



Healthy Living at the Library

Programs for All Ages

Noah Lenstra

1 VOLUME



PROGRAMS FOR ALL AGES

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From garden plots to cooking classes to StoryWalks to free yoga, more and more libraries are developing innovative programs and partnerships to encourage healthy living. Libraries increasingly provide health and wellness programs for all ages and abilities, and *Healthy Living at the Library* is intended for library staff of all types who want to offer programs and services that foster healthy living, particularly in the domains of food and physical activity.

Author Noah Lenstra, who has extensive experience directing and advising on healthy living programs, first outlines steps librarians should take when starting programs, highlighting the critical role of community partnerships. The second section of the book offers detailed instructions for running different types of programs for different ages and abilities. A third section includes advice on keeping the momentum of a program going and assessing program impacts. Lenstra offers tips on how to overcome challenges or roadblocks that may arise. An appendix contains resources you can adapt to get these programs off the ground, including waivers of liability, memoranda of understanding, and examples of strategic plans and assessment tools.

FEATURES

Learn how to start, run, and sustain healthy living programs

Get inspired to develop new programs based on the successes of librarians throughout North America

Determine how to overcome challenges and roadblocks

Refer to practical resources you can adapt for your own library

Noah Lenstra directs the Let's Move in Libraries initiative at the University of North Carolina at Greensboro, where he is a faculty member of library and information studies. He has served on the Public Library Association's Health Literacy National Advisory Board, and his research on healthy physical activity promotion in public libraries has been published in *Library Quarterly*, *Evidence Based Library and Information Practice*, and the *Journal of Library Administration*, among others. He blogs for Public Libraries Online and the Programming Librarian and is always up to try a new form of physical activity.

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