



Exercise Volunteer with New Haven Farms

About New Haven Farms

New Haven Farms' nonprofit charitable mission is to promote health and community development through urban agriculture. We transform vacant urban land into vibrant and productive organic farms. Our Farm Manager and volunteer corps cultivate urban farms, and our harvest is made accessible to low-income families who struggle with diet-related chronic diseases and food insecurity. Farm members receive produce baskets combined with farm education, cooking demonstrations, and nutrition education on a weekly basis. For more information about New Haven Farms, visit newhavenfarms.org.

Position description:

The purpose of this position is to provide program participants a chance to receive 20 to 30 minutes of exercise on our urban farm during the optional exercise portion of New Haven Farms' Farm-Based Wellness Program, a lifestyle change program for residents with chronic diet-related illness.

By working in this position, volunteers will help program participants meet their recommended 150 minutes of physical activity each week. Classes could include, but are not limited to, aerobic dance, yoga, zumba, cardio kickboxing, or tai chi.

Measures of success:

This volunteer's activity is measured by the number of adults who attend the exercise portion, as well as by the relationships formed with the participants at our Youth Farm-Based Wellness Program.

Activities:

- Assist in delivering group exercise classes
- Ability to adapt exercise to meet different physical abilities

Qualifications:

- Experience teaching exercise classes, including but not limiting to aerobic dance, yoga, zumba, cardio kickboxing, or tai chi
- Investment in farm-based wellness and exercise as means to reduce risk of chronic disease
- Ability to work with diverse populations, including youth and adults
- Bilingual English-Spanish (preferred for Tuesday classes)

Time commitment:

Exercise Volunteers can plan to teach classes on a recurring basis or can teach one-off classes.

The exercise portion of the Farm-Based Wellness Program runs from 5-5:30pm every Tuesday and Thursday from June through September. Exercise Volunteers should arrive early to prepare and begin at 5pm.



Site:

Volunteers will meet a member of our program staff at one of our program sites, depending on which day the volunteer is working. These sites are at 15 James Street and 170 Ward Street in New Haven.

Supervision:

A member of New Haven Farms' program staff will work with and supervise Exercise Volunteers when they are on the farm. Exercise Volunteers should be comfortable planning exercise classes without additional support from New Haven Farms staff.

Benefits and support:

New Haven Farms will provide the space to conduct classes, but cannot provide any specialized exercise equipment. This position provides volunteers with experience teaching exercise in a unique setting. It is also an opportunity to connect to and build community within New Haven, and to get outside!

To volunteer:

Fill out the volunteer intake form on our [website](#) and our volunteer coordinator will follow up with you. You may also direct any questions to volunteercoordinator@newhavenfarms.org.