

# Hosting an Activity Fair: Who, What, Why, and How!

## WHO

Anyone can host an activity fair!  
Examples include:

- Mental Health Agencies
- Religious Organizations
- Universities
- Community Organizations such as the YMCA and Parks and Recreation facilities



## WHAT

The desired outcome determines the type of fair hosted



- **Community Access Fair**  
Share information on the importance of leisure and recreation, what's available within the community, and supporting strategies to set and monitor recreation goals
- **Physical Activity Fair**  
Share information to about the activities within their community they can participate in to increase their physical activity levels; identify the benefits of physical activity; set everyday goals for using the community to increase activity.

## WHY

An activity fair can be used as a tool to:

- Encourage and inspire people to get involved in their communities
- Educate people on accessible free/low cost activities within their community
- Educate people on the health and wellness benefits of community participation
- Help individuals set community participation goals
- Connect people to sustainable resources within their community



## HOW

Use this tool to plan your fair!

While this handbook is to organize a Physical Activity Fair, the planning activities utilize a similar structure, therefore this handbook is a helpful resource as you plan other types of events that promote community inclusion.

Need more support?! Contact us!  
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