

How To Lead A DVD Exercise Class

Tip Sheet For Healthy Living Peer Leaders



As a peer leader organizing a DVD exercise class, it is your job to:

- 1) Arrive at least 15 minutes before the class start time.
- 2) Set up TV and DVD player in the gym.
- 3) Bring exercise mats into the gym if needed.
- 4) Help new community members with their paperwork:
 - Physical Activity Questionnaire
 - Guelph CHC's Privacy Policy (orange form)
 - Guelph CHC's Registration Form (green form)

These forms must be completed before the new person takes part. Keep the papers and bring them to your next monthly meeting.

- 5) Help the group choose which DVD they would like to do.
- 6) Play the DVD and supervise the participants throughout the program.
- 7) Give participants water and snacks after the class.

In Case of Emergency

- Call 911
- Give first aid (only what you learned in a First Aid/CPR course) until help arrives

Bad Weather Cancellations

Class cancellations will be:

- announced on Magic 106.1 FM
- posted on Guelph CHC's website (www.guelphchc.ca)
- posted on Magic FM's website (www.magic106.com)

Tips for Success

- start and end activities on time
- greet community members
- be open to feedback
- make sure everyone can see and hear you easily
- be positive and praise participants

If you are unable to show up for a class you are scheduled to lead, please contact Karrie Cumming ASAP at (519) 821-6638 ext. 303.