Setting those New Year’s (Physical Fitness) Resolutions or Goals

New Year’s is the time to make resolutions or set new goals. Goal setting is an important life skill that can be learned through 4-H. Having goals is like having a road map. It helps you decide how you get to where you want to go. There are three parts to measurable goals: action, result, and timetable. An example would be: “I will increase my minutes of physical activity by five minutes per day each month for the next three months.” The action is “increase my minutes of physical activity”; the result is “by five minutes per day each month”; and the timetable is “for the next three months.” Just as 4-H members are encouraged to set goals in each of their projects, they may also want to set physical activity goals for the winter and spring months when the temptation is greater to stay indoors and be a “couch potato.” You may want to spend some time at your January club meeting setting physical fitness and project goals, if members are just receiving their project manuals.

Physical Activity Calendars

Collect the December 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?
What types of physical activity have you been doing indoors since it is cooler outside?
How can you prepare for outdoor physical activity during the winter months?
What types of physical activities might you do with your siblings? Parents?

January Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/opp/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 member tallies.

Educational Activity

“Olympic Fitness” is the educational activity for January. There are three short physical activities outlined in the January Physical Activity Guide. Just as in the Olympics where athletes set goals and work to make progress toward those goals, the Olympic Fitness activities help members to understand the concept of striving to improve performance. Through Get Up and Move! 4-H members are encouraged to set goals
for minutes of physical activity and to increase the number of minutes each month until they reach the goal of sixty minutes of physical activity daily. The Olympic Fitness Activity lesson plan and the Olympic Evaluation Form for recording the results of the three activities can be found on the Illinois web site at www.4-h.uiuc.edu/opps/move.

The optional activity, Keep Moving If..., discusses the fruit group of the Food Guide Pyramid. Citrus fruits are a popular choice for the winter months. You may want to bring a variety of these fruits in for members to try or have them brainstorm as many different citrus fruits as they can identify.

Recipes/Snacks
The recipe/snack for January is Snowman Bread. It can be found at www.4-h.uiuc.edu/opps/move. This recipe could be made ahead of time and served as the snack. By using frozen bread dough, the club members might make their own bread during the program time at the regular club meeting. The recipe features the use of whole grain flour. Bread is included in the base of the Food Guide Pyramid.

Ties to 4-H Projects
Communications – The late winter or early spring months are often when county 4-H public presentation contests are held. For roll call in January, ask members to respond with a possible topic for a talk or demonstration related to physical activity or fitness. Encourage members to present those talks/demos to the club in February or March and to enter in the county Public Presentation Contest. Check out the public presentation materials on the web at http://www.4-h.uiuc.edu/projects/onlineref.html#communications. If members are going to present illustrated talks, please share the support piece on “Poster-Making Tips”.

4-H Cloverbuds – 4-H community clubs might want to create an “Olympics" activity for Cloverbud members of their club or invite 4-H Cloverbud age youth to this activity as a recruitment tool for next year. Members who are enrolled in Leadership and/or Child Development could provide the manpower behind the organization of such an event.

February is “Heart Healthy” month. Club members may want to create posters to display in their community to promote “heart healthy” activities. Our February educational activity will feature activities from the Ohio State University Extension Cloverbud Series I curriculum – Fitness is Fun in the Healthy Lifestyles section and Food Drive: Jumping-Jack-athon in the Citizenship/Civic Education section.

Get Up and Move!
Poster-Making Tips

Posters are a great way to present information in a visual format. The poster’s topic should be clear at a quick glance and appealing so that people will stop and read more. Here are some tips to make sure that your poster looks good:

- Make sure your poster is attention getting. Remember you want people to take the time to read about what you have done.
- Include information that is brief and easy to read.
- Make it neat! Even if you have really great information on your poster, no one is going to take time to read it if it is messy!
- Watch out for clutter! Don’t try to put too much information or graphics on a poster.
- Include pictures or charts if they help explain your project work.
- Check your spelling and then check it again. Misspelled words can be very distracting.
- Use intense colors. Try dark lettering against a light background. This is usually easiest for people to read.

Before you begin designing your poster, think about what the audience needs to know about a single subject or topic. Create a list to help narrow your main points.

Also consider places where you might place your poster on display - a school bulletin board, doctor or dentist offices, shopping malls or stores, or in a public building -- like a library, post office, courthouse or Extension office. Make sure you ask permission before putting your poster up for display.

Begin work on your poster by sketching out a few rough drafts on plain paper. Ask your family or friends which draft they like best and then begin work on your poster.

On the reverse side of this page you will find a small version of a poster with some additional tips.

Adapted from a fact sheet prepared by Lisa Woessner, Youth Development Educator. 12/04
POSTER

(The title of your poster should be in large print. People should be able to read it from a distance.)

Posters should attract attention and get an idea across quickly. You don’t need to be an artist to create a great poster. They key to a good poster is simplicity. Simple Words -- Simple Message -- Simple Design.

Use horizontal letters; they are easier to read. Vertical lettering can be hard to read.

Lettering Guides: If viewed from 8 feet, letters should be 1/4-inch tall. If viewed from 16 feet, letters should be 1/2-inch tall.

Allow for fairly large areas of unused or open space (sometimes referred to as “white space”). A design begins to look crowded when the open space falls below 20 percent of the total area.

Consider using dark letters on light backgrounds or light letters on a dark background.

Illustrations or pictures should relate to what you are saying in your poster and should be easy to understand.

Use a letter style that’s easy to read. Fancy letters are neat, but they can be hard to read.

Neatness does count. Watch out for fingerprints and smudges.

Spelling counts too. This is my drawing of an electric circuit board.

Watch out for clutter! It is tempting to include all of the information we know about a topic. Remember if your poster doesn’t look easy to read people aren’t going to read it.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Saturday</th>
<th>Weekly Total</th>
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Make Goals to Increase Activity

Ready to set goals for the new year? Fill in the blanks to identify ways to increase your activity level.

1. Walk more! Try walking laps around the gym or through the hallways at school. Other places:

2. Take the stairs! Where can you walk up and down stairs and how many times can you do it?

3. Try a new sport! Which one(s) will you try?

4. Walk the dog! If you don't have a dog, volunteer to help a friend or neighbor.

5. Earn extra $$'s. Move your body while earning money: mow lawns, weed gardens, shovel snow, clean garages, wash cars.

6. Turn up the music...and dance! Learn a new dance:

7. Join a class - move with kickboxing, aerobics, tae kwon do, or

8. Babysit: Toddlers can move and move fast! Can you keep up?

9. Try outdoor fun! Build a snowman or

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

**Name** ____________________________

**January**

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

**Snowman Bread**

5 1/2 cups all-purpose flour (or 2 cups whole wheat flour and 3 cups all-purpose flour)
2 tablespoons brown sugar
2 teaspoons salt
1/2 cup warm water
1 1/2-ounce package active dry yeast
Pinch of sugar
1 1/2 cups warm milk
4 tablespoons softened butter
1 egg white, slightly beaten
Raisins, dried apricots, fruit roll-ups

In a large mixing bowl, combine the flour, brown sugar, and salt. Set aside. Pour warm water (100°F) into a large bowl and sprinkle in the yeast and a pinch of sugar (1/4 teaspoon). Stir and let the mix sit for 5 minutes, until bubbles begin to appear. Stir in the warm milk, butter, and 2 cups of the dry ingredients. Stir in the remaining dry ingredients 1 cup at a time, mixing until the dough is stiff.

Turn the dough out onto a highly floured countertop and knead for 5 to 10 minutes or until the dough becomes smooth and springs back when touched. Grease a large mixing bowl, place dough in the bowl, and cover it with a clean dish towel. Let the dough rise for about 1 1/2 hours or until double in bulk.

Punch down the dough and turn in out onto a lightly floured countertop. Divide it into 16 to 20 pieces (1 for each snowman). Cut off the top third of each piece and shape it into the snowman’s head: shape the larger piece into a ball for the body. Place the 2 balls on a baking sheet and pinch them together. Repeat with the remaining pieces. Cover and let rise for 30 to 45 minutes.

Heat the oven to 350°F. Brush with slightly beaten egg white and decorate with raisin eyes and buttons, a dried apricot nose. Bake for 20 minutes or until golden brown. Cool on racks. Cut fruit roll-ups into 1/2” strips for scarf.

Could use frozen bread dough. Allow the dough to thaw in refrigerator. Then proceed with shaping the snowmen.

Nutrition information for each (16): 190 calories, 4.5 g fat, 10 g cholesterol 300 mg sodium, 32 g carbohydrate, 3 g fiber and 5 g protein.

Bread is part of the grain group which is on the left side of MyPyramid. For good nutrition, it is recommended that youth (age 10), male or female who get 30-60 minutes of daily physical activity consume 6 ounces from the grain group each day. Foods from this group supply carbohydrates, protein, iron, B vitamins and fiber. Half of the servings from this group should be whole grains. Whole grains are rich in fiber that is needed for the proper functioning of the intestinal tract.
Get Up & Move!

Physical Activity

Series 1: January

Olympic Fitness (25 minutes)

Items needed for this activity:
• Masking tape
• Stopwatch or watch with a second hand (2)
• Tape measure
• Olympic Evaluation Form

Background information for presenter:
Research shows that there are many benefits related to having some type of daily physical fitness routine. Physical fitness is the condition of your body in relation to 1) muscular strength and endurance; 2) flexibility; 3) cardiovascular fitness; and 4) body composition. Developing a fitness routine begins with setting goals. A group of individuals who set very challenging fitness goals are Olympic athletes. While we only see media coverage of Olympic competition every four years, the athletes are busy every day training and conditioning their bodies. In this activity, youth are going to participate in several “Olympic” events.

Step 1: Information to share with club members (4 minutes)
We all watch closely as human athletes compete once every four years in running, swimming, jumping and many other sporting activities as a part of the Olympic Track & Field Competition. In some cases, athletes set new world records, running faster or perhaps jumping higher than anyone before them. The reason that they can do this is because they set goals for themselves and then practice every day, hoping to build their skills and their strength. The majority of their time is spent in training, not competing. They are training, hoping each day to improve their performance as compared to the day before. Today, you are going to be 4-H Olympians. We have three events planned. You will have the opportunity to try two (or if time allows, you can have everyone do all three of the events).

Step 2: Group Activity (15 minutes)
Event 1 – Standing Long Jump
1. Instruct participants to stand along a line (masking tape on floor) and jump as far as they can. Measure and record how far they jumped.
2. Have each participant jump a second time to see if they can improve their distance.

Event 2 – Hopping Dash
1. Measure off a 20-foot distance. Mark the start and finish with masking tape.
2. Instruct participants to stand along the starting line and begin hopping to the finish line when you give the signal.
3. Using a stopwatch or a watch with a second hand, record how long it takes them to get to the finish line. Record their time.
4. Have each participant complete the “Hopping Dash” again to see if they can improve their time.

Event 3 – Walking Marathon
1. Set up a course (using chairs or small pieces of tape) around the room to use as “track” for the
Walking Marathon, clearly marking start and finish lines.
2. Instruct participants to stand along the starting line and begin walking, caution them NOT to break into a run.
3. Using a stopwatch, or a watch with a second-hand, record how long it takes them to complete the marathon. Record their time.
4. Have each participant complete the “Walking Marathon” again to see if they can improve their time.

Follow-up Discussion: Once you have completed all of the events use the following questions to process the activity.
- How many of you were able to improve your distance or time the second time you completed the event?
- If you improved, what did you do differently to make that change?
- What are some goals you might set if you wanted to become a 4-H Olympian competing in one of these events?
- We learned back in September that the Dietary Guidelines for Americans recommend being physically active at least 60 minutes a day. How many of you are averaging 60 minutes a day?
- You have been recording your physical activities each month on your club chart, have you set a personal goal for increasing your monthly “active” minutes? If not, think about doing that now.
- Have you set a goal for the number of minutes of physical activity per month that your whole club wants to achieve? If not, set that goal now.

OPTIONAL ACTIVITY (6 minutes)
Keep Moving If…
The purpose of this activity is to “get moving” and also see how many of you are practicing healthy eating habits. How much fruit are you supposed to have each day? (Answer: 1 ½ cups). This is a listening game, sort of like Simon Says. You need to listen carefully to what I say so you’ll know what you have to do.

1. If you had breakfast this morning, march in place (if you didn’t have breakfast, stand still).
2. If you had a fruit for breakfast, march in place (if you didn’t have a fruit, stand still).
3. If you know how many fruits we should eat each day, hold up that number of fingers (if you don’t know, look around for some hints! – we just talked about this!)
4. If you can name a citrus fruit, hop on one foot (if you can’t think of one, hop on both feet).
5. If you can name a fruit that starts with the letter B, wiggle all over (if you can’t think of one, spin around).
6. If you ate an orange or drank orange juice yesterday, run in place (if you didn’t, march in place).
7. If you had a fruit for a snack yesterday, do jumping jacks (if you didn’t, wiggle all over).
8. If you can think of three kinds of berries, shout out their names and hop in a circle (if you can’t, hop in place).

Get Up & Move!
## Olympic Evaluation Form

### EVENT #1 – Standing Long Jump

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<thead>
<tr>
<th>Name</th>
<th>Distance</th>
<th>Distance - 2</th>
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### EVENT #2 – Hopping Dash

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<th>Time - 1</th>
<th>Time - 2</th>
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### EVENT #3 – Walking Marathon

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<th>Name</th>
<th>Time - 1</th>
<th>Time - 2</th>
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Get Up & Move!

Parent Newsletter             Series 1:  January

Setting Physical Fitness Goals!
This month your children learned about setting physical fitness goals for the New Year. Setting goals is an important life skill learned in 4-H. Goals can also be used when trying to improve physical fitness. There are three parts to creating measurable goals: action, result, and timetable. An example of action is “increase minutes of physical activity.” The result of the action is “by five minutes per day each month,” and the timetable is “for the next three months.”

You and your children will learn more about goals in this month’s family activity when you create a poster to make healthy food substitutions this year. Take time this month to sit down with your children and brainstorm ways for increasing physical activity in the New Year. Below is a chart, with an example, for you and your children to fill in measurable fitness goals. There is space for you to write down the action, result, and timetable for each goal. Keep these goals in mind this month and chart your progress toward achieving them!

<table>
<thead>
<tr>
<th>Name</th>
<th>Fitness Goal</th>
<th>Action</th>
<th>Result</th>
<th>Timetable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>To log more physical activity</td>
<td>Increase the amount of walking</td>
<td>By 1,000 steps each month</td>
<td>For the next six months</td>
</tr>
</tbody>
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If you are trying to get your children to be more physically active this year, you might want to consider how you motivate them. As your children get older, they may have increasing demands from school, feel they are not good at sports, or lack active role models. These things can discourage children from being physically active. Even if your children do want to be active, they may not have a safe environment in which to do so. You can help motivate your children to be active by taking them to a playground or by allowing your children to be active with their friends.
In order to motivate your children,

- Make sure you offer age appropriate activities. Children may seem bored or frustrated if they are not doing the appropriate activity or for an appropriate length of time.
- Provide your children with the opportunity to be active by taking them to playgrounds or parks where they can get some exercise.
- Allow your children to be active with their friends. Children will enjoy combining activity and social time. Ask your children if they would like to be enrolled in an organized physical activity with their friends.
- Stress the idea that activity is not about competition, but that it is about being healthy and having fun!
- Give your children praise for being active. When children receive praise for an action, they are likely to want to repeat it. If your children develop good feelings about being active, they are likely to want to try other activities as well!

It is also important to understand your children’s fitness personalities. Some children lack athletic ability or the interest in being active. These children will require more help and support from either a parent or older role model to become active. Others have athletic ability, but do not prefer a competitive environment. These children enjoy casually playing sports, such as shooting baskets or playing catch. Finally, some children have athletic ability and are committed to a sport or activity. These children are likely to want to be on a competitive team.

No matter what kind of attitude your children have towards being active, your positive attitude and modeling of physical activity can have quite an influence on their willingness to be more active this year!

(Source: [http://www.kidshealth.com](http://www.kidshealth.com); [www.nhlbi.gov](http://www.nhlbi.gov))
Healthy Food Substitutions

During the late winter or early spring months, many county 4-H public presentations are made. At this month’s club meeting, your club may have encouraged members to give talks/demos to the club in February or March and to enter in the county Public Presentations Contest. You may have also discussed “Poster-Making Tips” for members who are going to present illustrated talks in the upcoming months.

Instead of making a public presentation, this month’s family activity gives you the opportunity to make a poster to motivate your family to make healthier food choices. Your poster may be about how you can make healthy food substitutions for the New Year!

Posters are a great way to clearly present a message. You and your family’s poster may present the message that the New Year is a time to start or continue healthy eating patterns. In order to create a poster that you and your family will be able to follow easily, you should:

- Make your poster appealing to the eye (make your family want to take the time to read the poster)
- Include information that is brief and easy to read
- Make sure the poster is neat and clearly organized
- Include pictures or charts to aid understanding or draw interest to the poster
- Make sure that the words are spelled correctly
- Use attention getting colors (either bright words on a light background or dark words on a light background)
You and your family may discuss the healthy food substitutions that you would like to make for the New Year together before starting your poster. You can visit www.mayoclinic.com, www.ohioline.osu.ed, or www.lifespan.org for suggestions on making food substitutions. Here are some options:

- Cooking spray or nonstick pans instead of butter, margarine, or shortening
- Two egg whites, one egg white and one whole egg, or ¼ cup egg substitute instead of whole eggs
- Extra-lean ground beef, chicken or turkey instead of regular ground beef
- Fat-free or reduced-calorie dressing or flavored vinegars instead of regular dressing
- Reduced-fat or fat-free milk instead of whole milk
- Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends instead of table salt
- Fresh fruit, or fruit canned in its own juices instead of fruit canned in heavy syrup
- Low-fat frozen yogurt instead of ice cream
- Whole-wheat bread instead of white bread
- Brown rice, wild rice, bulgur or pearl barley instead of white rice
- Baked potato instead of French fries
- Pretzels or plain popcorn instead of potato chips
- Graham crackers or fig bars instead of cookies

Pick a few of the substitutions listed above for your poster or a few of your own ideas. It is better to make a few substitutions more consistently than trying to change too much at once.

Use this time to be creative with your family and discuss the ways that you can support each other while making the changes on your poster throughout the year. At the end of the month, review the substitutions that you have tried. Decide which ones you will continue to use and/or select some new ones to try next month!

(Source: www.mayoclinic.com; www.helpguide.org)
Taking Steps

As Americans, most of our lives are built around eating quickly, driving cars, and spending free time watching TV or on the computer. For most people, a vigorous workout schedule and restrictive diet is not realistic, so we have to focus on the small changes that we can make in our lives to become healthier! People may find it difficult to be physically active if they think of it as a “chore,” as opposed to something that they would naturally do every day. This month’s community activity can help change your community’s attitude toward physical activity because it shows that small steps can add up to a lot of activity over one month!

Your club may encourage your community to create small teams of people to compete to see how many steps they can take in one month. The teams can be formed from local businesses and other establishments in your community. Each team member can get their own pedometer and the team can total their steps at the end of the month. As an incentive, the team with the most steps could be offered an award to hang in their establishment, or coupons to grocery stores or physical fitness stores in your community. Your club might want to ask local businesses for donations in support of the activity.

After the month is complete, your club might want to send out a small survey to the participating teams asking them about their experience. Your club can collect the results of the survey and discuss them at a meeting after the challenge. Here are some questions that you might include on the survey:

- Have your views about physical activity changed after this month? If yes, how?
- What changes did you make to increase your amount of daily steps?
- Were some of the changes that you made easy to incorporate in your day? Why?
- Were you able to include your family or friends into your plan for increasing your daily steps?
- Were your family and friends supportive during the month? If yes, how did that affect you?

(Source: [www.smallstep.gov](http://www.smallstep.gov))