



PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Liberty Parks & Rec Receives Grant to Create Remote Delivery Programming

LIBERTY, Mo. – Liberty Parks & Rec’s (LPR) Health & Wellness Division has received a grant from the National Recreation and Park Association (NRPA) to develop a remote delivery program and remote delivery best practices guide for the evidence-based program Active Living Every Day.

“During the COVID-19 pandemic, our Health & Wellness staff have become experts in virtual programming, offering a variety of evidence based workshops and group exercise classes on Zoom and Facebook Live,” said Parks & Rec Director BJ Staab. “This grant highlights all of the hard work that our staff has done to bring our programs to a virtual format, continuing to serve the Liberty community and create community connections, even amidst a pandemic.”

LPR has offered the Active Living Every Day workshop in person for many years and will be using the materials developed by Human Kinetics to create a Zoom-based remote delivery best practices guide that can be used by organizations to implement the program across the nation.

As a part of the implementation, LPR will offer two pilot programs in 2021, each running for 13 weeks, to test the remote delivery procedures. The first pilot program will begin on Tuesday, Feb. 9 and will be taught virtually using all digital materials, with the first session featuring an introduction to Zoom. The second pilot program will be a “book club” format, with hard copies of all materials provided, only a phone line is needed to participate.

(more)

About the Active Living Every Day (ALED) Program: ALED is like no exercise class you've ever been to; it's designed to help you get on track and stay there. In fact, you won't formally exercise at all in your weekly Active Living classes. Instead, you'll focus on finding ways to be active in everyday life: at work, at home, on vacation, etc. Active Living Every Day works to help you implement proven strategies to overcome barriers, set realistic goals, build confidence and cultivate the motivation that you need to become and stay physically active.

Registration to participate in the pilot program is now open! Call Victoria at 816-439-4376 for more information.

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