Improving Health and Well-being through Online Dance Fitness Classes during the Global COVID-19 Pandemic
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**Problem and Purpose**
- Wellness and fitness programs provide coping resources for employees experiencing challenging stressors, such as those brought on by the COVID-19 pandemic (Hargrove, Becker, & Hargrove, 2015).
- Participation in dance fitness classes improves physical, psychological, and social well-being among women of all ages (Barranco-Ruiz, Paz-Viteri, & Villa-Gonzalez, 2020; O’Brien, 2016).
- When dance fitness classes were halted by stay-at-home orders, stakeholders identified online tools and mobile apps as alternatives that could mitigate the economic, physical, psychological, and social losses from canceling exercise classes.
- The purpose of our research was to use the lens of the Benefits Theory of Leisure Well-being to explore how online dance fitness classes helped improve health and well-being among participants during the COVID-19 pandemic.

**Research Questions**
1. Which needs could online dance fitness classes meet for participants during the global COVID-19 pandemic?
2. Which adjustments were made by dance fitness instructors to effectively move their services online during the global COVID-19 pandemic?
3. Which health and well-being outcomes of online dance fitness classes were experienced by participants during the global COVID-19 pandemic?

**Conceptual Framework**

**Benefits Theory of Leisure Well-Being**
(Sirgy, Uysal, & Kruger, 2017)

- Leisure activities contribute to satisfaction in leisure life and subjective well-being by satisfying basic needs and growth needs.
- Sirgy et al. (2017) surmised, “the more a leisure activity delivers benefits related to basic needs and growth needs the greater the likelihood that such an activity would contribute significantly to satisfaction in leisure life and subjective well-being” (p. 208).

<table>
<thead>
<tr>
<th>Basic Needs</th>
<th>Growth Needs</th>
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<tbody>
<tr>
<td>Safety, Health, Economic, Sensory, Escape, Sensation-Making</td>
<td>Symbolic, Aesthetic, Moral, Mastery, Relational, Distinctiveness</td>
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**Preliminary Findings and Implications**
- During the 2-month pilot study: Zoom classes twice each week
  
<table>
<thead>
<tr>
<th>Min</th>
<th>Average # of Participants per Class</th>
<th>Max</th>
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<tr>
<td>9</td>
<td>15</td>
<td>25</td>
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- Four critical components for implementing online dance fitness classes:
  - Effective Technology Usage
  - Reduction of Uncertainty
  - Compensation
  - Enhanced Personal Connections

- Data suggests online dance fitness classes helped participants meet their goals for physical and mental health during the stay-at-home orders.
- Online dance fitness classes met all basic needs and several growth needs during the COVID-19 pandemic.
- Appears stress and burnout can be managed by participating in online fitness activities during times of uncertainty, as experienced during the COVID-19 pandemic.
- This research informs future practices for implementing online fitness programs and offering solutions to sustain and improve health/well-being.

**References**


