My Pyramid - Vegetables
The green stripe on MyPyramid represents the vegetable group. Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables can be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up, or mashed. Vegetables are organized into 5 sub groups, based on their nutrient content. These include dark green, orange, starchy vegetables, dry beans and peas, and others.
It is important that we vary the vegetables we eat. We need to eat more dark green and orange veggies as well as more dry beans and peas. Girls age 9-13 should consume 2 cups of vegetables daily while boys should consume 2 ½ cups daily. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.
Make vegetables more appealing by serving a low-fat salad dressing as a dip to go with raw broccoli, red and green peppers, celery sticks, or cauliflower. Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves. Decorate plates or serving dishes with vegetable slices. Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. In addition to carrot and celery sticks, consider broccoli, cauliflower, cucumber slices, and red and green pepper strips.

Club Roll Call
Since TV-Turnoff Week is generally the last week of April, a roll call suggestion would be to name an activity that you can do this month rather than watching television. To download the fact sheet – “Turn off TV, Turn on a Healthier Lifestyle” go to http://www.tvturnoff.org/factsheets.htm.

Physical Activity Calendars
Collect the March Physical Activity Calendars from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart. Have a short discussion to review the Physical Activity Pyramid and reflect on their activity for the past month. Have each individual look closely at his or her calendar to see how his/her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you get at least 30 minutes of moderate activity each day?
Did you get at least 15 minutes of more intense activity, 3 times a week?
Are you increasing your minutes of physical activity from month to month?
What new physical activity can you do now that day light savings time has arrived?
How can you fit more regular physical activity into your life?
What types of physical activities might you do outdoors this month?

April Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/opps/move. Please download these and make copies for your members (and leaders).
Please be sure to use the **Get Up and Move! Club Chart** each month to record the individual tallies.

**Educational Activity**

Frisbee Fanatics is the theme for the physical activities outlined in the **Activity Guide** this month. In 2005, clubs and groups were asked to create a new game using the flying discs and submit their ideas to the State 4-H Office. Thanks to the Shumway Eagles 4-H Club in Effingham County for their game! Get out and enjoy spring!

**National Volunteer Week** is also in April. This is a good time to thank 4-H leaders and others that have assisted with your club or group this year. 4-H members might provide the volunteers with a “healthy snack” or invite them to join them in a physical fitness activity, such as a walk, to thank them for their support.

**Recipes/Snacks**

The recipe this month is for a healthy dip to use with a variety of vegetables. See the introductory section of this leader guide for ideas. The **Vegetable Dip** recipe can be found at [www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move). A second recipe for **Jícama with Lime Juice** is included.

**Ties to 4-H Projects**

With the beginning of spring, it is time to begin thinking about summer **camp**. Camps provide plenty of opportunities for physical activity. Check out the different camping programs offered by University of Illinois Extension and the 4-H camping associations. The web address is [http://www.4-h.uiuc.edu/opps/camping.html](http://www.4-h.uiuc.edu/opps/camping.html). Several of the camps have open houses in the spring and will be mailing registration materials shortly. Many counties also offer **Camp Clover** day camps for youth ages 8 -12. These three-hour, four day camps are held in various communities across the state. Contact your local Extension office to enroll or to volunteer to assist, if you are an interested teen or adult.

For youth enrolled in the **Aerospace** project, spring is a good time to get outdoors and launch rockets, fly kites, and try other aerospace activities. Check out the cool web site for kids from NASA: [http://www.nasa.gov/audience/forkids/home/index.html](http://www.nasa.gov/audience/forkids/home/index.html). Illinois 4-H will sponsor a Rocket Launch for 4-H members in June in Champaign as part of the State Judging Contests Day. Each county may send up to 10 youth. Participants must bring the **Rocket Launch Information Form** to the event. For more information on this event, contact your local Extension office or download the information at [http://www.4-h.uiuc.edu/events/event051.html#rocketlaunch](http://www.4-h.uiuc.edu/events/event051.html#rocketlaunch). A county office staff signature is required on each form. The event may be cancelled in case of rain or unsafe weather conditions.

---

**Get Up and Move!**

University of Illinois Extension provides equal opportunities in programs and employment.
TV – Turnoff Tips

Avoid using TV as a reward.

Be a good role model for others by limiting TV time.

Choose a community service project to work on together as a family.

Designate certain days of the week as TV-free days.

Exercise as a family by taking walks, riding bikes, or learning a new sport.

Find a good book to read aloud or to act out.

*Get Up and Move!* Check out the 4-H physical activity information at [www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move).

Hide the TV remote.

If you do watch TV, watch selectively and avoid channel surfing.

Jump rope for ten minutes every other day.

Keep the TV off during meals.

Listen and dance to the music on the radio.

Move your TV to a less prominent location in your home.

Navigate the exercise/obstacle course at your local park facility.

Organize a music sharing time with your family.

Prepare a new ethnic dinner dish together.

Quiz family members on their daily physical activity.

Remove the TV from your room.

Select a hobby or new interest area to explore.

Take a walk after dinner.

Use the money your family would pay for monthly cable and spend it on sports equipment for the family.

Vary the kinds of exercise that you do weekly.

Work on a family puzzle together over a weekend.

Xamine your 4-H physical activity calendar to see whether you are getting 60 minutes of activity daily.

Yield to the temptation to turn the TV on. Play tag with your friends instead.

Zero in on increasing your minutes of physical activity by five each week until you reach 60 minutes daily.
Each day fill in what physical activity you did and how many minutes you did it.

<table>
<thead>
<tr>
<th>Name</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Weekly Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### April Races

Catch some breezes outdoors and have aero-space races. Whether you are flying a kite, throwing a plastic flying disc, or flying paper airplanes, be sure to record your physical activity minutes on the calendar. Make designs for the races below.

For more resources visit: www.4-h.uiuc.edu/opps/move
Jícama with Lime Juice

Here is an easy recipe if you are interested in trying jícama.

4 cups jícama (peeled and cut into strips)
¼ cup lime juice
Red chile powder to taste
Salt to taste

Sprinkle jícama with lime juice, chile powder and salt.

Nutrition information per ½ cup serving:
25 calories, 0 g fat, 0 mg cholesterol, 150 mg sodium, and 6 g carbohydrate

Jícama is a white-fleshed tuber that can weight from half pound to 5 pounds or more. Shaped like a turnip, it has a thin brown skin and crisp, juicy flesh like a fine textured apple. It is bland in flavor and can be used in a variety of ways. It can be added to salads, used in stir-fries or boiled or baked like a potato.

Look for hard unblemished jícama roots that are heavy for their size. Jícama is a good source of vitamin C, and contains some potassium, iron and calcium.
Get Up & Move!

Vegetable Dip

Vegetables and dip make a nutritious, delicious snack any time. Here is a recipe for a quick and easy dip.

1 cup low fat sour cream
1 cup low fat vanilla yogurt
1 package dry ranch salad dressing mix

Mix together all ingredients.
Refrigerate for 30 minutes.
Serve with a variety of cleaned, cut-up vegetables.

Nutrition information per tablespoon of dip.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size (16g)</td>
</tr>
<tr>
<td>Servings Per Container</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Select a variety of vegetables. In general, the darker the color the more nutritious the vegetable. Offer at least one dark yellow vegetable such as carrots and one dark green vegetable such as broccoli. Also offer a vegetable that the participants may not be familiar with such as jicama.
Get Up & Move!

Physical Activity Series 2: April

Frisbee Fanatics (20 minutes)

Items needed for this activity:
- Frisbees – 5-10 depending on the size of your group
- 3-4 large pieces of paper that can be taped to the wall to use as “targets” when practicing frisbee throw techniques
- Pictures of possible school supplies
- 8-foot basketball hoop, with NO net
- 3-5 markers, (small orange cones, pieces of rope, or paper grocery bags)
- Stopwatch or watch with a second hand
- 3 targets (hula hoops, laundry baskets, pieces of rope, or paper grocery bags)

Background information for presenter:
The frisbee was invented in the late 1940’s when Fred Morrison experimented with discs. Some of the discs were made out of metal while others were made of plastic – a fairly new material at that time. In 1955, the Wham-O Company purchased the rights and molds from Morrison and started manufacturing them. Public interest in the frisbee really took off in the 1960’s and as they say, the rest is history!

Step 1: Information to share with club members (4 minutes)
Why does a frisbee fly? There are actually two factors that influence the flight of a plastic disc, gravity and air. Gravity acts on all objects the same way, it pulls any mass toward the center of the earth. In opposition to that force, air influences the movement of the frisbee when lift is generated by the frisbee’s shaped surfaces as it passes through the air. The air moving over the top of the frisbee flows faster than the air moving underneath it, therefore it soars or flies. This is the same principle that allows airplanes to resist the force of gravity and fly through the air. The frisbee forces air down and the air forces the frisbee up. In addition, it is important to spin the frisbee when it is thrown. This gives the flying disc stability. Throwing a frisbee without any spin will cause it to fall to the ground without going very far.

The momentum of the spin allows the frisbee to receive a steady lift from the air as it passes through it. The faster the frisbee spins, the greater its stability.

Safety Reminders – Always use caution when you throw a frisbee. Most frisbees are made of a tough plastic that can hurt someone if the disc hits another person. Be aware of where you are aiming and watch out for individuals who are walking near the playing area.

Step 2: Group Activity (10 minutes)
Prior to the activity, tape several large pieces of paper on a wall at one end of the playing area that can be used as “targets” so participants can practice throwing techniques. Divide participants into equal size groups so that all can practice throwing techniques.

While most of you have probably thrown a frisbee at some point in your life, there are really several different techniques you can use. We are going to start today by learning two of those techniques and giving everyone a chance to practice before beginning an activity.

Regular Backhand Throw – Using whichever hand you are comfortable with, hold the Frisbee with your fingers under the rim and your thumb on top of the disc. Stand sideways, facing the target, bring your arm toward your body until the frisbee is almost touching your chest. Swing your arm back
out, keeping your elbow fairly stationery, pivoting your lower arm until your arm is extended, at which point you release the frisbee toward the target. Just like a golf swing or throwing a ball, it is important to follow through with your arm movement. As you make more attempts, adjust the speed and the angle at which you tilt the frisbee. Tilting it slightly can make the disc fly level or tilting it to the side can make the flight pattern curve.

**Sidearm or Forearm Throw** – Hold the disc with two fingers under the rim, your thumb on top, and your wrist cocked backwards. You will swing from the same side of your body as the arm holding the disc. *For the regular throw, you swing your arm across your body, this time you keep your arm to the side of your body.* Swing your arm downward at about a 30 degree angle to your body. The leading or front edge of the disc should be tilted down. Instead of swinging your arm, this time you snap your wrist to propel the disc. You DO NOT use much force with your arm. It should be a snapping action that only involves your wrist. You may need to practice this throw several times to do it without moving your arm.

**Step 3: Group Activity Options (10 – 20 minutes)**

**Frisbee Basketball** – Get Up & Move frisbees were presented to club members who documented and submitted their monthly minutes of physical activity (minimum of five months of documentation) in 2005. Along with the reward of the frisbee, a request was made for 4-H members to create games or challenge courses using the frisbees. The following game called “Frisbee Basketball,” was submitted by Andrew Lagerhausen, a member of the Shumway Eagles 4-H Club from Effingham County.

The goal of frisbee basketball is to see who can score the most points during the 20-minute game time. The rules for the game are as follows:

1. Frisbee basketball is played using a frisbee and an 8-foot basketball hoop with NO net.
2. Playing time – four 5-minute periods.
3. Team composition – 6 players per team are on the court at a time.
4. Scoring system:
   - Regular basket – 3 points
   - Free throw – 2 points
   - Basket from 3-point line – 4 points
5. Work as a TEAM.
6. Have FUN!

Participants should be divided into teams. Identify one person to serve as the referee. The game should be “called” just as a regular basketball game, with the referee looking for fouls. The players may run with the frisbee, passing it to their teammates and/or shooting baskets. Since it is not an option to “dribble” the frisbee, there will be no traveling calls. In addition to the referee, another person should be identified as both the official timekeeper to time each 5-minute period, and also the score keeper. If there are more than six players on a team, substitutions can be made during play.

**Frisbee on the Move** – Prior to the activity, identify a large open area (preferably outdoors). Secure markers (small orange cones, pieces of rope to lay on the ground, paper grocery bags with some type of weight placed inside in case of windy conditions). Identify a starting line and a finish line. Then identify 3 more “marked” spots of fairly equal distance between the start and the end.

The goal of this game is for all team players to move from the start to the finish line, changing their method of movement at each marker, and throwing the frisbee to others on their team as they go.

Each team will consist of a group of 3-5 players, depending on the total number in the group. Only one team moves at a time, and all players move at once. The players should be spread out, having at least 10-12 feel between them. One person, who is not involved in the play, should be identified as the caller and the official timer.

Description of the play – when the caller says “start,” the timer will start, the first team will leave the “starting line” by walking rapidly, heading toward the first marker. As they are moving, they should throw the frisbee back & forth among their team, counting out loud the
number of “caught” frisbees. Once they pass the first marker, they must begin **hopping**, still tossing the frisbee and counting the number of successful catches. **NOTE – the caller may want to call out the new method of movement as the team passes the marker.**

Once they pass the second marker, they must begin **skipping**, still tossing the frisbee and counting the number of catches. Once they pass the third marker, they begin **running** toward the finish, still tossing the frisbee and counting the number of catches. When they ALL cross the finish line, the time is stopped. The caller should record the number of successful catches and add the following points for time:

- 5 points – under 30 seconds
- 4 points – between 31-45 seconds
- 3 points – between 46-60 seconds
- 2 points – over 60 seconds

Add the time score to the number of successful frisbee catches to identify the winning team.

**Frisbee on Target! – Prior to the activity, set three different “targets” at varying distances from a designated tossing line.** Some suggestions for the targets are hula hoops on the ground, laundry baskets, string or rope positioned in a circle, or large paper grocery bags used as upright targets that can be hit & knocked over.

Throwing a frisbee is fun and being able to throw a frisbee where you want it to go, can be a challenge! In this game, every participant will be attempting to accurately throw the frisbee. The goal is to have participants throw the frisbee (having multiple frisbees on hand will make the game go quicker), and keep track of how many of their throws hit the target. They will have three attempts.

To promote additional physical activity, after each person completes all of their frisbee throws, they should run to each of the targets to retrieve their frisbees. When they reach the targets, they should do the following:

- Target #1 – do 10 jumping jacks
- Target #2 – touch your toes 10 times
- Target #3 – run around target 10 times

When finished, run back to the throwing line and pass the frisbees on to the next participant.

**Get Up & Move!**
Vegetables
It is important for you and your children to eat vegetables because they provide nutrients that are vital for health and maintenance of the body. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut up or mashed. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups or raw leafy greens can be considered as 1 serving from the vegetable group. Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

**Dark green vegetables:**
Broccoli, dark green leafy lettuce, mustard greens, romaine lettuce, spinach

**Orange vegetables:**
Acorn squash, butternut squash, carrots, pumpkin, sweet potatoes

**Dry beans and peas:**
Black beans, garbanzo beans (chick peas), kidney beans, lentils, pinto beans, soy beans, tofu, split peas

**Starchy vegetables:**
Corn, green peas, lima beans, potatoes

**Other vegetables:**
Artichokes, asparagus, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, onions, mushrooms, tomatoes, zucchini

**Servings**
Girls ages 9-13 should consume 2 cups of vegetables daily while boys should consume 2 ½ cups daily.

**Health Benefits**
Eating a diet rich in vegetables may reduce the risk for many chronic diseases and conditions such as:

- Stroke
- Stomach, mouth, and colon-rectum cancer
- Bone loss
- Cardiovascular disease
- Kidney stones
- Weight gain

**Nutrients**
Vegetables are one of the main sources of many nutrients in you and your children’s diets. Vegetables also tend to be low in fat or calories and have no cholesterol. Vegetables are important sources of potassium, dietary fiber, folate, vitamin A, vitamin E, and vitamin C.

• Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet and white potatoes, white beans, tomato products, spinach, lentils and winter squash
• Dietary fiber from vegetables helps to reduce blood cholesterol levels and may lower the risk of heart disease. Fiber is also important to proper bowel function. It helps to reduce constipation and diverticulosis. Fiber-containing foods, such as vegetables, help provide a feeling of fullness with fewer calories.
• Vitamin A keeps eyes and skin healthy and helps to protect against infections.
• Vitamin E helps protect vitamin A and essential fatty acids from cell oxidation.
• Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C also aids in iron absorption.

Tips for Eating More Vegetables

• Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
• Stock up on frozen vegetables for quick and easy cooking in the microwave.
• Buy vegetables that are easy to prepare. Buy packages of pre-cut vegetables if you do not have time to cut your own.
• Use a microwave to cook fresh and frozen vegetables quickly.
• Vary your vegetables to keep meals and snacks interesting.

For best nutritional value:

• Select vegetables with potassium more often, such as sweet potatoes, white potatoes, white beans, tomato products, beet greens, soybeans, spinach, squash and lentils
• Try to limit the use of sauces or seasonings that add additional fat, calories, and sodium to your vegetables
• Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.
• Buy canned vegetables labeled “no salt added.” If you want to add a little salt it will likely be less than the amount in regular canned products.

At Meals:

• Plan some meals around a vegetables main dish, such as vegetable stir-fry or soup. Try a main dish salad for lunch, but go easy on the salad dressing.
• Include a green salad with your dinner on most nights.
• Add chopped vegetables to dishes like lasagna, pasta sauce and meatloaf.
• Try ordering a vegetable pizza with mushrooms, green peppers, and onions.
• Use pureed, cooked vegetables such as potatoes to thicken soups, stews, and gravies.
• Grill vegetable kabobs as part of a barbeque meal.

Vegetable tips for children:

• Set a good example for your children by eating vegetables with meals and snacks.
• Let children decide on the dinner vegetables or what goes into salads.
• Depending on their age, children can help shop for, clean, peel, or cut up vegetables.
• Use cut-up vegetables as part of afternoon snacks.
• Children often prefer foods served separately. Try serving two vegetables separately instead of mixed vegetables.

Keep It Safe:
• Wash vegetables before preparing or eating them. Under clean, running water, rub vegetables briskly with your hands to remove dirt. Dry the vegetables after washing them.
• Keep vegetables separate from raw meat, poultry and seafood at all times.

Source: (www.mypyramid.gov)
Family Volunteering

National Volunteer Week happens during the month of April, which makes it a great time to start thinking about ways that you can give back to your community. This month you can spend quality time with your family while volunteering in your community.

Family volunteering can be done by the whole family together, by one parent and one child or teenager, or by several siblings together. It can involve both parents or one parent and an extended family member such as a grandparent or aunt/uncle. The agency receiving your volunteer service benefits by having more helpers at one time. If you volunteer on a regular schedule and occasionally a family member cannot come one week, there are others to help fill in.

What do you gain by volunteering together as a family?

First of all, you assure the goal of spending “quality time” together as a family. You also share a common bond while doing something worthwhile for others. Parents get to know their children in new ways, and vice versa. The process of demonstrating skills and learning new ones gives both age levels the chance to respect one another, work together toward the same goals, and have something to talk about all week. If you are already an active volunteer somewhere, you can continue your participation with less guilt about the time you spend away from your family. Now you’ll be with them, and the organizations you care about will receive even more volunteer help.

Choosing a Family Volunteer Project

Call a family meeting and take time to consider the whole idea. Make sure everyone, no matter how young, participates in the discussion. You might want to proceed this way:

- Make a list of all the volunteering each member of the family is doing now. Would the others like to help with any of these activities?
- What causes interest you? Allow everyone to suggest a community problem or issue. If some of the ideas intrigue the whole family, start exploring what organizations in your community are already working on these. Use the Yellow Pages, go to the library, or visit a local volunteer center.
- Also consider what types of work everyone wants to do. Make two lists: one for “Things We Know How to Do” and one for “Things We Would Like to Learn How to Do.” Make sure something is listed for each member of the family. This is a great chance to acknowledge the talents of parents and children. These lists will also be useful when you interview with an agency.

It may take several family meetings to complete these steps, but the conversations should be very interesting. You will then be ready to offer your services as a family volunteer team. Call several organizations for appointments and screen your options. See whether the agency representatives are
comfortable talking to your children as well as the adults in the family. Does the agency have something meaningful for you to do as a group?

You may want to begin with a one-time volunteer activity. This will test the water to see how everyone likes volunteering together. Once you have committed to a volunteer project, take it seriously. Parents should show children that volunteer work is important and meaningful. Talk about the activity during the week and plan ahead for the volunteer experience. Some of the work may introduce children to new ideas and possibly to people different from themselves. This could be a good opportunity for parents to pass along their values and ethics to their children. Parents may also be challenged by the volunteer experience, and they should share this with their children.

Below are some ideas for family volunteering:

- Spending time at a senior care facility or a retirement center
- Working in a community soup kitchen
- Cleaning up a favorite park or local landmark
- Planting trees in the community
- Visiting sick children at a hospital

Some volunteer activities also provide physical activity. This time should be counted toward your daily goal of 60 minutes of physical activity. Remember to record your physical activity minutes in your April calendars.

Source: (www.familyfun.go.com; www.charityguide.org)
Volunteers Make a Difference

National Volunteer Week was created in 1974 when President Richard Nixon signed an executive order to establish a week in April that was an annual celebration of volunteering. Every year since that time, each U.S. president, along with many governors, mayors and other elected officials, has signed a proclamation promoting National Volunteer Week.

This month your club can participate in National Volunteer Week by choosing a volunteer project in your community. Your club should try to do your volunteer project during the month of April if you cannot participate during the National Volunteer Week. Below are some ideas for ways that you and your club can volunteer in your community. You can use this list to generate ideas, but do not feel limited by the suggestions.

- Volunteer to help at an animal shelter
- Organize a fun race for charity
- Collect coats or clothes for kids
- Tutor younger children in reading, math, or spelling
- Have a bake sale for charity
- Make cards or visit children at a local hospital
- Collect grocery coupons for local food pantries to pass out to their customers.
- Visit a local nursing home
- Pick up trash at a local park
- Read books to younger children at a local library

You may even find that some of the volunteer activities listed and other possible activities also provide you with physical activity. Remember to record the time you spend being active while you volunteer in your April physical activity calendar. You are still targeting 60 minutes of physical activity each day.

This is also a great time of the year to thank the 4-H leaders and volunteers that help your club. Send them a thank you card, bake them a healthy treat, or invite them to join your club in your chosen volunteer project.

Source: (www.pointsoflight.org; www.wethreekids.com)