Dear Fit & Strong! Provider,

We would like to offer you the following guidance on conducting Fit & Strong! classes in light of the COVID-19 safety measures.

**Guidance for Current Fit & Strong! Providers Currently Offering Classes**

Participants in the Fit & Strong! program are often among the most vulnerable to outbreaks such as these, because of their age and frailty. Therefore, we advise you to do all that you can to minimize their risk of exposure. Please adhere to the current guidelines of social distancing and temporarily pause all current Fit & Strong! classes within your organization until the public health authorities advise is safe for everyone to return to their normal routines.

For pausing and restarting classes we advise the following:
1. For classes that have just begun (< 2 weeks) we advise simply restarting on day 1 when classes begin again.
2. For classes that have progressed beyond that point, we advise postponing, beginning again with a refresher week, and then resuming where the class left off. For the refresher week we advise reducing the volume of strength training (either sets, reps, weight or a combination of based on your best judgement) and intensity and/or time of the low-impact aerobic activity.

While your Fit & Strong! classes are paused, please advise your participants about safe exercise alternatives they can do in the meantime, such as exercising at home and walking outside while practicing social distancing.

Please practice good hygiene in your exercise space and consider giving the space, including tables, chairs, and the exercise equipment itself a thorough cleaning before classes resume.

**Instructor Training**

Given the current COVID-19 social distancing guidelines, Fit & Strong! will not be performing in-person instructor training sessions until further notice. However, the Fit & Strong! online instructor training is available to organizations that would like to train instructors at this time. The Fit & Strong! online training can be taken anytime and anywhere with a computer and internet access.

If you have any questions or are interested in the online Fit & Strong! instructor training, please contact Andrew DeMott, Fit & Strong! Project Manager, at ademot1@uic.edu

Thank you and stay well!

Susan Hughes, Fit & Strong! Founder and Director