

5 Effective Teaching Strategies to Introduce EXERCISE TO THE COMMUNITY

1

Utilize visual, auditory, and tactile cues

Incorporate various types of cues in order to accommodate different learning styles and levels of communication. Follow cues with student demonstrations in order to utilize the teach-back method to increase active engagement.



2

Be flexible and ready to adapt

Be willing to meet participants where they are in order to create a comfortable space where everyone can participate. In addition, be ready to change plans and incorporate feedback in order to best serve the needs of the community members.



3

Instill confidence

Ensure that participants have the tools they need to feel confident in their abilities to perform the tasks asked of them.



4

Utilize Positive Reinforcement

Focus on the achievements of participants rather than their mistakes. In addition, learn what types of reinforcement each individual responds to in order to best engage them.

5

Perform Motivational Interviewing

Utilize open-ended questions and active listening in order to provide participants with an opportunity to express their goals and concerns in order to increase active engagement.

