

Healthy Body Healthy Mind Betterment Kits

Policy Objective: The purpose of this policy is to provide an overview of the new services provided by the Library, including Healthy Body Healthy Mind Betterment kits, which includes exercise equipment for Library patrons to use and two resistance bands for the patron to keep. This policy also includes the cost replacement of the kits and a participation and release form to ensure participants understand the risks involved with any exercise and so the Library is not held responsible for any injury to those participating and using the kits. This service has been provided by Iowa's University Center for Excellence in Developmental Disabilities (Iowa UCEDD).

Exercise Kit (Total cost to replace kit - \$118.91)

- Five (5) Tube Exercise Resistance Bands (black, red, yellow, blue and green) - \$23.95
- Four (4) Grip Strengthening Hand Exerciser Stress Balls (green, orange, blue and purple) - \$11.99
- One (1) plastic jump rope - \$4.99
- One (1) Timer - \$6.98
- Two (2) Resistance bands (yellow and red) – *Patron may keep these*
- Two (2) Synergiee Comfort Fit Adjustable Ankle/Wrist Weights - \$44.95
- Two (20) books: *Better Stretching* by Joe Yoon and *Resistance Band workouts for Seniors* by Julia Warman - \$26.05

Yoga Kit (Total cost to replace kit - \$179.20)

- One (1) yoga mat - \$19.47
- Two (2) yoga blocks - \$13.46
- One (1) exercise ball and hand/foot-pump - \$17.68
- Exercise Ball Fitness Cards - \$19.97
- DDP Rebuild Yoga DVDs - \$75.84
- Two (2) books: *Everyone* by Diane Bondy and *Yoga for Movement Disorders* by Renee Le Verrier. - \$32.78

Nutrition and Cooking Kit (Total cost to replace kit - \$123.08)

- One (1) yoga mat - \$19.47
- Two (2) yoga blocks - \$13.46
- One (1) exercise ball and hand/foot-pump - \$17.68
- Four (4) books: *Look Cook Eat: 200 Recipes with pictures* by Harper Design International, *Let's Cook! Healthy meals for independent living* by Elizabeth Riesz, *My Cooking Reciipee Book* by Jyoti Mathur and *Diabetic Cookbook for beginners* by Tiara Barrett. - \$72.47

This policy also includes the cost replacement of the kits. A patron borrowing a kit assumes responsibility for the replacement cost of the kit and any of its missing components. A participation and release form attached to this policy is to ensure participants understand the risks involved with any exercise and so the Library is not held responsible for any injury to those using the kits

Adopted: April 13, 2021

Reviewed:

Revised:

Participation and Release Agreement – Exercise Kits

I wish to participate in the program called *Healthy Body Healthy Mind: Lifestyle Betterment Kits for All Abilities*, sponsored by the Gibson Memorial Library, Leon Public Library, Lamoni Public Library, Southern Iowa Resources for Families (SIRF). I understand and agree that by participating in the program, I will obtain personal health benefits.

I understand and agree that participation in this program is completely voluntary and I will immediately stop participation if I do not feel well.

I understand that my participation in this program, even if done properly, involves a risk of injury to me. By signing this Agreement, I acknowledge this risk of injury and voluntarily assume the risk.

In consideration of my being permitted to participate in the, *Healthy Body Healthy Mind: Lifestyle Betterment Kits for All Abilities*, on behalf of myself, my successors, heirs and assigns, I fully and unconditionally release Gibson Memorial Library, Leon Public Library, Lamoni Public Library and Southern Iowa Resources for Families (SIRF) from any claims resulting from, arising out of, or in any fashion related to, my participation in the program and agree that I will not bring, or allow anyone to bring in my name or on account of any injury to me, any claims against Gibson Memorial Library, Leon Public Library, Lamoni Public Library and Southern Iowa Resources for Families (SIRF). This release includes without limitation any claim of negligence or fault of Gibson Memorial Library, Leon Public Library, Lamoni Public Library, and Southern Iowa Resources for Families (SIRF).

I HAVE CAREFULLY READ THIS AGREEMENT AND SIGN IT FREELY AND VOLUNTARILY.

Signature: _____ Date: _____

Print Name: _____

Office Use Only:

Exercise Site (Name of Facility): _____