



LIBRARY COACH SURVEYS



25

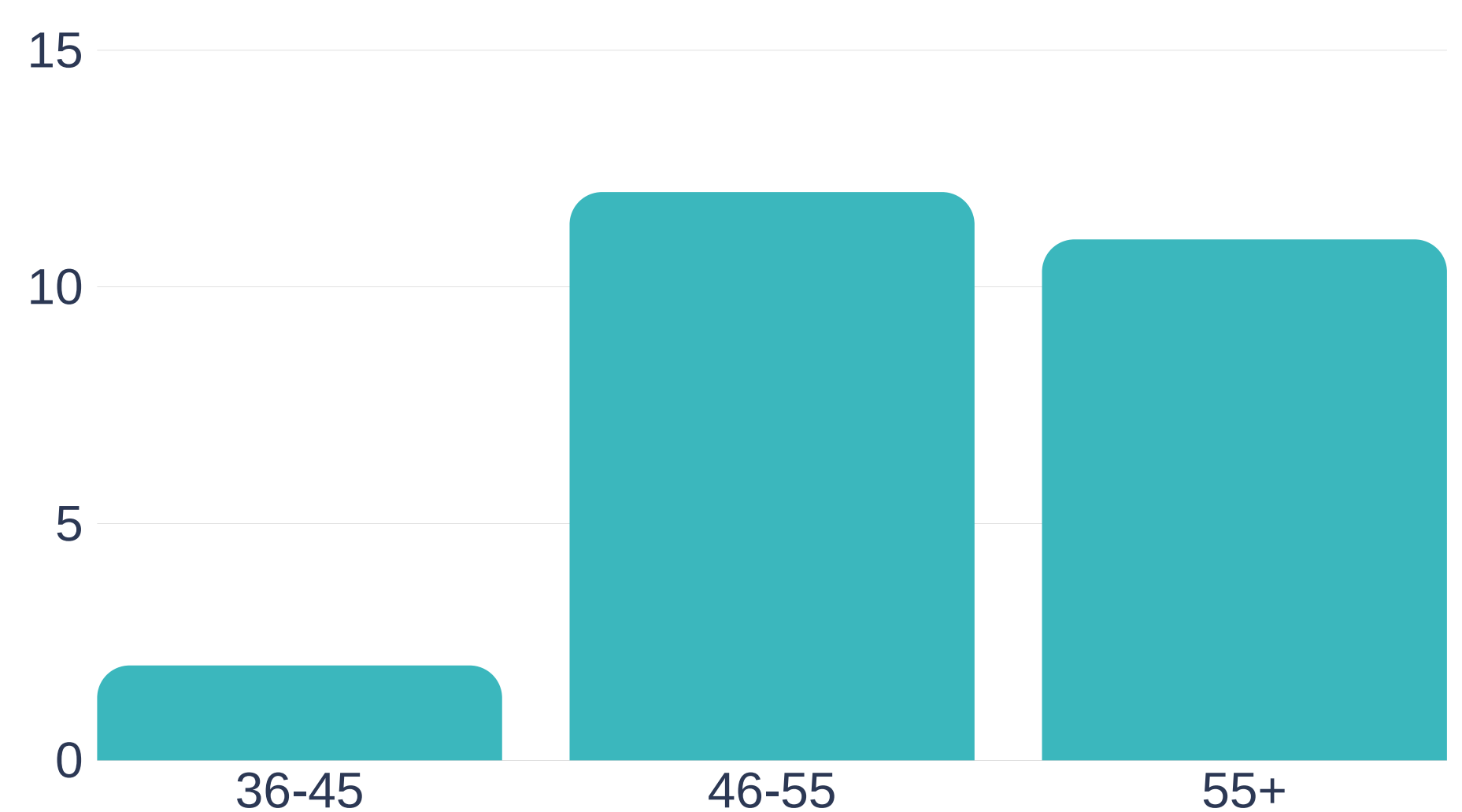
LIBRARY PROFESSIONALS

responded to a survey regarding training as fitness coaches for Geri-Fit classes offered by their community libraries. None of the respondents were certified by nationally-recognized fitness organizations at the time of the survey. The training focused on working with adults primarily over the age of 65 within the context of a Geri-Fit fitness class.

Training for Geri-Fit coaches was offered in a virtual format and included videos of how to conduct the relevant stretches and exercises.



AGE GROUPS OF GERI-FIT COACHES



2.63 HOURS

WAS THE AVERAGE TIME IT TOOK
RESPONDENTS TO COMPLETE THE
TRAINING

4.6 / 5

RATING FOR
QUALITY OF
CONTENT

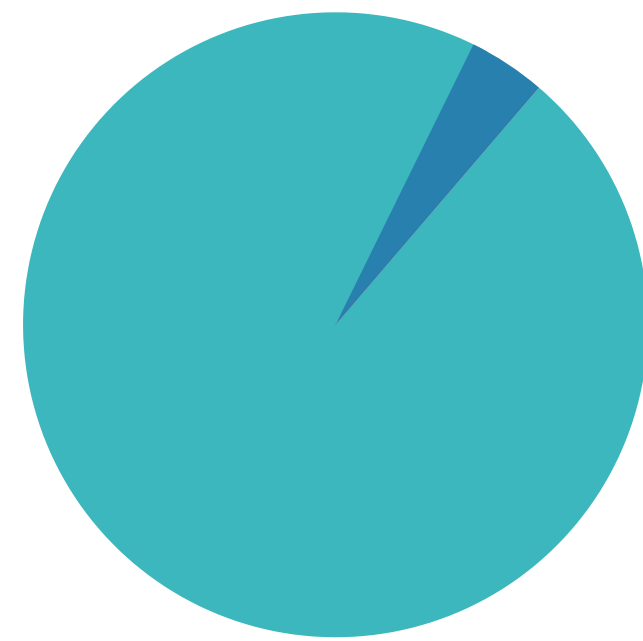
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FOR EASE
OF USE

REVIEWS OF GERI-FIT COACH TRAINING

96%

OF RESPONDENTS SAID THEY FELT
PREPARED TO COACH GERI-FIT
CLASSES AFTER TRAINING



100%

OF RESPONDENTS SAID THEY
WOULD RECOMMEND THE
PROGRAM TO OTHERS

PROGRAM SUSTAINABILITY AND FEEDBACK FROM PARTICIPATING SITES

"We are still going with classes. Our numbers have grown. I found our original members are great at helping new members. The best advertisement is word of mouth."

- Michell Klinker-Feld, Director
Bondurant Community Library, Iowa

"The group is so light-hearted. When the DVD says, 'Put your exercise band around the foot of your choice,' one lady said to her neighbor, 'I'll put it around your foot.'"

- Meg Polly, Director
Whiting Public Library, Iowa

WHERE DID THE DATA COME FROM?

Respondents were located at libraries across the nation, with several sites clustered in the state of Iowa.

Map data can be viewed on [BatchGeo.com](https://batchgeo.com)

Images and logos were sourced from [GeriFit.com](https://gerifit.com)

