Get Up & Move!
Leader Activity Guide   Series 1: December

Keeping Fit during Busy Times
Many families and individuals get busy with lots of extra activities, events, and chores during the holiday season and forget to continue to participate in physical activity. It’s important to keep exercising, even if it is only ten minutes at a time, two or three times a day. A quick walk around the block at home, parking at the far end of the parking lot and walking to the store entrance, shoveling snow from your sidewalk, or doing ten repetitions of endurance, flexibility, and agility exercises each morning and evening can help you continue to maintain some level of physical activity.

Roll Call Ideas
Have members respond to roll call with their favorite winter sports activity. The activity identified can be done indoors or outside.

Physical Activity Calendars
Collect the November Physical Activity Calendars from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart. One-quarter of the 4-H year is over so you might recognize those members who have increased the number of minutes of physical activity each month or recognize those members who average 30, 40, 50, or 60 minutes of physical activity daily.

Have a short discussion to talk about the kinds of physical activities members have been involved in during the past month. Remind them that as they get busy with the holiday season, it is still important that they engage in moderate activity daily. As the weather turns cooler and there is less opportunity for outdoor activity, members may need to generate some ideas of ways to stay active during the winter months. Keep a list to share with the entire group.

Reflection Questions:
Did you see an increase in the number of minutes spent in physical activity in November?
What new types of activity have you tried?
What types of activities might you do with your family? Siblings?

December 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 member tallies.
Educational Activity
How Fit Are You? This month’s educational activity for the club focuses on endurance, agility, and flexibility.

Optional Activities
Mall Walking– For all those holiday shopping trips, members may want to keep track of their steps on a log similar to the one provided in October as part of the walking activity. The walking log can be found at www.4-h.uiuc.edu/opps/move under the October section.

Recipes/Snacks
This month rather than provide you with a recipe, feel free to have members share their favorite holiday cookie or dessert recipe. Perhaps families have a favorite family ethnic recipe that they would like to share as part of your club/group’s holiday festivities. If you have a holiday party, the cookies or desserts could be part of the food provided.

Ties to 4-H Projects
In the November Leader Activity Guide, it was suggested that clubs conduct a food drive in their neighborhood to collect items for the local food pantry. If this community service project was planned, December would be the month to implement the activity. Other club/groups may choose to assist food pantries in sorting donated items and stocking the shelves since many individuals, families, and organizations collect food during the holiday season. The need is great!

To Spend or Not to Spend? – Members enrolled in the Clothing Decisions projects or the Financial Champions projects might use this activity. Members may want to compare prices on “hot items” for the holidays. See the chart for this activity provided on the Get Up and Move web site at www.4-h.uiuc.edu/opps/move. Members could report their findings at the January meeting.

 Caroling in your neighborhood – If your club is enrolled in Walk in My Shoes as a club project or your club members would like to learn more about growing older, you might consider borrowing the aging sensitivity kits that many counties have and do some of the activities listed in the project manual. These could be done in preparation for a club caroling event. Your club may want to reach out to seniors and other shut-ins for an afternoon or evening of caroling fun in your community. Try to walk as much as possible between caroling stops for increased physical activity.

Get Up and Move!
To Spend or Not to Spend?

Identify up to five different stores that you might visit to compare prices of similar items. Try to visit different types of stores or retailers such as specialty, department, discount, factory outlet stores, or consignment/thrift shops. Identify up to three different items that you want to price. Try to select items with similar brands or characteristics. Identify the price in each store and note if the item was on sale and what the original price was. The lesson “To Spend or Not to Spend?” on pages 30-31 in the Clothing Decisions - Discovering Choice (BU-7360) project manual as well as “Shop ‘Til You Drop” on pages 31-33 in the Financial Champions - Money Moves (BU-7711) project manual may provide additional information to help you with this activity.

<table>
<thead>
<tr>
<th>Item for Comparison</th>
<th>Store Name 1: Type:</th>
<th>Store Name 2: Type:</th>
<th>Store Name 3: Type:</th>
<th>Store Name 4: Type:</th>
<th>Store Name 5: Type:</th>
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<tr>
<td>i.e. fleece jacket</td>
<td>Price:</td>
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<td>i.e. DVD/ CD</td>
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What similarities/differences did you discover in comparing items from one store to another?

What was the best option for purchase of each item based on “price alone”?

How many minutes of physical activity did you participate in with this activity or how many steps did you walk?

Note: Additional processing questions can be found in each of the above-mentioned project manuals/activity pages.
## December

### Physical activity

<table>
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<tr>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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Each day fill in what physical activity you did and how many minutes you did it.

Find the sports that you can do in the winter (that's not all outdoor sports)!
Get Up & Move!

Physical Activity
Series 1: December

Moving for Fitness! (20 minutes)

Items needed for this activity:
- score sheet and pen
- 2 Stopwatches
- yardstick
- set of stairs or 12-inch sturdy exercise step bench

Background information for presenter:
Every person has about 650 muscles in their body. Muscles come in all different shapes – flat, round, long, think and even diamond shaped. They make up almost half of your weight. There are three different kinds of muscles:
1. Skeletal muscles that move your bones and are under your control.
2. Involuntary muscles that move on their own usually.
3. The cardiac muscle, or the heart.

Muscles make your bones move up and down. Muscles work in pairs, since they can only pull on bones, not push them. One muscle pulls in one direction, and the other muscle pull in the opposite direction.

If you have time, ask the participants to answer these questions to learn more about muscles:
- Why do muscles get tired?
- Why is it important to warm up before vigorous exercise?
- How does someone pull a muscle?
- How can I strengthen my muscles?

The activities for this month come from the Discovering Myself (BU-6858) health curriculum, which focuses on a variety of health, nutrition and fitness topics.

Exercise makes your muscles get stronger, and sometimes larger. As your muscles get stronger, you can do more active things for longer periods of time. Strong muscles also help protect you from injuries when you exercise, because they give better support to your joints, which is where your bones meet.

Step 1: Information to share with club members (1 minute)
Did you know that just like your parents take care of their car so it will run smoothly, you need to take care of your body. Physical fitness means keeping your whole body including muscles, heart, and lungs in good condition. Fitness involves three things:
1. Strength – how much work your muscles do.
2. Flexibility – being able to move, stretch, and bend easily.
3. Endurance – being able to keep exercising without tiring quickly.

Think about the activities that you do every day. Chose things that are fun and that get you moving and help your heart and lungs work more efficiently. Today we are going to do some activities that will help us test just how physically fit we are.

Step 2: Group Activity (15 minutes)
We are going to work with a partner to test our fitness. Daily exercise can help make you more physically fit. We will have four different “Fitness Stations.” For each station you will have a score sheet to record your results.

**Step Up – Measures Endurance**
1. Find your pulse on the underside of your wrist. Count the number of beats for 30 seconds.
2. Step up onto one stair with one foot and then the other, but stay on that same step. Then step down one foot at a time. Your partner can count out loud: “Up, up, down, down.” This is one set. Try to complete two of these sets every five seconds.
3. You need to keep up this pace for one minute, then sit down and rest for one minute. Take your pulse again after the one-minute rest.
4. Record pulse rates on the fitness station score sheet.

**Jack be Nimble, Jill be Quick – measures agility**
1. Jump from a squat position. Spring into the air with a half-turn, so that you land facing your take-off point. Land with your feet together, and hold your balance for three seconds.
2. Try it several times.
3. Record results on the fitness station score sheet.
NOTE – one success out of three attempts is considered passing.

**High Diver – measures balance**
1. Pretend you are on a high dive. Up on your toes, arms pointed up, eyes closed.
2. Try to hold your balance, without moving your feet, for as long as you can.
3. Record the time on the fitness station score sheet.
NOTE - anything over 15 seconds is very good. Less than 5 seconds needs work.

**Pipe Cleaner – measures flexibility**
1. Sit on the floor with your legs out straight in front of you.
2. Bend forward and reach toward your toes. Keep yourself in that position for five seconds, trying not to bounce.
3. Have your partner measure how far past your toes you can reach.
4. Record the number of inches on the fitness station score sheet.
NOTE – the more inches, the greater the flexibility.

**Leapin’ Lizard – measures strength**
1. Place a piece of tape on the floor to mark a starting line.
2. Stand with both feet behind the line. Put your arms out behind you and then swing them forward as you leap.
3. Jump as far as you can. Hold your position once you land.
4. Have your partner measure from the start line to the spot where your heels touch down. (If your heels are not even, use the measurement of the heel closest to the starting line)
5. Record the number of inches on the fitness station score sheet.
NOTE – a distance equal to your height is excellent.
Group discussion:
After everyone completes all of the fitness stations, have everyone sit down and use the following questions to process the activity.
• Which fitness activities did you do well?
• Which fitness areas do you need to work on?
• Why do you think exercise is important to healthy living?
• How will you use exercise in the future as a result of this activity?

Hopefully these activities helped you develop a basic assessment of your own “fitness.” Testing yourself regularly in each of these areas gives you an idea of how physically fit you are. Daily exercise will make you more physically fit.

Get Up & Move!
Moving for Fitness! – Fitness Score Sheet

**STATION #1 – Step Up – Measures Endurance**

<table>
<thead>
<tr>
<th>Name</th>
<th>Pulse-before</th>
<th>Pulse-after</th>
<th>Difference</th>
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What does the difference mean?
- If the pulse rate is the same of less – the heart is in excellent shape
- If the pulse rate is 1 or 2 beats faster – the heart is in fair shape
- If the pulse rate is 5-6 beats faster – the heart is in poor shape
- If the pulse rate is 7 or more beats faster – the heart needs work

**STATION #2 – Jack be Nimble, Jill be Quick – Measures Agility**
(In attempt column record YES for successful landing; NO for unsuccessful landing.)

<table>
<thead>
<tr>
<th>Name</th>
<th>Attempt #1</th>
<th>Attempt #2</th>
<th>Attempt #3</th>
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What does this mean?
- One success out of three attempts is considered passing

**STATION #3 – High Diver – Measures Balance**

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<th>Name</th>
<th>Time</th>
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What does this mean?
- Anything over 15 seconds is very good. Less than 5 seconds needs work.

**STATION #4 – Pipe Cleaner – Measures Flexibility**

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<thead>
<tr>
<th>Name</th>
<th>Inches</th>
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</table>

What does this mean?
- The more inches the greater the flexibility

**STATION #5 – Leapin’ Lizard – Measures Strength**

<table>
<thead>
<tr>
<th>Name</th>
<th>Inches</th>
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</table>

What does this mean?
- A distance equal to your height is excellent

Station #1
Step Up
(measures endurance)

Station #2
Jack be Nimble, Jill be Quick
(measures agility)
Station #3
High Diver
(measures balance)

Station #4
Pipe Cleaner
(measures flexibility)
Station #5
Leapin’ Lizard
(measures strength)
Staying Active!
The month of December can be a very busy one for you and your family. There are many activities centered on the holidays, and many of them can involve more eating and less moving. This month, your children have learned about the importance of maintaining physical fitness, even during the colder months. It is important that you support your children when it comes to staying active throughout the winter. Keep in mind that physical activity does not have to be done in one long session. Exercise can be broken down into three to four ten minute sessions every day. Your children should be getting 30 to 60 minutes of physical activity per day.

Physical activity is very important because it:

- builds self-esteem and feelings of well-being
- increases fitness levels
- builds endurance and muscle strength
- enhances flexibility and posture
- lowers risk of heart disease, colon cancer, and type II diabetes
- helps control blood pressure
- helps to maintain a healthy weight

The holidays provide us with many tasty, and sometimes less healthy treats, so continuing with daily physical activity is definitely important!

You and your children should find activities that you enjoy, and ones that can be done on a regular basis. Fitting activity into your daily schedule can be as easy as taking a brisk 10 minute walk, or joining an exercise class. Try to rotate the activities that you do in order to maintain motivation. In order to promote physical activity at any time, make sure you and your children have a pair of sneakers and comfortable clothes to change into at home, school, or at the office.
When you are with your children, try getting the entire family involved in an activity. Some ideas include:

- cleaning the house
- walking, stretching, or doing exercises while watching TV or listening to music
- dancing
- playing in the snow
- ice skating at the local rink
- building snowmen
- having a friendly snowball fight

Some of the suggestions above are outdoor activities that require warm clothing. If you and your children are outside in cold weather, make sure that everyone is dressed warm with coats, hats, gloves and scarves.

When you and your children want to be active in the house, get creative and use objects around the house as resistance or weights in order to incorporate strength training into you and your children’s daily routine. You do not need to have weights because you can use objects like soup cans to do an activity such as bicep curls. There are many household objects that can be good fitness tools, but make sure you are supervising your children when they use these objects for exercise.

Another way to stay active is by parking far away from stores when you and your family are out shopping so that you walk farther to your destination. Also, if you and your family are at a mall, try walking quickly or staying in the mall longer just to have a place indoors to get more exercise.

In addition, you might want to register your children for an activity class they are interested in at a local gym or community center during the winter months. Ideas for classes include aerobics, martial arts, dance, yoga, or cycling.

Staying active in the winter is really all about getting creative and modifying activities that you and your children may do in the warmer months. This is the time of year to try new activities and have fun with physical activity! Also, remember to help your children keep track of their physical activity minutes and record them in their December calendar!

(Source: [http://www.mypyramid.gov](http://www.mypyramid.gov); [www.nwhealth.edu](http://www.nwhealth.edu))
Giving in the Spirit of the Holidays

When the holiday season comes around, we normally think about giving to others who are in need in our community. At the November meeting, it was suggested that your club conduct a food drive to collect items for a local pantry or shelter. This month’s family activity encourages you and your family to go through old clothes or toys and to donate them to a local shelter or organization that supports people in need. Expend some physical activity minutes going through closets, boxes, the garage or attic finding items that you no longer need. If you and your family would like to donate pet supplies for animals in shelters instead of clothes or toys that would be a great idea as well.

When you deliver the items that you and your family have donated to the shelter or organization, consider spending some time volunteering to. Donating your time can be just as important during the holiday season! Your family can also consider making a commitment to a certain organization or shelter to volunteer throughout the year.

You and your family might want to make one of the holiday cookie or dessert recipes that were shared at this month’s club meeting and bring it to the workers and volunteers at the shelter or organization where you are helping. It is nice to show appreciation for those people who continuously give their time to helping those in need. Baking them something special is a great way to show your appreciation!
Visiting Seniors
This month you learned about donating goods and time to those in need during the holiday season. In addition, there are populations in the community that are often forgotten about during the holidays. One of these groups of people is the elderly. Many times elderly populations are not visited enough, especially if they live in a nursing home or in an assisted living facility. Some families may be out of town during the holiday season and are not there to spend time with their elderly relatives. This month you and your club might organize a visit to a nursing home or an assisted living facility.

You and your club members might use your visit as an opportunity to bring cheer into the lives of senior citizens, but also as an opportunity to learn more about how the senior citizens celebrate the holidays. You and your club members might want to create 3-6 questions to ask the seniors. Below are some ideas for questions to ask.

- What holiday(s) did you celebrate?
- What were some of your favorite holiday foods?
- What was your favorite holiday song(s)?
- Did you and your family have any special holiday traditions?
- Was there any place you and your family would travel to during the holidays?

You and your club members might consider visiting the seniors once to do the interviews and then visit again to put on a skit comparing the holiday celebrations of yesterday and today. Your club might also want to bring holiday refreshments for the seniors to enjoy while they watch your skit.

You and your club might want to think about the following questions after learning more about the senior citizens.

What holiday traditions did you and the senior citizens have in common?

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Did talking to the senior citizens about their holiday traditions change any of your perceptions about the elderly?

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