

DANCE FIT FM

INFORMATION BOOKLET

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Music and
Creative Arts

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INTRODUCTION

Sure, you know exercise is good for you. It keeps your weight in check, makes you stronger and keeps you feeling healthy. But did you know that exercise can also make you a happier person? It's true!

When you work out and stay active on a regular basis, it's not just a coincidence that you feel less stressed out, less anxious and generally happier. Exercise increases your brain's dopamine production which is needed to make you feel happy. The more exercise you do, the more dopamine is released and the happier you feel. This immediate change in mood also has a long term effect on anxiety and on sleep deprivation. You also feel more energised after you exercise and, of course, you feel more confident as you get fitter and healthier.

**“LET THEM PRAISE HIS
NAME WITH DANCING; LET
THEM SING PRAISES TO HIM
WITH TIMBREL AND LYRE.**

Psalms 149:30

So let's get active and happy!



WHAT IS DANCE FIT FM?

Dance Fit For Mission, to give it its full title, is part of the Music and Creative Arts team's Dance Fit brand, sitting alongside Dance Fit and Fellowship and Dance Fit Tots. Dance Fit FM is a dance-based exercise class set to Christian music - combining the uplifting experience of exercise with worship in a unique way. It encourages outreach in the community and fellowship within established groups.

Dance Fit FM has been designed with mission and outreach in mind. All of the music used is owned by The Salvation Army meaning there are no copyright or cost implications.

The link between a form of exercise which is accessible to all with music that speaks of a Christian faith, allows Dance Fit FM the opportunity to bring people from the community into a relaxed worship setting. It allows friends and colleagues to worship together in this unique way, whilst doing something that benefits you physically!

Each track has been designed to work the body in a different way including; aerobic exercise, dance, weight training, HIIT (High-Intensity Interval Training), combat and core. It is a high impact all over body workout which can burn between 400-500 calories each session.

The final part of the programme focuses on stretching, breathing and positive thinking which draws on elements of faith.

“DANCE FIT IS A GREAT FITNESS CLASS THAT CAN BE DONE AT YOUR OWN LEVEL. IT HAS THE BONUS OF CARING AND PRAYING FOR ONE ANOTHER.”

Susan Blackburn -
Aylsham Corps

VIDEO RESOURCE

In addition to this resource, a video of each track is provided. If you are happy to lead the exercises, use the videos to learn the routines and keep them as a point of reference. Alternatively, you can follow the videos with your group instead of having a leader.

Each track has a tutorial and demonstration video with instructions to follow along to.

If you don't want to complete all of the routines in one class then it is OK to omit some, just make sure that you have at least one from each of the three sections (warm up, high impact and cool down).

Everybody in the group will be at different stages in their fitness and ability. You will find lower impact exercises for each routine so everyone can have a go no matter their level of fitness!



PREPARATION

Before you begin a Dance Fit FM session you need to make sure of the following:

- If using a Salvation Army building you will need to fill in Part B of the Corps Risk Assessment as Dance Fit FM is classed as a Corps activity. Please also check if you need any other risk assessments such as a post-Covid Risk Assessment.
- You will need a room with enough space for everyone to be able to move around comfortably.
- Facilities for refreshments. If you don't have these, make sure that you have bottles of water on hand.
- It is advisable to have a small team of volunteers so there is always someone to welcome and chat to new people.
- Participants will need dumbbells or an equivalent. You may want some cans of beans handy to lend out as a substitute.
- It is advisable for participants to have a floor/yoga mat if you are using a hard floor.
- You will need sound equipment to play the tracks and the videos if needed.



BEFORE YOU BEGIN

How often you run the classes is totally up to you. They can be done weekly, every other week or even once a month. The more frequently you run the class the more positive effects it will have on people's health.

It is important to have a way of communicating with everyone in the group between classes. People are more likely to 'stick with it' if they have encouragement throughout the week and build up relationships with others.

The classes are designed to be 60 minutes in length but you can adapt this by using less routines if you need to. After a few weeks you will be able to judge how much exercise and how much talking and resting will be done, but in the first few weeks be prepared to be flexible. Emphasise that individuals should only do what they feel capable of doing and should not put themselves at risk. The disclaimer will also be played at the beginning of the exercise videos. If you are using this video you must not skip this part.

Firstly, welcome everyone, then explain how the session will work. Refreshments can be available from the start. It is important to create an atmosphere that allows people to feel comfortable and to engage with each other.

“THEREFORE, I URGE YOU, BROTHERS AND SISTERS, IN VIEW OF GOD'S MERCY, TO OFFER YOUR BODIES AS A LIVING SACRIFICE, HOLY AND PLEASING TO GOD—THIS IS YOUR TRUE AND PROPER WORSHIP.

Romans 12:1



A DANCE FIT FM SESSION

Section 1 (warm up section)

These three tracks can be done back-to-back to form a warm-up section, as they raise the heart rate and start to work on stamina. They are medium impact aerobic and dance-based exercises. Please judge your group accordingly and have breaks in between tracks if needed.

Track 1 - Salvation for the world This routine is designed to immediately raise the heart rate, but it is simple in technique and very repetitive so that by the end everyone should feel comfortable participating.

Track 2 - Give us a day of wonders Although this starts slowly, the routine is more intense than the first and starts to build up stamina. Demonstrate the basic moves of the routine before you begin.

Track 3 - Oh Saviour This is a salsa based track which uses repetition to help build confidence. Encourage the participants to make the most of this last track.

Break At this point it is important for everyone to drink and have a short rest. It's a good opportunity to have a little chat but try to keep focus on exercise and keep the rest short.



DANCE FIT IS THE PERFECT WAY TO KEEP FIT AND YOU CAN ENJOY FELLOWSHIP AND PRAYER WITH OTHERS.

Glynis Price - Coventry City Corps

Section 2 (High impact all over body workout)

Track 4 - Friend of God This is a weights routine. Participants will need handheld weights. We recommend dumbbells weighing approximately 1.5kg each but alternatively participants can use bottles of water or cans of beans.

Track 5 - You are good This routine is based on body combat. It works the upper body hard as well as involving the legs and glutes in multiple squats. This is the highest impact routine of the set so please be mindful that some people may find it more difficult at first. Don't let them feel discouraged, instead, encourage them to keep moving by marching on the spot.

Track 6 - God's love is... This HIIT routine includes short bursts of high energy. It includes press-ups, mountain climbers and burpies, and once again is high impact.

Break Everyone will need a break by now and plenty of water. If people don't have their own or have already finished please be prepared to provide more. This is a good time to ask for any prayer requests and to begin transitioning into the cool down section.



Section 3 (Cool down)

Track 7 - I'm in his hands People may want to use a floor/yoga mat for this routine and weights can be used to increase difficulty. This is predominantly an abs workout so warn people to refrain from putting strain on their neck or backs but engage their core throughout.

Track 8 - Magnify This is the cool down. Please don't leave it out. It is important to cool the body down and have opportunity to pray with your group. The first section of Magnify focuses on stretching and calming the mind. The last section is focused on prayer. Explain to the participants that you are going to hold your arms above your head for the count of four and then as you relax your arms you will all whisper the name of a person or situation that you want to bring before God. You can always expand this idea. For example; have a prayer focus or prayer requests from participants. Just be responsive to the Holy Spirit.

If you are running the session in a secular context, begin by asking them to whisper something that they are thankful for, or that makes them smile.



HELPFUL HINTS

- Ensure this is a fun and engaging session where participants enjoy themselves.
- Sometimes people may need a gentle nudge in the right direction to involve themselves. Some friendly encouragement is great - but don't try to force participation if someone is reluctant.
- Where possible, give demonstrations instead of instructions. Where you need to demonstrate, do so in clear steps with as few words as possible.
- For some participants it may be difficult to follow what's going on - if it seems necessary don't be afraid to repeat activities or instructions.
- Make sure that programme runs in a similar way each time, that way the participants will build in confidence more quickly.

CONTACT US

We would be more than happy to journey alongside you as you work through this resource. Should you need support or help please contact us through:
music@salvationarmy.org.uk or message us on our Facebook or Instagram pages.

The Salvation Army is a Christian Church and registered charity in England and Wales (214779), Scotland (SC009359) and the Republic of Ireland (CHY6399).

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