TV – Turnoff Week

TV-Turnoff Week began in 1995 and is supported by more than 70 national organizations. It occurs during the last full week in April each year. Here are few facts provided by the TV-Turnoff Network:

- On average, children in the U.S. will spend more time in front of the TV (1023 hours) than in school this year (900 hours).
- Forty percent of Americans frequently or always watch TV during dinner.
- In 2001, U.S. Surgeon General Dr. David Satcher said, that we are raising the most overweight generation of youngsters in American history.
- The proportion of overweight children has doubled since 1980 due, in part to sedentary leisure activities such as watching TV.
- The proportion of young who are obese jumped from 4% in 1965 to over 15% in 2003. Childhood obesity is the leading factor in the rise of Type II (adult-onset) diabetes among adolescents. Sedentary children risk suffering from chronic pain, heart disease, high blood pressure and other diseases later in life.
- American children average almost three hours of TV a day, or almost two full months of TV a year.
- Almost anything uses more energy than watching TV.

For more information on TV-Turnoff Week and ideas to reduce television watching, check out the web site [www.tvturnoff.org](http://www.tvturnoff.org).

Club Roll Call
Name the most active thing you have done this week or identify locations in your area where individuals or the group might pick up litter.

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 his/her 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?
Do you think you’re getting enough physical activity? Why?
Now that the weather is nicer, what types of activities can you do outdoors? What types of physical activities can you do now that there are more minutes of daylight?

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
Two educational activities are offered this month in the Physical Activity Guide. Your club/group may decide to conduct a Trash Scavenger Hunt to help clean up an area in your neighborhood. Or your group may decide to hold a “Pet Wash.” Both service activities have risks associated with them so be sure to refer to the “Safety Tips” handout on the web site at www.4-h.uiuc.edu/opps/move.

Monitor TV time for a week. Compare the number of minutes spent watching TV with the number of minutes involved in physical activity. Brainstorm as a group for optional activities your family might participate in rather than watching TV for one week. See the TV-Turnoff Tips sheet listed at www.4-h.uiuc.edu/opps/move.

Recipes/Snacks
The April recipe is for Banana Splits and can be found at www.4-h.uiuc.edu/opps/move.

Ties to 4-H Projects
For 4-H members enrolled in the various small pets projects – cats, dogs, poultry, rabbits, or small pets, consider sponsoring a pet wash. See Physical Activity Guide for additional details.

For clubs interested in safety activities, this month also includes playground safety week. The whole club or individual families may want to spend some time picking up litter in a neighborhood park, school yard, 4-H club meeting facility, or their own home area. Be sure to follow the “Safety Tips” handout when conducting clean up efforts.

Get Up and Move!
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.

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.
## Physical Activity

### Total Minutes of Activity

Week of April

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>

Each day fill in what physical activity you did and how many

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**Fruit ABECS**

For more resources visit: www.4-h.uiuc.edu/ops/move

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**Name**

Each day fill in what physical activity you did and how many
**Get Up & Move!**

**Banana Splits**

6 bananas  
1.5 cups crushed sweetened cereal  
3 8-ounce cartons low fat yogurt  
1 20-ounce cans light fruit cocktail, drained

Crush cereal in a blender or place in a zip top bag and mash. Slice whole bananas in half lengthwise. Cut each half again, so there are 4 slices from each banana. Place each banana quarter in a bowl. Top with 2 Tablespoons yogurt and 1 Tablespoon fruit cocktail. Sprinkle each serving with 1 Tablespoon crushed cereal.

Make 24 small snacks. Could use diced fresh fruit of choice in place of canned fruit cocktail. Recipe called for Honey Graham cereal, but any crushed sweetened cereal could be used.

Nutrition information per serving:
70 calories, 0.5 g fat, 5 mg cholesterol, 45 mg sodium, 17 gm carbohydrates, 1 g fiber, 2 g protein.

University of Illinois Extension provides equal opportunities in programs and employment. 04/05
Get Up & Move!

Physical Activity Series 1: April

Service Oriented Fitness (35 minutes)

Items needed for this activity:

- Trash Bags • Buckets
- Gloves • Wheel Barrow
- First Aid Kit
- OR
- Water • Buckets
- Shampoo • Towels
- First Aid Kit

Background information for presenter:

If your club is looking for a community service opportunity that can also tie in with “Get Up & Move” – consider focusing your “energies” toward a community clean-up effort in either a community park, a playground at a local school, or perhaps cleaning up the area surrounding your monthly meeting site. Refer to the “Safety Tips” handout that is included with this lesson.

If you have members enrolled in small pet projects, a second community service outreach option could be to plan and hold a “Dog Wash.” If you choose this option, make sure that you have enough adults on hand to assist if you have a large number of young club members.

Both of these activities will be very “hands-on” so you may want to suggest that members wear clothes they don’t mind getting either a little dirty or a little wet!

Remember, according to the Center for Disease Control (CDC) guidelines, even activities such as gardening and yard work fall into one of the defined physical activities categories.

Step 1: Information to share with club members (2 minutes)

As warmer weather approaches, our thoughts turn to outdoor opportunities. Whether you get active with springtime sports such as soccer, baseball, softball, and track; or gardening and yard work you should track all of the “active” time that you log during the day. Use the following chart to categorize your “activity” level.

<table>
<thead>
<tr>
<th>Light Activity</th>
<th>Moderate Activity</th>
<th>Vigorous Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casual Walking (&lt; 3 mph)</td>
<td>Moderate Walking (3-4.5 mph)</td>
<td>Racewalking, jogging/running (&gt; 5 mph)</td>
</tr>
<tr>
<td>Playing catch</td>
<td>Softball, baseball, shooting baskets</td>
<td>Basketball, Soccer, Kickball</td>
</tr>
<tr>
<td>Gardening &amp; yard work, pruning or weeding while sitting</td>
<td>Raking the lawn, bagging grass or leaves, digging, hoeing, weeding while standing or bending</td>
<td>Heavy or rapid shoveling, digging ditches, carrying heavy loads</td>
</tr>
<tr>
<td>Using a riding mower</td>
<td>Pushing a power mower</td>
<td>Pushing a non-motorized mower</td>
</tr>
</tbody>
</table>

Step 2: Group Activity (15-30 minutes)

Club members can get extra physical fitness minutes while participating in a Trash Scavenger Hunt. Select a location, which could be a community park, the area
surrounding your monthly meeting site, or a local school playground. Divide the members into several groups for the “hunt.” Each group should have two large plastic bags. One bag should be for “recycling” and the other should be “trash.” Discuss what types of items can be recycled in your community (this will vary from community to community). Review the boundaries within which members should stay. Assign several adults to watch over the group to make sure that no one strays beyond the designated area. Use a loud whistle as a signal for when all groups should come back to the central location. Have one volunteer identified to take and dispose of the “trash” and also to drop off the “recycling” at a recycling center or drop.

**Step 3: Group Activity (30 minutes)**
Club members can also get physical activity minutes while participating in a “Pet Wash.” A pet wash can be planned much like a car wash – except that instead of washing cars, the members will be washing pets. Project organizers will need to decide if they want to plan this as a community outreach, in which case they can develop an advertising plan to alert the local community about the event. Be sure to include both the beginning and ending time if you decide to open this up to the community.

Or, the project organizers can make this an internal service project and plan it for just the animals that belong to club/group members. Either way, the following suggestions may come in handy.

- Choose a location that has a water source
- Choose a location away from a major road to ensure the safety of both the members and the pets
- Talk with a local veterinarian to identify an appropriate shampoo that will not irritate the pet’s skin
- Ask that all animals be brought on a leash
- Make sure that you ask to see verification that all pets are current in regard to required vaccination shots
- Ask the pet owners to be responsible for holding/controlling their pet both before and after they are washed.

One possible strategy for organizing your Pet Wash would be to identify three different stations.

- Station 1 – Pet Washing Station
- Station 2 – Pet Rinsing Station
- Station 3 – Pet Drying Station

Have an older club member or an adult assigned to each station to assist with the supervision.

**OPTIONAL ACTIVITY OR GOAL:**
Springtime is also a great time to add a little color to the community. If your club conducts a local clean-up activity, consider taking the next step to help beautify the area. The following ideas are great options that can impact your community and help bring awareness to your 4-H club.

- Plant flowers at a community park
- Provide landscaping around the sign that welcomes visitors to your community
- Conduct a planting project at the county fairgrounds
- Build a “welcome” sign to your community
- Plant flowers or create flowering planters for a local Senior Center
- Hold a spring clean-up day for elderly citizens in your community

**Get Up & Move!**

Physical Activity Chart adapted from WIN Kids Fun Days, Wellness IN the Rockies
Safety Tips

**General Tips:**
Be sure the activity is age-appropriate for your participants.

Establish rules and a code of conduct for the activity and share these with parents, members, and leaders.

Provide adequate numbers of adults to supervise the activity – at least 1 adult for every 10 youth. A lower ratio of younger members to adults may be necessary.

Have parents complete informed consent forms and health forms.

Compile a list of emergency contact numbers.

Take out special activities accident/medical insurance for the event.

Plan for weather-related risks.

Have a first aid kit and cell phone handy.

Alert the public that you will be conducting this activity (place, date, and time) and to be on the look out for youth.

Use all of these strategies to develop your risk management plan for your event.

**Tips for Litter Pick Up:**
Have members wear gloves and possibly reflective clothing when picking up litter.

Encourage members to ask for assistance when picking up heavy items.

Be sure members wash their hands before and after litter pick up.

Avoid animals in the area to prevent bites or scratches.

Discuss expectations about protecting the property and area you are cleaning.

Be sure that if you sign agreements to conduct litter pick up that they does not contain a “hold harmless” clause.

**Tips for Pet Wash:**
Survey site for hazards.

Be sure you have the appropriate materials and supplies.

Be sure pet owners supervise/control their animals and have them on a leash.

Encourage members to wear clothing that can get wet and dirty.
Turning off the TV

TV-Turnoff Week, which originated in the United States in 1995, is supported by more than 70 national organizations. It occurs during the last full week in April each year. The amount of TV that children in the U.S. watch has been steadily increasing. American children watch almost three hours of TV per day, on average, which results in almost two full months of TV per year! On average, children in the U.S. will spend more time watching TV (1023 hours) than they spend in school (900 hours). This increase in the amount of time spent watching TV has had a negative impact on the health of children in the U.S.

Watching TV is a sedentary activity, meaning that children are not getting physical activity. The lack of physical activity is one factor contributing to the increased number of overweight children in the U.S. Low physical activity can lead to an increased risk of developing type II diabetes, heart disease and high blood pressure.

There are many alternative activities that children can participate in besides watching TV. Simply turning off the TV and offering your children choices of other activities is the first step in decreasing the amount of TV viewing. Other strategies for decreasing TV viewing and increasing physical activity include:

- keeping TVs out of children’s bedrooms
- hiding the remote
- turning off the TV during dinner
- taking a walk after school or dinner
- riding bikes
- playing a sport or learning a new sport
- working on crafts or other hobbies
- dancing to music
- jumping rope
- cooking healthy meals as a family

There are many more activities than the ones listed above that you and your children can do together! Just because TV-Turnoff Week is only recognized in April does not mean that you and your children cannot incorporate TV-Turnoff tips all year round. There are many more active alternatives to watching TV that can be both physically and mentally fulfilling. Ask your children what activities interest them and remember to be creative!

(Source: www.screentime.org; www.kidshealth.org)
Get Up & Move!

Family Activity

Series 1: April

Alternative Family Activities
This month’s family activity encourages you and your family to use your imaginations to think of alternative activities to watching TV. In order to get your imaginations warmed up, plan a family trip to your local library and find a book about being more physically active and creative with activities. Some suggestions for books that encourage using your imagination are *Something Shiny, Something Round, The Topsy Turvey Towel*, or *The Things a String Can Be*, all by Julie Goulis and John Ferguson. Other options include books about physical activity, such as *The Busy Body Book: A Kid’s Guide to Fitness*, by Lizzy Rockwell and *Why Should I Get Off the Couch?: And Other Questions about Health and Exercise*, by Louise A. Spilsbury. Feel free to explore other options as well!

One evening after you and your family finish dinner, read the book you found together instead of watching television. Discuss the book as a family and brainstorm evening and weekend activities that do not include watching TV.

What are some of the activity ideas that you and your family thought of?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What activities did your family actually do from your brainstorm list?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

TV Advertisement Challenge:
If you are watching TV as a family, consider activities to reinforce healthy eating. Next time you and your family are watching television, chose three food products that are being advertised and classify them using the chart below. If you need more space than is given, use the back of this paper or an extra sheet of paper. Remember, most television commercials are trying to sell products, but it is up to you to decide which ones are healthy!

<table>
<thead>
<tr>
<th>TV Ad Challenge</th>
<th>Food</th>
<th>“More healthy” or “Less healthy”</th>
<th>Why is it “more” or “less” healthy?</th>
</tr>
</thead>
<tbody>
<tr>
<td>product 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>product 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>product 3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Source:  [www.screentime.org](http://www.screentime.org); [www.bubblegumbooks.com](http://www.bubblegumbooks.com); [www.barnesandnoble.com](http://www.barnesandnoble.com))
Community Clean Up
This month’s community activity lets you build on the idea of turning off the TV and being physically active. Physical activity can also be coupled with community service. This month you can be physically active and give back to your community as a club!

At your next club meeting, use part of the meeting time to go outside and pick up trash around the area where your club meets. You may find that there is a lot more trash on the ground than you thought! This activity will not only get you moving, but will also teach you about the importance of not littering and keeping the environment clean. Don’t forget that picking up trash is considered to be physical activity. Make sure to record the amount of time you spent being active in your physical activity log for the month! Also, be sure to wear protective clothing and gloves while working and make sure that you have adult supervision.

Also, take time this month to call your village hall or community center to find out if there are any community cleaning projects that you and your family, friends, or club members could become involved in. Try to complete at least one community service project this month. When you have completed your service, answer the questions below. Giving back to the community will not only get you moving, but is also a great way to meet new people in your community!

What type of community service did you do and how much time did you spend doing it?
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Who benefited from your efforts?
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Did you feel like you helped improve your community? Why?
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________