

Fit for Life: Getting a Good Start

(Ron Jones, MS, ACSM Health/Fitness Instructor)

Comments: Make sure you set yourself up for success by first getting control of your group the very first minute of each day. Let them know how it must be for everyone to not only have fun—but to be safe and productive.

Things to determine BEFORE they arrive:

- What is the specific activity or activities for the day? Don't try to figure it out after they arrive because this creates "down time" for them to get bored then get into trouble.
- Get your equipment ready before they arrive if possible. If you need them to help you take it out make sure you have an organized plan for how they will help you each day.
- Where will they stand to get started? Do you want them in a line or circle? When you decide do it the **SAME WAY** everyday until you get your program under control.

Starting Your Daily Program: (after taking care of the above)

1. **Line Up** (determine arrangement prior to arrival)
2. **Anticipatory Set** (This is your "attention getter" or focus drill. Until they are focused on YOUR directions—do NOT allow them to do anything else. This is where you get control of your group—not them controlling you!)
 - Have them stand up straight with shoulder width feet then take three deep breaths on YOUR command. They will breathe in fresh air through nose as they take arms overhead then let out air through mouth. Follow this exactly! If they don't breath correctly stop everyone, refocus, and then continue the right way. Remember—if you don't get control right here you're in for trouble.
3. **Nutrition Mini-Lesson** (Do this EVERY day even if only a few seconds)
4. **Dynamic Warm Up** (see detailed instructions)
5. **Daily Activities** (see weekly schedule handout)
6. **Closing "Think & Learn" Point of the Day & Clean Up** (end each day with focusing on a health/fitness point)