, running, dancing, and other programs. <http://www.programminglibrarian.org/user/25> (Blog of Jenn Carson, library director)
5. Athens County Public Library (OH, pop. 23,832) - Book-a-Bike: Increasing Access to Physical Activity with a Library Card - <http://bit.ly/2wcchJ9>.

6. Hagerstown Library (IN, pop. 1,787) - Ask an Expert Webinar: Incorporating Yoga into Library Programming. <http://bit.ly/2wWPGBa>.
7. Farmville Public Library (NC, pop. 4,654) – “Rural public libraries as community change agents: Opportunities for health promotion” discusses library 5K and pedometer check-out. <http://bit.ly/2vD1Vyu>.
8. Bucyrus Public Library (OH, pop. 11,903) – Music, Movement, and More. <https://www.facebook.com/MusicMovementandMore1/>.
9. Sewickley Public Library (PA, pop. 3,827) – Wise Walk at the library. <http://www.programminglibrarian.org/programs/wise-walk>.
10. Ephrata Public Library (PA, pop. 13,833). Get Outdoors (GO) Ephrata. Annual program. <http://www.goephrata.org/>.
11. Other ideas include a) Start a library garden or seed exchange - <http://bit.ly/2wDkNSB>, b) letterboxing, geocaching, scavenger hunts, and hiking - <http://bit.ly/2iCL3q7> and <http://bit.ly/2xGMx5m>, or c) check out other things like snowshoes, fishing equipment, etc.

### **State and Regional Initiatives that include small and rural libraries**

- 1) Virginia - <http://vpl.virginia.gov/nature-backpacks/> - Nature Backpacks (including state park passes) available for checkout at many public libraries throughout the state.
- 2) Colorado - <http://cpw.state.co.us/librarybackpack> - Check Out a Pass and Backpack
- 3) Michigan - <http://bit.ly/2uxKpNf> - Michigan Activity Pass Program.
- 4) Indiana - <http://bit.ly/2giXRRQ> - Check out state park passes at public libraries
- 5) Massachusetts - Borrow a MassParks Pass & Discover Massachusetts State Parks - <http://bit.ly/2vDI7uD> - Massachusetts is also the first state to establish a collection of StoryWalk books available statewide. See <http://bit.ly/2wclkd2>, page 11.
- 6) Georgia – Check out State Park passes - <http://bit.ly/2vE37BC>.
- 7) Maine - Check out state park passes at local public libraries - <http://bit.ly/2vCUrLS>
- 8) North Dakota - <http://www.library.nd.gov/marketing.html> - State park passes
- 9) Vermont – State park passes - <http://bit.ly/2xGA4Pp>.