

## Exercise Your Mind – Read: 2016 Adult Summer Reading Program

115 adults signed up

49 participants completed one or more squares on the membership card; 41 “completed” the program by filling out the membership card completely. (In order to complete a card, participants has to complete a total of 16 library, reading, or health related activities which included submitting 2 or more reviews and reading an additional 2 or more books.

Highest number of activities completed by one person: 65

Total number of activities completed by all participants: 1,289 (Based on the number of completed cards submitted, at least 148 reviews were submitted and 296 books were read by SRP participants.)

Theme related programs and movies offered this summer included:

- Relax @ Your Library Kick-off , including opportunity for participants to chat with Elyse Salter from Anytime Fitness about walking and wellness
- Relaxation, Life Balance & Yoga, presented by Nikki Recker, owner of the Yoga Place
- Let the Games Begin, humorous presentation on the history of games for all ages
- Healthy Body, Strong Mind, presented by Kara Wessel from Anytime Fitness
- Mini-Golf @ Your Library
- Chair Yoga (3 sessions), presented by Karen Kramer and Doris Wessels
- Life Hacks, presented by library staff
- Time Management for Health & Wellness, presented by Becky Heil
- Exercise Your Mind – Read Mini Book Club (3 sessions), led by library staff
- Walk this Way Walking Club
- Blind Date with a Book
- Movies: *Unbroken*, *Eat Pray Love*, *Invictus*, *Soul Survivor*, *We Are Marshall*
- Finale Party

Because the theme this year was related to health and wellness, we reached out to area health and fitness organizations for partnerships. Anytime Fitness, the Yoga Place, and Total Fitness Rec Center all partnered with us to offer programs and prizes.

The Friends of the Library sponsored the program again this year, contributing \$250 to pay for incentives, programs, and refreshments. Grand prizes were a Book Lover’s Basket (which we have put together every year since we started this program), prize baskets donated by Total Fitness Rec Center and Anytime Fitness, and a FitBit. Incentive prizes included items donated by local businesses or individuals, picked up at meetings and conferences, donated by vendors, etc. as well as the option to select a new or gently used book that was either part of the donation from Pamida the library received a few years ago of several hundred books, or books donated to the Friends. Those completing the program (submitting a completed card) received a stress ball / brain key chain.

History:

This program was first held in 2004 with 28 people signing up, submitting a total of 73 reviews.

Year	Participants	Reviews	At least 1	Completed	Highest
2016	115	1289	49	41	65
2015	78	511	47	30	32
2014	95	578	49	31	43
2013	134	1079	99	58	56