Summer is the Time for Increased Physical Activity
With the advent of summer vacation, many children actually get less physical activity during the summer months. With school out and no physical education classes, potentially unsafe neighborhoods, and the lack of organized physical activities in many areas, youth often choose to stay indoors and watch television, play video games or work on the computer during the warm summer months. Now is the time to try new outdoor activities and to design your own physical activity plan for the summer.

The American Red Cross offers a few tips for preventing heat-related illness. For more information check out the website - www.redcross.org/services/hss/tips/heat.html. Tips include:

- **Dress for heat.** Wear lightweight, light-colored clothing. Wear a hat as well.
- **Drink water.** Carry water or juice with you and drink often, even if you do not feel thirsty. Avoid caffeine.
- **Slow down.** Avoid strenuous activity except in the coolest part of the day, which is usually in the morning before 7:00 a.m.
- **Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. Remember, have fun, but stay cool!

June is traditionally the month many clubs hold project tours or project displays to get constructive suggestions on fair exhibits and to practice conference judging. Often clubs will invite families to attend this meeting and have a picnic with games. Be sure to keep warm weather safety in mind as you conduct these activities. Other good suggestions are available on The National Safe Kids Campaign web site at www.safekids.org.

Club Roll Call
For a dairy roll call activity, you may want to print off the Dairy Fun Facts and Trivia Sheet found at www.4-h.uiuc.edu/opps/move and cut the statements into individual slips of paper. Each member would be handed a slip of paper prior to the business meeting and then could read their “fun fact” as a part of roll call.

Physical Activity Calendars
Collect the May 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?
Do you think you're getting more or less physical activity now that school is out?
How can you fit more regular physical activity into your summer days?
What types of physical activities might you do outdoors now that the weather is warmer?

June 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. Please be sure to use the Get Up and Move! Club Chart each month to record the individual tallies.

Educational Activity
The Get Up and Move! Physical Activity Guide for June features family picnic games including three-legged races, a watermelon seed spitting contest, and over-under game. These traditional summer favorites are fun, strengthen teamwork skills, and provide minutes of physical activity. These could be done at the June club meeting, camp, or family gatherings.

Recipes/Snacks
The June recipe is for an Ice Cream Treat. The recipe can be found at www.4-h.uiuc.edu/opps/move. This recipe ties in nicely with the June is Dairy Month theme and with hot weather. The recipe is a little higher in calories than some. But eaten in moderation and with 60 minutes of physical activity for the day, most individuals should be able to include this in their food choices for the day.

Ties to 4-H Projects
June is Dairy Month. There are numerous web sites that have dairy information. For a list of dairy month web sites look at http://www.midwestdairy.com (click on June Dairy Month Program). Your dairy cattle, dairy goat, or foods project members may want to take the lead in designing some dairy related activities for your June club meeting, local festival, or community event this month. Perhaps they could prepare ice cream made from goat milk.

Health project members may want to do a short presentation at your July meeting on summer safety or prepare posters about hot weather precautions to display in the local library, grocery store, or at the fair.

Evaluation
Please send the Get Up and Move! Club Charts to the State 4-H Office in August. An evaluation survey is posted on the web site for your feedback in July. Get Up and Move! is a state 4-H group project and is listed in the Illinois Clover. Clubs may use the Series 1or 2 materials in their club.

Get Up and Move!
Dairy Fun Facts and Trivia

The average cow produces enough milk each day to fill six one-gallon jugs, about 55 pounds of milk.

It takes more than 21 pounds of whole milk to make one pound of butter.

The fastest growing variety of cheese produced in the U.S. is Hispanic-style soft cheese.

All 50 states in the United States have dairy farms.

The natural yellow color of butter comes mainly from the beta-carotene found in the grass cows eat.

A typical dairy cow weighs 1400 pounds and consumes about 50 pounds of dry matter each day.

Cheddar cheese is the most popular natural cheese in the U.S.

It takes 12 pounds of whole milk to make one gallon of ice cream.

The average cow drinks from 30-50 gallons of water each day – about a bathtub’s worth.

Large ice cream producing states include California, Indiana, Texas, Pennsylvania, Illinois, and Minnesota.

Super Bowl Sunday rates as the number one day for pizza consumption.

Cows have an acute sense of smell, and can smell something up to six miles away.

It takes more cows to produce milk annually for Pizza Hut cheese (about 170,000) than there are people living in Green Bay, Wisconsin.
The average buyer purchases cheese 15 times at retail each year.

McDonald’s uses approximately four million gallons of low-fat vanilla yogurt each year in its Fruit ‘n’ Yogurt Parfait.

Vanilla is America’s favorite ice cream flavor.

Tank trucks for transporting fluid milk were first introduced in 1914.

Each person in America eats an average of 46 slices of pizza a year.

More ice cream is sold on Sunday than on any other day of the week.

Plastic milk bottles were first introduced in the United States in 1967.

More than 1000 new dairy products are introduced every year.

A cow has four stomachs and 32 teeth.

About 300 varieties of cheese are sold in the U.S.

### Physical Activity

Total Minutes of June

#### Outdoor Activities

- Walking
- Swimming
- Frisbee
- Soccer
- Hiking
- Basketball
- Football
- Dodgeball
- Croquet
- Bicycle
- Baseball

#### Activity Level

- **High**
- **Moderate**
- **Low**

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

To determine your weekly total:

1. **Calculate** the total minutes you spent on physical activity each day.
2. **Add** the total minutes for each day to get your weekly total.

**Goal:**

Get at least 60 minutes of moderate physical activity for most days of the week. Start by finding your correct activity level and the outdoor activities below.

**U.D.D.A. Recommendations**

- **60+ minutes** per day, 5 days per week
- **45+ minutes** per day, 7 days per week

**For more resources visit:** [www.4-h.illinois.edu/opp5smove](http://www.4-h.illinois.edu/opp5smove)
Get Up & Move!

Ice Cream Treat

1-1/2 cups (6 ounces) chocolate-covered English toffee candy bars, crushed
8 cups vanilla reduced-fat ice cream, softened
4 cups crispy rice cereal squares, crushed
2 cups whole-grain toasted oat cereal
2/3 cup brown sugar, packed
1/3 cup slivered almonds, toasted
1/3 cup coconut, toasted
2 tablespoons butter, melted

Stir crushed candy into ice cream. Cover and freeze until ready to use.

Combine cereals, brown sugar and remaining ingredients in a large bowl, stirring until well blended. Press half of cereal mixture in bottom of a 9x13-inch baking pan.

Let ice cream stand at room temperature 20 minutes or until softened. Spread softened ice cream mixture over cereal mixture; top with remaining cereal mixture. Cover and freeze 8 hours or overnight. Serves 16. Serving size is ¾ cup.

<table>
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<tbody>
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</tr>
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<tr>
<td>Vitamin A 8%</td>
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<tr>
<td>Calcium 15%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
- Calories 2,000 2,500
- Total Fat 65g 80g
- Saturated Fat 20g 25g
- Cholesterol 300mg 300 mg
- Sodium 2,400mg 2,400mg
- Total Carbohydrate 300g 375g
- Dietary Fiber 25g 30g
- Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
Get Up & Move!
Physical Activity
Series 2: June

Family Picnic Games  (20 minutes)

Items needed for this activity:
• Marker cones (start & finish lines)  •  Sharp knife to cut watermelon into wedges
• Paper towels or plastic table covering  •  Stopwatch
• Heavy string or cord; or burlap bags  •  Paper plates
• Measuring tape  •  Balloons (1 per participant)
• Whistle  •  Felt-tip marker  •  Burlap bags or gunny sacks – 1 per participant if possible
• Watermelons (with seeds)  •  Tape  (optional)

Background information for presenter:
Nothing says summer quite like a good old-fashioned family picnic. June is a great month to combine a 4-H club project tour with a family picnic. The activities outlined in this Activity Guide are a combination of old and new picnic game options. After reviewing all of the descriptions, choose those activities that will “get members up and moving” while still allowing enough time for in-depth sharing of project learning experiences.

Step 1: Information to share with club members (1 minute)
Now that school is out and you no longer have a designated time each day set aside for physical education (PE), make sure that you build in some planned activities that help you get the 60 minutes of daily physical activity recommended by USDA. One way to celebrate the beginning of summer is to get everyone in the group “up & moving” in a series of picnic games.

Step 2: Group Activity (15 minutes)
Three-legged Race
Prior to the beginning of the activity, identify a large open area for the race. Create a starting line and a finish line using either marker cones or ropes laid on the ground.

After identifying the race area, all participants should form pairs, as they match up with one other club member.

Use either a strong string or cord to tie one leg of each member of the pair together, or use a burlap bag, having both participants place one leg inside the bag.

The goal of this activity is to be the first pair to cross the finish line. After responding to any questions, have all the participants move to the starting line, tie their legs together, and prepare to begin.

Once all of the teams are ready, blow the whistle to begin the race. The first pair to cross the finish line wins!

Over-Under Game
The next game is a relay. Divide the group into teams of equal numbers. Each team will line up behind a starting line with approximately one foot of space in between each participant. In front of the first team member, will be a box (or paper bag) that holds enough balloons for all of the team members. (Note: If you have a large group, consider having balloons inflated before starting the relay.)

The goal of this activity is for the first person in the line to reach into the box (or paper bag), pull out a balloon, blow it up, tie the end so the air cannot escape, then pass the balloon OVER his/her head to the person behind him/her. Once the pass is complete the first person runs to the end of the line. Meanwhile, the second individual takes the balloon, and then passes it UNDER or between his or her legs to the person behind
him or her, and then moves into the first position, starting another balloon to pass over his or her head. Each team member will alternate OVER or UNDER as the balloon passes to the next person. As soon as the first person joins the end of the line and accepts the balloon pass, he/she must put the balloon on the ground and use his/her foot to pop the balloon. (If chairs are available, the balloon can be placed on the chair and the team member can break the balloon by sitting on it.) The game continues with team members alternating between passing the balloon OVER or UNDER until one team finishes, and wins the relay.

Gunny Sack Race
Prior to the activity, use marker cones or rope to identify a starting line and a finish line. If possible, have enough burlap bags (gunny sacks) so that each participant can race at the same time. If you cannot secure that many sacks, then conduct the race in “heats.” Randomly identify participants for a race, involving the number of participants that equal the number of available sacks.

The goal of this activity is to see who can hop the fastest while in the burlap bag and cross the finish line first.

Provide each participant with a sack. Have participants line up at the starting line and climb into his/her sack. When all are ready, give the signal to start. All of the participants should begin hopping as quickly as they can toward the finish line. The first one who crosses the finish line wins. If you are running several heats, bring back the winners (or the first and second place individuals) of each heat for a final race.

Watermelon Seed-Spitting Contest
Watermelon is a great treat on a hot summer day and since our focus today is on picnic-related games, a watermelon contest is fits the bill! Watermelon belongs to which section of MyPyramid? Participants should respond Fruit Group. The fruit group is represented by the red stripe of MyPyramid and is a good source of many important vitamins and nutrients.

Prior to the activity – cut watermelon into large wedges of approximately equal size, making sure there are seeds in each piece. Place each of the wedges on a paper plate on a table. Place a second table in a “T” position to the first table, with approximately 3 feet between the tables.

On the second table, place the plastic table covering or lay out 2 lines of paper toweling, using tape to affix it to the table if necessary. If using a plastic covering, use a marker to divide the table in half length-wise. Starting at the (short) edge of the table (closest to the watermelon table), use the measuring tape and marker to mark 6-inch increments continuing to the opposite end of the table for each team’s area.

The goal of this activity is a competition between two teams to see who can spit a watermelon seed the farthest. One participant from each team will run to the watermelon table and pick up one wedge of watermelon. Each participant then goes to the edge of his/her team’s side of the second table, starts eating and has up to 90 seconds to spit up to three seeds onto the marked area -- seeing how far his or her seed can go. Seeds that are spit onto the opponent’s area are forfeited. Using a marker, circle the seed and write the participant’s initials or name next to his/her seed.

After spitting and marking is complete, participants may take their watermelon wedge to another area to finish eating, signaling the next team member to begin competition.

NOTE – each participant must have his or her own watermelon wedge.

The team with the most seeds past a specified mark is declared the winner. The person who spits the farthest may also be recognized.

Get Up & Move!
Warm Weather Safety
Now that the summer has begun, you and your children are probably spending more time enjoying outdoor activities. It is important that you and your children are aware of the safety precautions that must be taken when being active in warmer weather.

**Dress for the heat.** Children should wear lightweight, light-colored clothing. Light colors will reflect some of the sun’s energy. Children should also wear a hat and sunscreen whenever they are active outdoors.

**Drink Water.** Your children should carry a water bottle with them and drink frequently, even if they are not thirsty.

**Eat small meals more often.** Your children should avoid eating large meals that are high in protein, because this can elevate the body’s metabolic heat.

**Slow down.** Your children should avoid doing strenuous activity during the warmest times of the day. Strenuous activity should be reserved for the morning and between 4:00 p.m. and 7:00 pm, when the sun is not as strong.

**Take regular breaks.** When your children are involved in outdoor activities, make sure they take frequent breaks to cool off and hydrate.

**Signs of Dehydration**
During the warm summer months, your children are more likely to become dehydrated if they are being active outside. If your children become dehydrated, they should be given fluids and should be monitored closely. Below are some common signs of dehydration:

**Signs of Mild to Moderate Dehydration:**
- Dry mouth
- Few or no tears when crying
- No urination for 6 to 8 hours in children

**Signs of Severe Dehydration:**
- Very dry mouth (looks “sticky” inside)
- Dry, wrinkly, or doughy skin (especially on the belly and upper arms and legs)
- Inactivity or decreased alertness
- Appears weak or limp
• Sunken eyes
• Muscle cramps or contractions
• No urination for more than 6 to 8 hours in children
• Deep, rapid breathing
• Fast or weakened pulse

Heat Exhaustion and Heatstroke
During hot, humid weather, the body’s internal temperature can rise, which can result in heat exhaustion and heatstroke. If not treated quickly, heat exhaustion can progress to heatstroke, which requires immediate emergency medical care. Below is a list of signs and symptoms of heat exhaustion and heat stroke and instructions for how to treat both conditions.

Signs and Symptoms of Heat Exhaustion:
• Severe thirst
• Muscle weakness
• Nausea, sometimes vomiting
• Fast, shallow breathing
• Irritability
• Headache
• Increased sweating
• Cool, clammy skin
• Elevation of body temperature to less than 104° F.

Signs and Symptoms of Heatstroke:
• Severe, throbbing headache
• Weakness, dizziness, or confusion
• Difficulty breathing
• Decreased responsiveness or loss of consciousness
• May not be sweating
• Flushed, hot, dry, skin
• Elevation of body temperature to 104° F.

What to Do for Heat Exhaustion:
• Bring the child indoors or into the shade immediately.
• Undress the child.
• Have the child lie down; elevate feet slightly.
• If the child is alert, place in cool (not cold) bath water, or sponge bathe the child. If outside, spray the child with mist from a garden hose.
• If the child is alert, give frequent sips of cool, clear fluids (clear juices or sports drinks are best).
• If the child is vomiting, turn his or her body to the side to prevent choking.
• Monitor the child’s temperature.
• If the child has a temperature of 104° F. or more, seek emergency medical care immediately.

If you and your children take the proper safety precautions in the warm weather, your children can have a summer full of fun, physical activity!

Source: (www.redcross.org; www.kidshealth.org)
Physical Activity Minutes
Since next month is the last month of Get Up and Move!, it’s a good time to reflect on the amount of activity you have achieved this past year. This month you and your family can look at the amount of time you were active each month, and the types of activities you did, to evaluate your physical activity over the past year. It is important to look at the amount of time you spent being active so you can see if you are getting enough activity, or if you need to increase your activity level. This will also help you to set goals for this summer. Even though there may be less organized physical activities for you to participate in during the summer, it is still important to find ways to stay active.

Your family can use the table below to see how many minutes each of you spent being active each month, what types of activities you did, and your total minutes of activity over the past year. You can compare your minutes of physical activity with your family.

<table>
<thead>
<tr>
<th>Month</th>
<th>Total Physical Activity Minutes</th>
<th>Types of Activities</th>
<th>Average Minutes per Day</th>
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<tbody>
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<tr>
<td>May</td>
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</table>

After you have filled out the table, consider answering the questions below.
If you had a goal for physical activity minutes for the year (i.e. - recommended 30-60 minutes daily), did you meet that goal?
______________________________________________________________________________

What is your goal for physical activity for this summer?
______________________________________________________________________________

Seeing the amount of time you spent being active this year, what would be your activity goal for next year?
______________________________________________________________________________

Did you increase your physical activity minutes from the beginning of the year to the end of the year? Were you lower in minutes in any one season? How many months did you meet your goal?
______________________________________________________________________________
Get Up & Move!

Community Activity

Series 2: June

**June is Dairy Month**

This month’s family activity allowed you to see just how active you have been over the past year. Hopefully you have increased your activity this year to reach at least 60 minutes on most days of the week. This month, your club can do a community activity that rewards you for all of your hard work over the past year.

June is Dairy Month, which means that your club might want to use a dairy treat to reward your members for being active. Ask a local ice cream shop if they would like to sponsor an Ice Cream Celebration Day for your members. In order for each member to receive a free scoop of ice cream, they must present at least one month’s calendar in which they got at least 60 minutes of physical activity everyday to the ice cream shop.

Ice cream is one of the more caloric dairy sources, but if it’s eaten in moderation, and with at least 30 minutes of physical activity for the day, most people should be able to include it occasionally. A 1/2 cup of regular vanilla ice cream is 133 calories. It would take 30 minutes of brisk walking to burn about 150 calories. This means that you can take a 30 minute walk before your trip to the ice cream shop, or you can even walk to the shop, to balance out your caloric intake.

Enjoy your treat and remember summer is a great time for you to continue being active every day! Try to get 60 minutes of physical activity each day throughout the summer months.

Source: [www.fds.gov](http://www.fds.gov); [www.mayoclinic.com](http://www.mayoclinic.com)