

# Group Fitness For All Bodies

Session 2122 - CanFitPro 2022

Session Description: 63% of the Canadian population exists in larger bodies. (74% in the US). Are we programming and cueing our group fitness classes to make the workout accessible for all bodies? If our goal is to reach more people we need to take a look at programming, our spaces, and our coaching in order to do no harm and create inclusivity in the fitness industry.

Topics Covered:

- Barriers to fitness
- Weight Bias
- Benefits for taking a weight-neutral approach
- The Power of Your Words
- Creating Inclusive programming
- Creating safe and welcoming spaces

**UseSCAN for full session notes and resources**



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