

## **FITNESS AND WELLNESS CONTINUUM GROUP BREAKOUT ACTIVITY**

### **1. Identify the most important skill you would require of a successful candidate for a Programmer or Coordinator position whose job was to deliver Fitness and Wellness initiatives in your community.**

- Experience (certification or been a coordinator); enthusiasm; creativity; interpersonal skills, dealing with people, etc.; organizational abilities.
- Interpersonal skills, negotiational, conflict resolution; technical skills for programs/education; open-minded; shows initiative; organized; knowledgeable about trends/information topic; ability to multi-task; being creative; engaging skills/personable.
- Innovative ideas; communication skills, people skills, relative experience; desire to learn; organizational skills; community minded; community awareness; energetic; passionate and trustworthy.
- Creativity; flexibility for change; experience/knowledge; exposure to deal with public; knowledge to deal with conflict; informed; active in identifying trends; commitment to delivery/goal; people person/outgoing and charismatic.
- Imaginative/creative; decisiveness; attitude; people person skills; multi-tasking; flexibility; leadership; communications and intuitive.
- Motivation/enthusiasm; patience; creativity; flexibility; knowledge/education; experience; public speaking; business sense; team player and organizational skills.
- Outcome planning; values and attitude complement; marketing; communication skills; enthusiasm; organization skills; leadership; lifestyle; time management; “care about what they do”, creativity and able to educate.

### **2. List 2 hot fitness and wellness trends in your community.**

- Indoor skateboard park; Tai Chi, marshal arts, yoga; mind and body activities; soccer; running – outdoor; outdoor adventure – extreme; older adult programming.
- Unprogrammed activities (drop-in); skateboard park; pre-school structured activities (3-5 years); aqua-aerobics; walking/running/cycling etc. on trails; yoga/Pilate’s; drop-in basketball and youth at risk programs (10-15 years).
- Skateboard parks; yoga; learn to skate; in-line skating; rock climbing walls; soft extreme sports – canoe, rafting, hiking; non-competitive sports.
- Belly dancing; extreme sports; holistic activities; Pilate’s; haunted Halloween hayride; positive competition activity; floor hockey; wellness/holistic and post-natal/pre-natal.
- Non-scheduled/structured activities (i.e. hiking/skateboarding).

- Skateboarding (extreme games); Hockey (women's); soccer; line dancing
- Mind body/self wellness; weight programs; aquasize; ringette; lacrosse and power walking.
- Loss of participants in organized sport; increase in soccer and women's hockey; yoga, Latin dance; gym; soccer; skateboarding; walking clubs; preschool programs; trails; running clubs and lacrosse.

### **3. How will you adapt to meet the ever-changing fitness and wellness needs of your participants/community?**

- Suggestions from public – evaluations; flexibility; open mindedness; research and contact with other communities and programmers.
- Continual communication with community groups, staff and agencies; willingness to embrace change by decision makers/politicians; volunteers (identifying & recruiting); adaptable mandate of facility; aware of the infrastructure needs and keep positive.
- Surveys; questionnaires; networking with professionals; go on website to suggest ideas; open to change; town hall/board meetings; flexibility; observing obstacles; run specials and lower prices.
- Listen to needs and wants; open; courage to try new programs and give them the chance to change and review consumer responses/concerns/complaints.
- Market research; partnerships and historical trends.
- Supply the facilities; meet their demands; refer to programs; reno ex. outdoor rinks and needs assessment.
- Monitoring demographics – take a change; volunteers – staff; media; new community members developing programs; trial and error and schools/
- promotions.