

Creating a Caring, Task-Involving Climate

Using RRAMP Method to create a caring, task-involving climate where behavior change can flourish in a group environment.

Use the RRAMP Method to shift your mindset, create a compelling opening to your class, empowering cueing, and a powerful close that works for all ages and stages of exercisers to produce long-lasting behavior change in the areas of health and wellbeing.

Why - Applying this method to your classes gives the power to THEM. As instructors in these group classes, we can build an environment and an experience that recognizes and serves everyone who shows up, rather than simply providing positive and encouraging words.

RRAMP Method

ACE →

R	Respect	Each class participant should feel <i>valued</i> .	How can you create a kind and respectful environment?
R	Recognition	Effort and improvement are prioritized & honored.	How can you create opportunities for recognition that are beyond going harder, faster, bigger, or better?
A	Alignment	Cooperation is fostered and valued.	How can you create the feeling that you're in this <i>together</i> ?
M	Mistakes	As mistakes are a part of learning, they are purposefully built into the experience.	How can you ensure mistakes are encouraged and celebrated?
P	Participant	Each person's uniqueness contributes to the overall experience that cannot be replicated.	How can you ensure each individual understands his/her important role in the class?

ACE Elevate Your Group Fitness Experiences by Incorporating Behavior Change

		Beginning	Middle	End
		Pre-Class & Introduction	Cueing & Programming	Closing & Post-Class
R	Respect			
R	Recognition			
A	Alignment			
M	Mistakes			
P	Participant			

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