

Intergenerational Fitness: Building Multi-Age Programs

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Workshop Overview

- Intergenerational fitness programs bring multiple age groups together through movement.
- They encourage social connection, mentorship, and shared wellness experiences.
- These programs can be implemented in gyms, campuses, recreation centers, and senior communities.

Key Benefits

- Improved physical health for older adults
- Greater empathy and leadership for younger adults
- Stronger community engagement
- Improved motivation and adherence to exercise

The Four Pillars

- Movement Adaptability – Exercises must be scalable.
- Social Connection – Activities should encourage interaction.
- Functional Movement – Focus on movements that support daily life.
- Psychological Safety – Participants must feel welcome and respected.

Example Intergenerational Class Structure

- Warm-up with mobility and rhythm
- Functional strength training
- Cardio and movement combinations
- Balance and cognitive challenges
- Group cool down and reflection

Activity Ideas

- Mirror movement partner exercise
- Movement relay races

- Medicine ball story toss
- Step pattern memory games
- Balance challenges with cognitive tasks

Coaching Tips

- Offer multiple movement options
- Encourage cooperation instead of competition
- Celebrate progress and participation
- Use inclusive and positive language

Reflection Questions

- What generation is missing from your current programs?
- How could you create opportunities for multiple age groups to move together?
- What small step could you implement this month?