

Buffy the Vampire Slayer: Staying Fit & Slaying Safe

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Abstract: *A program plan that uses basic kickboxing and self-defense techniques seen in Buffy the Vampire Slayer to inspire teens to get active.*

When it comes to staying active, the public library would not be the first location that comes to mind when teens are researching programs and yet they persist, offering options such as community yoga, dancing, and guided meditation (BiblioCommons, 2023). Some libraries, such as the San Francisco Public Library, even host self-defense workshops for those who are less interested in improving their abs as they are in learning how to defend themselves in dangerous situations (San Francisco Public Library, 2022). With more and more opportunities to become active at public libraries presenting themselves, why not add an element of fun to the mix by taking inspiration from one of the most popular vampire mediums of all time; Buffy the Vampire Slayer?

In honor of the 20th anniversary of Buffy the Vampire Slayer's premiere People Magazine partnered with fitness professional Erin Bailey to create a work-out routine to be completed while watching the show (Olya, 2017). Several common character traits and tropes were identified and matched with an exercise with the purpose being that the viewer would take cues from the program (Olya, 2017). The exercises chosen for the article were simple, easy to learn, and came along with GIFS of Bailey demonstrating how to perform them properly (Olya, 2017). These exercises also have the benefit of not requiring massive amounts of space in order to complete them. In the same space where one could perform yoga poses, they could just as easily perform the stretches outlined in People's anniversary routine but why limit it there? Partnering with local gyms offering self-defense and beginner kickboxing courses could allow these skills to become more widely available to people who are interested in getting involved but

may otherwise be unable to attend. Furthermore, for those looking to get a richer experience from the exercises, the anniversary routine would make a great warm-up before getting into some more standard kickboxing lessons and techniques (Yip, 2022).

Whether learning to fight back against vampires, or other people, there are many potential benefits to offering self-defense classes or partnering with local gyms to host kickboxing events such as improving physical health, boosting confidence, furthering a sense of community, and helping patrons, whether they be youth or adults, feel a little bit safer.

References

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