

Moving Fitness Programs Online

Tips – Barriers - Resources

1. Research

- Investigate platforms
- Audio and visual requirements
- Live vs pre-recorded for on demand classes
- Your teaching space: set up for technology, lighting, backdrop, live area
- Investigate instructor insurance for online classes
- Practice / test your class: make sure your tools and technology are properly connected and functioning
- Platforms for collecting registration fees

2. Preparation for Your Participants

- Physical Activity Readiness Questionnaires
- Send out class / meeting links ahead of time and make sure those new with the online platform can connect (new technology creates new challenges in a time of many changes)
- Set up for class near wifi or hard wire in with an Ethernet cable
- Disable all other wireless devices for the strongest virtual class connection.
- Mute themselves for the best music experience
- Refresh the page if their screen freezes
- Have a defined space that is clear of tripping hazards
- Wear clothing for physical activity
- Wear shoes that lace up.
- Have water and a towel nearby

3. Teaching Techniques

- Visual cueing: bigger and hold longer, staying in frame
- Approach the camera to establish a connection
- Use expression and body language that you would use in a live class
- Watch direction changes: front / back, side, front
- Movement mapping: clear easy to follow movement patterns
- Fitness variations
- Bigger movements

4. Create an Experience

- Class announcements
- Themed classes: virtual travel destinations, Valentine's Day, International Women's Day, Christmas, etc.
- Community fundraisers
- Group Challenges
- Class Goals
- Prize Draws
- Cross promotions using social media
- Bring a Buddy for Free
- Family Fitness
- Partnerships with other instructors and / or program providers

5. Create a Connection

- Pre & post class chats
- Use your participant's names as often as possible
- Newsletter updates: events, promos, challenges, etc.
- Survey participants
- Connect outside of classes: use social media, 'happy hours'

Links

<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-video-tutorials>

<https://www.thebeatstudio.ca/shop/instructor-resources/4>

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