

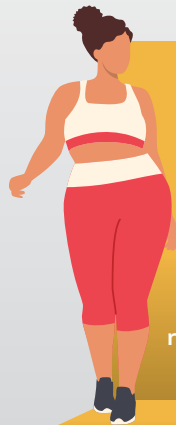
# Create an environment that empowers everyone to succeed with the ACE RRAMP Approach™

The **ACE RRAMP Approach™** empowers participants to improve their health, fitness and overall quality of life by creating a climate that fosters success. The five elements of the ACE RRAMP Approach are:

## RESPECT



How can you create a kind and respectful environment?



# R

### Respect

Mutual kindness & respect are fostered and valued

## RECOGNITION



How can you create opportunities for recognition?



# R

### Recognition

Effort & improvement are recognized

## ALIGNMENT



How can you create the feeling that the entire group is in this together?



# A

### Alignment

Alignment & cooperation among participants is prioritized

## MISTAKES



How can you ensure that mistakes are an acceptable, and even necessary, part of the learning process?



# M

### Mistakes

Mistakes are part of learning

## PARTICIPANT



How can you ensure that each individual understands their unique and important role in this class?



# P

### Participant

Each participant plays an important role



Follow these **4 steps** to begin implementing the **ACE RRAMP Approach™** in your group fitness space

1. Develop a deep understanding of the ACE RRAMP Approach™ as a whole, then each of the elements individually.
2. Commit to integrating one element at a time, starting by layering them in before and during class.
3. Set goals to use all five elements in one section of class—the warm-up, conditioning segment or cool-down.
4. Try to weave the entire approach throughout the class, then focus on expanding, evaluating and improving your use of the ACE RRAMP Approach™ with each class you teach.