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

Making Physical Activity a Regular Part of Your Day

Physical activity is a good way to improve your health and have fun! It means moving your body. Look around, whether you live in the city, in the country, or in between, you'll find ways to be active. Remember to improve your health and fitness; you need to get at least 30 minutes of moderate physical activity as part of your 60 minutes of daily activity. **Moderate physical activity** is defined, as any activity that takes about as much energy as a brisk walk – for the average person, this is a pace of about 2 miles in 30 minutes.

Youth need to choose activities that they enjoy and can do regularly, based on the season. They may need help in thinking creatively about how they can fit those activities into their daily schedule. Youth may need help in keeping it interesting by doing different activities on alternating days. What is important is to be active most days of the week and to make it a regular part of the daily lifestyle. Try to think of ways to get the whole family involved. Try to be ready for activity wherever they are. Most importantly…have fun while you move!

**Club Roll Call**
Think of the person whom you thanked most recently and tell who that person was and why you thanked them.

**Physical Activity Calendars**
Collect the January 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/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?
Have you increased your amount of physical activity from December to January?
What types of physical activities could you do outside during cold weather?
What types of physical activities could you do inside during cold weather?

**February Physical Activity Calendars** are on the web site at www.4-h.uiuc.edu/opps/move. The February calendar asks members to identify “red” foods in honor of heart month. 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.

**Try This! Talk Your Head Off** – To see if you are engaging in moderate physical activity, here’s a way to see if your body is getting a good workout. *If you can talk* while doing a physical activity, you’re probably moving at a pace that’s right for you. *If you’re too
breathless to talk, slow down. And if you can sing, you may not be working hard enough – so get moving!

Educational Activity
Fitness is fun! This month the Physical Activity Guide includes an Exercise Name Game to help members think of multiple options for exercising. It can also be fun way for members to learn a little more about their fellow club members. Jumping Jack Fun is the featured physical activity in the guide. Club members will determine how long it takes to do 50 jumping jacks. This activity could be expanded to a 4-H club “Jumping-Jack-athon” where pledges for the number of sets of jumping jacks completed is paid in canned goods, which could be donated to the local food pantry.

Recipes/Snacks
Chinese New Year is a time for celebrating and making a fresh start. In addition to feasting with friends and family, people pay their debts, buy new clothes, and clean their houses. The color red represents happiness, prosperity, and good fortune so there are lots of red clothes and decorations. The 15-day celebration ends with the Lantern Festival when people enjoy parades and special dances. So celebrate Chinese New Year – the year of the Rooster, in February with Egg Drop Soup!

Ties to 4-H Projects
In 4-H, there are a variety of projects related to the communications area. In the Public Presentations area, each 4-H member is encouraged to give a talk, illustrated talk, or demonstration in at least one project area annually. There are often county and state contests in this area. Last month we suggested that members might want to identify topics related to physical fitness or health and to enter the county Public Presentations Contest.

As we mentioned last month, members may want to use the information in the “Poster-Making Tips” support piece to create posters for February as “Heart Healthy” month. Or clubs might make Valentine’s Day an opportunity to create thank you notes for individuals who have been helpful to the club or to individual members during the past few months and then hand-deliver them on February 14. See our “Thank You Note Tips” support piece on the web at www.4-h.uiuc.edu/opps/move.
Thank You Note Tips

Writing thank you notes is a good social and communication skill for youth to learn. Whether it is a gift or a thoughtful gesture, there are many instances where a written note of appreciation can acknowledge the generosity and thoughtfulness of the giver. Youth also get to practice their writing and penmanship skills.

Here are some tips to consider when helping youth learn writing thank you notes:

- Be positive when talking about writing thank you notes. Explain to youth that writing thank you notes is a thoughtful way to show appreciation to someone who has been helpful to him or her.

- Be creative and have fun! Provide colorful paper, crayons, pens, pencils and markers. Let youth decorate note cards with stickers, pictures, photographs, glitter, or rubber stamps. Youth can even trim edges with decorative-edged scissors. Consider including a photograph of the youth with the gift.

- Keep instructions short and simple. Younger youth may need more concrete, step-by-step guidance. Help youth clarify what he/she wants to say to the giver by asking the following questions before youth start writing. (Youth may need to start with a practice sheet of paper.)

Who gave a gift or did something nice? ______________________________
What was it? _________________________________________________
When, where & why was the gift given? For a special occasion? __________
When did someone do something nice? ______________________________
What will the youth do with the gift? _______________________________
Has anyone made a nice comment about the gift? _______________________

- Help youth understand the idea of thanking others and on the effort they are putting into writing the thank you note.

- Show by example. Youth learn to be courteous and responsible by watching parents and other adults. Be sure to promptly write thank you notes to 4-H'ers and 4-H families when appropriate.

Source: Ohio State University Extension Fact Sheet HYG-5170-96 – Being Courteous to the Gift Giver
February

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<th>Sunday</th>
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Can You Name the Red Foods?
Fill in the blanks to identify red foods - in honor of heart month.

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re_ra_pb_rry
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b_et
cra_be_ry
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Each day fill in what physical activity you did and how many minutes you did it.

Name ________________________________

February

**total minutes of physical activity**
Get Up & Move!

Egg Drop Soup

Chinese New Year - February 9 through 23, 2005 – Year of the Rooster

Chinese New Year is a time for celebrating and making a fresh start. In addition to feasting with friends and family, people pay their debts, buy new clothes, and clean their houses. The color red represents happiness, prosperity, and good fortune so there are lots of red clothes and decorations. The 15-day celebration ends with the Lantern Festival when people enjoy parades and special dances.

Celebrate Chinese New Year in February with Egg Drop Soup!

2 cups chicken broth
3 Tablespoons water
1 Tablespoon cornstarch
1 egg, lightly beaten
10 to 12 fresh or frozen snow peas (thawed)
1 green onion, finely sliced
¼ cup finely chopped ham (optional)

Bring the chicken broth to a simmer over medium high heat. In a small bowl combine the water and cornstarch, stir the cornstarch mixture into the broth. Bring the broth to a boil and then remove it from heat. Slowly pour in the egg and gently stir it with a fork in one direction only, stirring slowly for long strands of egg, more rapidly for thinner shreds. Add snow peas, green onion, and ham.

Serves 4.

Nutrition information per serving:
100 calories, 3 grams fat, 60 mg. cholesterol, 1080 mg. sodium, 1 gram fiber, 10 grams protein. Using reduced sodium chicken broth or preparing your own could reduce sodium.

Optional Snack: For the less adventurous, serve fortune cookies but have members make up their own proverbs or sayings related to health, nutrition or physical fitness!
Fitness is Fun! (25 minutes)

Items needed for this activity:
- Watch with a second hand
- Pledge Sheets for Jumping-Jack-a-thon (optional)

Opening Activity (10 minutes)
Exercise Name Game – We have learned many different physical activities and exercises that we can do to help us stay fit. To help us all remember that we have lots of options when it comes to exercising, we are going to start off today by introducing ourselves and attaching an exercise motion that begins with the same letter as the participant’s first name. For example “Jumping Jacks Jacob” or “Toe Touching Taylor.” This works best if it is done in a circle, so let’s form a large circle. Make sure you are an arms length from the next person so you have enough space for the activity. So…lets go around the room. You should introduce yourself, with your activity and then demonstrate it.

Now that everyone has seen each activity, lets do it again except this time we keep adding each person’s activity as we go around the group. For example, she is “Toe Touching Taylor,” he is “Marching Matthew” and I’m “Jumping Jacks Jacob,” then keep going and adding on more actions.

Background information for presenter:
Young people develop social skills through the group games and discussions. Group games that require the participants to make choices will also help them develop decision-making skills. Fine motor skills and eye-hand coordination will be developed through the poster-making activities if you choose to make posters promoting February as “Heart Healthy” month. Large motor development will be enhanced with the games and exercises described in this activity guide.

Information to share with club members (1 minutes)
Today we are going to talk about “aerobic” activities. Who can tell the group what aerobic means? (Allow participants to provide a definition of aerobic and/or provide examples of aerobic type activities). Aerobic exercise is exercise that makes your heart beat faster. It is good for our bodies. Since February is identified as “Heart Healthy” month, we want to focus our energies toward getting our hearts pumping and being “heart healthy.”

Jumping Jack Fun (14 minutes)
You all remember back in November when we were doing the “Moving for Fitness” activities, one of the stations measured endurance and we were checking our pulse before the activity and after the activity. Does anyone recall, did your pulse rate go up or down after you did the activity? Well participation in most physical activities should make your pulse rate go up.

Let’s all see if we can feel our pulse. Put two fingers on your neck just under your chin (demonstrate by placing your fingers on your neck). Once you can feel your pulse, raise your other hand so we know who needs help in finding it.
Once everyone can feel his or her pulse, we will count the number of times it beats in ten seconds. OK, everyone count. (Watch the second hand on your watch for ten seconds). Stop. How many beats did you count?

Now we are going to see how much it increases when you participate in some aerobic type exercise. We are going to do jumping jacks. Does everyone know how to do jumping jacks? Watch as someone demonstrates (choose one member to demonstrate). Now when I say go, I want everyone to do jumping jacks for 30 seconds. I’ll tell you when to stop. Using the second hand on your watch, time them for 30 seconds as they do jumping jacks. Stop.

Now, let’s check your pulse again. Place two fingers on your neck and find your pulse. When I say start, count the number of times it beats in ten seconds. Start, (watch the second hand of your watch for ten seconds), now Stop. What happened?

You’ll find that your heart rate, or the number of times it beats increases because exercise has made your heart work harder.

If we wanted to make jumping jacks a part of our daily fitness program, one way to do this would be to begin doing sets of jumping jacks. You could count sets of 50 jumping jacks. How long do you think it would take you do complete one set of 50 jumping jacks? Let’s count them out together and see how long it takes. I want everyone to jump at the same speed. I’ll time you while you all jump and count together. Ready, set, go. (Use a watch with a second hand to time the participants as they count out 50 jumping jacks). Stop. Great job. You were able to complete a set of 50 jumping jacks in just ____ minutes/seconds.

**OPTIONAL ACTIVITY OR GOAL:**
Discuss with the participants that there may be some families in their community or in neighboring communities that are not as fortunate as they are. Some families don’t always have good, healthy things to eat, and a few children may even go to bed hungry on some nights. If we wanted to combine one of our fitness activities with planning a project to help others, we could have a Jumping-Jack-athon.

One way that we could do this would be for every 50 to 100 (you can decide on an appropriate number based on the age of the group) jumping jacks the participants do within a 15 minute time period, people can pledge or promise to donate one can of food from their cupboard.

You could use a pledge sheet that family, friends and neighbors could sign to pledge their support to helping provide for a local food pantry in your community. You would be asking people for canned or non-perishable food items for every set of jumping jacks that you complete. Just in case you are a really fantastic “jumper”, the donors can identify a maximum number of cans they are willing to donate. Use the pledge sheet that has been created to help you in this effort to reach out to others in your community.

Once you have completed your Jumping-Jack-athon, you will need to let your donors know how many cans they “owe.” You may want to call them on the telephone to let them know how many items they “owe,” and ask them when it would be convenient to pick up the food. You can store the food in a grocery bag until the next meeting.

**Get Up & Move!**

Adapted from Ohio K-2 Cloverbud Program, *Cloverbud Curriculum Instructional Materials*, The Ohio State University
Jumping-Jack-athon Pledge Sheet

Help others in our community by making a pledge of canned goods to help stock our local food pantry. Our 4-H Club is asking for a donation of any amount of canned food or non-perishable food items for every set of ____ jumping jacks they complete within 15 minutes. NOTE – a limit may be set on the total amount of cans you donate if you wish. We plan on jumping on __________________________. Please help support our community and our club during our Jumping-Jack-athon.

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<th>Number of cans per set of Jumping Jacks</th>
<th>Total Not to Exceed this Amount</th>
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Having a Healthy Heart!

February is “Healthy Heart” month, which means that both you and your children should become more knowledgeable about the risk factors and strategies for preventing heart disease. Heart disease is the leading cause of death for both men and women in the United States. Certain traits, conditions or habits, called risk factors, may raise the chances of developing heart disease. Most risk factors for heart disease are controllable with things like a healthy diet and physical activity, two things that you and your children have been learning a lot about! Teaching your children about heart healthy habits, and adopting those habits yourself, is a great way to help decrease the risk of developing heart disease.

There are many factors that can increase the risk of developing heart disease. These factors include:

- High cholesterol
- High blood pressure
- Diabetes
- Poor diet
- Physical inactivity
- Being overweight
- Heredity

Some people see “heredity” on the risk factor list and may believe that there is very little that they can do to prevent heart disease. The truth is that you and your children can take control of your health and should focus on the things that you can control. Two of the most powerful strategies for preventing heart disease are eating a healthy, well balanced diet and being physically active.

Eating for a Healthy Heart!

Maintaining a healthy weight is one of the most important issues when it comes to reducing you and your children’s risk for heart disease. There are many things you can do to help create a more healthy diet for both you and your children. These things include:

- Getting kids involved in cooking healthy meals
- Making a game of reading labels so the entire family can learn what’s good for them
- Being aware of what food choices are being offered to your children, especially at school
- Controlling portion sizes so children are not getting too many extra calories; consult www.mypyramid.gov or www.americanheart.org for calorie and food group recommendations for children
- Serving whole-grain/high-fiber breads, cereals, and other grain products and encouraging kids to have at least half of their daily grain intake come from “whole” grains
- Serving a variety of fruits and vegetables daily, while limiting juice intake
- Making sure each meal includes at least one fruit or vegetable
• Choosing lean meats, poultry and fish and preparing them without added fats
• Serving fat-free or low-fat dairy foods
• Cutting back on beverages and foods with added sugar

Keep Moving!
Physical activity is great for the heart because it makes it work harder than usual. The heart is a muscle, just like others in the body, and benefits from being used frequently. Regular “aerobic” exercise, that which steadily works both the arms and legs, conditions the heart to pump blood through the whole body! To benefit from aerobic exercise, your children should be getting thirty to sixty minutes of moderately intense aerobic activity on most days of the week. Here are some suggestions for making it easier for your children to be active:

• Have comfortable clothing and shoes available at all times
• Start slowly and gradually increase your children’s amount and intensity of activity
• Make exercise like an appointment, it is something that is scheduled and should rarely be missed
• Make exercise social for your children, get them involved in activity with their friends and family members
• Be sure your children are staying hydrated while being active
• Help your children log their physical activity so they can see their progress
• Engage your children in a variety of activities to keep their interest in being active
• Look for chances during the day to be more active with your children, even when you are shopping or doing chores
• Make sure you ask your children how they are feeling and remind them to listen to their bodies – if they do not feel well they should rest instead of being active

You can set a positive example for your children if you focus on eating well and being active, and engage your children in those behaviors. By doing these things you will be helping your children to prevent heart disease early!

Heart Healthy
February is the month when we celebrate being “heart healthy.” In order to maintain a strong, healthy heart, you and your family need to be physically active. This month you and your family will learn about your heart rate and how working your heart in the “target” heart rate zone can improve your physical fitness and overall heart health. You and your family can take a brisk walk together and can monitor the changes in your heart rate to see how hard you should be working to get the maximum benefits for your heart.

Before you begin activity, you should take your resting heart rate, which should be between 60 and 80 beats per minute. You can get your resting heart rate by taking your pulse. This can be done by feeling the carotid arteries in the neck or the radial artery in your wrist, using your fingertips. Count how many pulses you feel in 15 seconds, and then multiply by 4 to get your heart rate per minute. For example, if my resting pulse was 17 beats in 15 seconds, I would multiply 17 x 4 to get a resting heart rate of 68 beats per minute.

Target heart rates let you measure your initial fitness level and monitor your progress in a fitness program. To see if you are working within your target heart rate zone, you should periodically check your pulse as you exercise. The target heart rate can be used for more vigorous activities like brisk walking and jogging. Below is a format for calculating your maximum heart rate and range for your target heart rate. You can also use an online calculator, like the one at www.mayoclinic.com.

As an example, if I am 40 years old, my maximum heart rate would be 220-40, which equals 180. My lower target heart rate would be 180 times .60, which equals 108. My upper target heart rate would equal 180 times .85, which equals 153. This means that my target heart rate zone is between 108 and 153. This means that during my workout, I would want my heart rate to remain in that zone to ensure the most benefits for my heart.

- 220 - your age = Maximum Heart Rate
- (.60) x your Maximum Heart Rate = Lower target heart rate
- (.85) x your Maximal Heart Rate = Upper target heart rate
- Calculate the last two numbers to identify your target heart range for exercising. Try to keep your heart beating at a rate between these numbers for at least 20 minutes to improve your cardiovascular system.

Exercising at more than your target heart rate will not do a lot to help your heart and could cause harm to your heart and lungs. Remember, if you are a new exerciser you should begin working at
60% of your maximum heart rate and slowly increase your intensity as you get into better shape. If you are exercising within your target heart rate, you should be sweaty, but still able to carry on a conversation. If you can’t talk, then you are probably working too hard. Take your pulse three times during your workout to see how hard you are working.

Your family walk should involve three phases:

1) 5 minute warm-up, to help loosen the muscles and increase heart and lung functioning
   - a warm up for a brisk walk could be walking at a slower pace

2) 20 or more minutes of working in your target heart rate zone

3) 5 minutes of cool down, to allow the body to relax and avoid dizziness and soreness.

After you complete your family walk you can answer the following questions. If you need extra room feel free to use an additional sheet of paper.

How hard did you feel you worked during your walk?
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Did you exceed your maximum heart rate at any time during your walk?
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

What are some other activities that you already do or could do in order to work in your target heart rate zone?
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Get Up & Move!

Community Activity

Series 1: February

The Heart Truth

The Heart Truth is a national awareness campaign for women about heart disease that was created in 2002. Its symbol, the Red Dress, was created with the campaign and urges women to be aware of heart disease. The campaign also created National Wear Red Day, which is celebrated every year on February 1st. This is a day where women nationwide can wear red to show their support for women’s heart disease awareness. The observance invites everyone to join in promoting the cause by wearing either a red dress or some other piece of red clothing or accessory.

Although your entire club may not all be able to wear red on February 1st, you can still promote awareness of heart disease in your community. Below is a list of activities that your club could organize to get your community more involved in The Heart Truth campaign:

• Organize a community heart walk with the help of other 4-H clubs and local businesses

• Distribute fact sheets and posters on heart health to local businesses

• Organize a heart health screening event at a faith-based institution, hospital, clinic, or health center

• Distribute posters and brochures about heart health to community centers, libraries, grocery stores, or physicians offices

• Organize a “Red Dress Evening” or “Red Dress Luncheon” at a local restaurant and have them serve heart healthy foods

• Talk to local beauty salons and spas about giving the message that women must take care of themselves both inside and outside; provide them with fact sheets and posters for them to distribute

• Contact a female legislative representative and ask her to issue a statement in support of a program or event you are planning for your community about heart health

• Encourage local colleges and universities to host a heart health forum

Remember that any activity you organize is not only meant to inform women, but should be used as a tool to promote heart health for everyone in your community!

(Source: www.nhlbi.nih.gov)