Healthy Community Environment
With spring approaching, people are beginning to think about outdoor activities again. Your club may want to do a “Healthy Community Environment Assessment” of your community or neighborhood by making a list of community parks, trails, and other facilities that encourage physical activity. Individual members may want to continue this assessment by checking the sidewalks, paths, and equipment for needed repairs and/or by making a list of the availability of recreational opportunities at these locations. This information could be shared with 4-H families at the next club meeting and with local government officials (village board, park district officials, forest preserve staff, etc.)

Club Roll Call
March is National Nutrition Month. This would be a good time to refer members back to MyPyramid. Ask members to name a green food item as they respond to roll call. The secretary might record the list of the foods shared and then the whole group could spend a few minutes dividing them into food groups according to the MyPyramid. See if your club can list “green foods” for all of the food groups.

Physical Activity Calendars
Collect the February 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 enough physical activity? Why?
How can you fit more regular physical activity into your life?
What types of physical activities might you do outside now that the weather has warmed up?

March Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/opps/move. Please download these and make copies for your members (and leaders). Please be sure to use the Get Up and Move! Club Chart each month to record the individual tallies.
The answers to the word scramble on the March calendar are: pepper, green beans, celery, cabbage, lettuce, avocado, lime, broccoli, peas, and zucchini.

Educational Activity: Active Forces
This month the educational activities will include several “mini-activities” related to the aerospace project and to getting up and moving. Youth who are enrolled in the aerospace project might be excellent resources to lead these activities at your club meeting.

Being physically active may include doing many different kinds of movements and games. You don’t have to have special equipment or go to other locations for some of these activities. The educational activity guide provides you with several different games that the club might play this month.

Recipes/Snacks
This month two recipes are provided for club refreshments. Tying in to the “green foods” list on the March calendar and the St. Patrick’s Day holiday, the recipes are St. Patrick’s Cereal Bars and Shamrock Shakes.

Ties to 4-H Projects
March is traditionally regarded as a windy month. With the beginning of better outdoor weather, kite flying might be a fun, outdoor activity. For members interested in kites, they might consider enrolling in the Aerospace project. There is at least one activity about kites in each of the Stage 2, 3, and 4 project manuals. A club program suggestion for the month might be a presentation on kite safety by someone from the local power company. A supplemental handout on “Kite Safety Guidelines” from the American Kitefliers Association is provided on the web site at www.4-h.uiuc.edu/opps/move. This handout might be distributed to local libraries or posted on school or day care bulletin boards.

Get Up and Move!
Kite Safety Guidelines

1. Wear gloves to protect your hands from cuts and burns from the flying line.
2. Never fly a kite in wet or stormy weather.
3. Never fly a kite where it may fall on a power line.
4. If a kite should become entangled with a power line, do not attempt to free it. Report the situation to the local power company and ask for their help.
5. Do not use a metallic part more than one inch long in constructing a kite.
6. Never use wire or metallic line to fly a kite. Always keep your line dry.
7. Do not fly from or over a street or highway.
8. Avoid trees – they eat kites. If you should lose a kite to a tree, loosen the line and let the wind blow it out. Do not climb the tree.
9. Do not fly near airports.
10. Avoid holes in the ground, gullies, and slopes as well as broken glass and any other debris on the field.
11. Do not allow your flying lines, particularly maneuverable kite lines, to touch any bystander.
12. Use extreme caution when launching and flying large kites.
13. Do not fasten yourself to your flying line unless you have an efficient quick release system.

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Name: 

Total minutes of March physical activity: 

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

Green Food Scramble

For more resources visit: www.uwex.umn.edu/pn/food

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

St. Patrick’s Cereal Bars

2 tablespoons margarine
20 regular marshmallows
5 cups crisp rice cereal
2 tablespoons green colored gelatin

Melt margarine in a large saucepan over low heat. Add marshmallows and gelatin and stir until completely melted. Remove from heat and add cereal, stirring until coated. Press mixture into a greased 11” x 7” pan. Cut into bars when cool.

**Microwave instructions:**
Combine margarine and marshmallows in 2-quart glass, microwave-safe bowl. Microwave (high), uncovered, 2 1/2 to 3 minutes or until marshmallows are puffed. Add green gelatin; mix until combined. Stir in cereal until well coated. Press mixture into a greased 11” x 7” pan. Cut into bars when cool.

Nutrition facts per bar: 90 calories, 1 gm fat, 0 mg cholesterol, 95 mg sodium, 18 gm carbohydrate

Get Up & Move!

Shamrock Shakes

1 ripe banana
2 cups lime sherbet
2 cups 2% milk

Blend all ingredients together in a blender.

Makes 4, 3/4-cup servings

Nutrition facts per serving: 200 calories, 4 gm fat, 15 mg cholesterol, 100 mg sodium, 36 g carbohydrate.
Get Up & Move!

Physical Activity Series 1: March

Active Forces (20 minutes)

Items needed for this activity:
• Balloons – two per person
  NOTE - need both long and round balloons, plus extra in case some pop
• Hula-hoops (several)
• Markers to label balloons
• Tape measure (25 foot)

Background information for presenter:
There are several “mini-activities” related to Get Up & Move this month. All of the activities relate in some way to aerospace and some of the principles connected with air movement. If you have members in your club who are enrolled in the aerospace project, you may wish to involve them in a leadership role for these activities.

Step 1: Information to share with club members (1 minute)
Being physically active may include doing many different kinds of movements and games. You don’t have to have special equipment or go to a certain location for physical activity. You can be active with something as simple as a balloon in your own backyard. We are going to start off today with several different games that require just a couple of items to play.

Step 2: Short Group Activities (15 minutes)
The first activity is a stretching activity. Can anyone tell me why we stretch? – allow members to share the reason why stretching is important – warming up your muscles makes them more flexible and better able to stretch when you do activities, which also reduces the chance of injury. Hopefully you remember learning this about muscles at the beginning of the 4-H year. In that activity you each had a cold piece of taffy and it was very hard to stretch. Then you held it in your hand to warm it up and it became much easier to stretch.

Balloon Stretch – I’m giving each of you a balloon (long or oblong balloons work best). Before you blow it up, let’s use it to stretch some muscles. Hold each end of the balloon with your fingers. With your arms straight in front of you, gently pull out the balloon. Repeat five times. Now hold it over your head with your arms extended straight. Gently pull as you bring your hands to your shoulders. Repeat five times. Many people buy elasticized bands that are used for stretching. Your balloon is an inexpensive alternative. Now that your muscles are a little more flexible, we are ready to be more active.

Target Practice – Set up some targets with hula-hoops. Have each participant blow up their balloon and hold the end closed. Do not tie them off. See who can aim their balloons so that they land closest to the targets. You’ll aim the balloon at the target, then release the end so the air comes out. Here are some questions to ask participants: What is the energy source for propelling the balloons? (AIR) So, if air is the energy source that makes the balloon move, what is the energy source that helps us move? (NUTRIOUS SNACKS or FOOD)

Volley-balloon – Blow up and tie off a balloon (round balloons work best for this activity). Keep your balloon from touching
the ground using any body part. After a few minutes, divide the participants into groups of 4-5, designate an area they must stay in, and have them attempt to keep all of their balloons up in the air. If you have multiple groups, you can recognize the group that is able to keep the most balloons in the air for the longest period of time.

Step 3: Group Activity (10 minutes)
All of our activities so far have involved balloons. We already talked about how air serves as the “energy source” for the balloons and that the air rushing out the open end of the balloon makes the balloon propel forward. Now if we tie the balloon off, will the balloon still shoot forward? Will it float? Why not? Because air has weight, and gravity pulls the balloon to the ground. So, if gravity is the force that pulls something to the ground, how is it that we can jump and aren’t pulled flat to the ground all the time? It is because the pull of gravity is not strong enough to keep us down. Actually when we are moving, we are combining three different forces of motion – gravity, inertia and friction.

NOTE – Before starting this activity measure three “running lanes” that are 20 feet long, mark the start and stop point with tape.

Let’s try one last activity that will have you all moving and getting a little more exercise. I mentioned the term inertia before. Who can explain inertia? Inertia is the force or sensation that you may feel when you are in a car going around a curve. Has anyone been in a car, going around a curve, and felt their body lean to the side as the car turns? Your body is attempting to continue moving in a forward, uniform motion. That is the force of inertia. You can experience the same force when you run and try to stop.

We have set up three (or more if needed) “running lanes” that we will have everyone use to experience inertia. Form equal lines in each of the running lanes. You will run as fast as you can until you come to the spot we have marked in your running lane. You must try to come to a complete stop at the mark, and not take any additional steps. Have each of the participants run to the mark, then have them move back to the end of the line until all participants have run. Even though you were able to stop your feet (or at least most of you did), your upper body still wanted to move forward. That is inertia.

After all of the participants have run the course once, you can have them all line up in their running lanes again and run the course again as a relay. Instead of saying that the “WINNING” group is the one that finishes first, use the following point system to identify the “WINNING” group.

Earn points for the following:

1. One point for each participant who stops at the mark and DOES NOT take additional steps
2. Three extra points for being the group to finish first.
3. Two extra points for being the group to finish second.
4. One extra point for being the group to finish third.

Assign one club member or one parent to monitor each group to award the points for being able to stop at the line.

Ready, set, GET UP & MOVE!

Once the relay is complete, check with your group monitors to see how many points each of the groups earned. The top-scoring group might earn the right to be first in line for healthy snacks at the conclusion of the meeting.

Get Up & Move!

Some activities adapted from WIN Kids Fun Days, Wellness IN the Rockies; and NASA’s Learning Technologies Project and Cislunar Aerospace, Inc.
Go Green

March is National Nutrition Month and also happens to be the month in which we celebrate St. Patrick’s Day. This month is a good time to focus on fruits and vegetables, especially those that are green!

Green vegetables contain certain chemicals such as lutein and indoles, which may have potential antioxidant, health-promoting benefits. They can help to lower the risk for some cancers, contribute to increased vision health, strong bones and teeth. You can go green everyday with fruits and vegetables like,

- Avocados
- Green apples
- Green pears
- Limes
- Artichokes
- Asparagus
- Broccoli
- Green beans
- Cucumbers
- Leafy greens
- Green pepper
- Spinach

Green vegetables contain nutrients such as:

- **Fiber**: Diets rich in fiber have been shown to have a number of benefits, including decreased risk of heart disease.
- **Folate**: Essentially important to women, this nutrient has been shown to reduce a woman’s risk of having a child with a brain or spinal chord defect.
- **Potassium**: This nutrient may help to maintain a healthy blood pressure.
- **Vitamin A**: Vitamin A keeps eyes and skin healthy and helps to prevent against infections.
- **Vitamin C**: This nutrient helps to heal cuts and wounds and keeps teeth and gums healthy.
You can try to include more green fruits and vegetables into you and your children’s diets by:

- Topping cereal with fresh fruit
- Eating fruit as a mid-morning or mid-afternoon snack
- Adding fruit to waffles or pancakes
- Adding vegetables to egg or egg white omelets
- Putting more vegetables and less cheese on pizzas
- Eating more salads with fresh vegetables and fruits
- Adding vegetables to pasta and casseroles
- Adding lettuce and cucumber to sandwiches
- Dipping vegetables into a low-fat or fat-free dip as a snack
- Eating more broth-based soups with vegetables

Source: (www.5aday.org; www.fruitsandveggiesmatter.gov)
Green Living Tips

This month you have learned about “going green” with your fruit and vegetable choices. Now you have an opportunity to learn how you can go green with your everyday activities. Going green is a way of living, which includes both parents and adults. Regardless of age, people can start learning what it means to live a more environmentally friendly lifestyle. This month you and your family can incorporate simple green living tips into your daily activities. You might also notice that green living can involve being more physically active! You and your family might want to try some of the green living tips listed below.

- Keep water flow to a pencil-thin stream when using the sink.
- Turn off lights when leaving a room and try to use natural sunlight during the day instead of keeping the lights on.
- Recycle newspapers, magazines and junk mail. Try making recycling a game which involves sorting out the different types of paper and putting them in special bins for points. You might even try making recycling a daily chore in your home.
- Walk, ride your bike, carpool and use public transportation whenever possible in order to cut down on fuel emissions.
- Compost peels and skins from fruits and vegetables after eating them. Help children to understand that food waste is not all garbage, but can be turned into soil to grow more food.
- Remind your children to turn off the water while brushing their teeth.
- Pack sandwiches, fruits, veggies and treats in reusable food containers.
- Have children take the bus to school to cut down on carbon emissions.
- Instead of using the AC or heater, put on a sweater or hat when you are cold or open a window on each side of the house if you are warm.
- Plant things such as sunflowers, carrots and pole beans in a small garden. The entire family can help to tend the garden.

Source: (www.ivillage.com)
Get Up & Move!

Community Activity

Series 1: March

Get Up & Move!

Community Gardening

This month you have learned about eating green and living green. Now you and your club have the opportunity to grow your own greens! This month, you and your club can plant a vegetable garden in your community. When your vegetables begin to grown, you might want to donate them to a local shelter. You might want to plant your garden where your club meets, but you can choose a different location if it has better soil or access to water. Below are some general guidelines for starting your community vegetable garden.

Location, Location, Location:

Your club should pick a sunny location with good soil. You should not place your garden in a low spot if possible because night air settles in the low areas. The ground shouldn’t be too hard or too sandy. You should make sure you can reach your location with a hose and sprinkler.

Watering:

If you can, you should water your garden every day when it doesn’t rain. Preferably you should water in the morning. If this is not possible you can water in the afternoon, before dark. Watering in the afternoon encourages the growth of fungus, but it is better than letting your plants die from thirst.

When you have seeds in the ground it is alright to water the ground by hand with a hose and nozzle. Make sure you don’t spray too hard because you could unbury your seeds with a jet stream of water. Water enough to wet the ground a couple of inches down. A better method of watering is to use a hose and sprinkler. When your seeds are in the ground it is important to keep them moist. Once your plants begin growing it is better to water more intensely and less frequently, as opposed to a little every day. Also, make sure that water is not running out of your garden.

Safety When Gardening:

Always use sunscreen when working in your garden. If the weather is warm, try to work in the garden either early in the morning or late in the afternoon. Remember to bring water to drink with you while you work in your garden. Gardening can be a demanding job and staying hydrated is always important while being active. Also, try to limit the use of herbicides or pesticides in your garden.
Preparing Your Garden:

If the location of your garden is covered with grass or weeds, here are a few tips for starting your garden:

1. Water the spot well.
2. Lay down several layers of regular newspaper.
3. Water the area again.
4. Put at least one inch of soil on top of the papers (you might need adult assistance for this).
5. Plant in the layer of papers and soil, digging holes straight down into the layers. You should put your plants in the holes you have made. If you are planting seeds, like beans, make sure you have enough soil on top of the paper.
6. The papers that you have laid should prevent extensive weed growth in your garden for at least one year.
7. When you have chosen the vegetables you want to plant, make a sketch of your plot so you will remember what you planted and where. You can use popsicle sticks to label plants, but sometimes they get lost as your plants grow.

Mulching Your Garden:

Mulching your garden is one of the most important ways to maintain healthy plants. A mulch is any material applied to the soil surface for protection or improvement of the area covered. Nature actually produces mulch with large quantities of fallen leaves, needles, twigs, pieces of bark, flower blossoms, and other organic materials. There are two types of mulches, organic and inorganic. Organic mulches are made of natural substances such as bark, wood chips, leaves, and pine needles. They decompose over time and need to be replaced after several years. Inorganic mulches can include gravel, pebbles, and black plastic and landscape fabrics. They do not attract pests and do not compose. Mulching can:

- Help fight off weeds
- Help keep moisture in the ground
- Help to maintain even soil temperature
- Helps to add nutrients to the soil
- Help to nourish the garden for the following season

What to Plant:

Your club can decide together what vegetables to plant in your garden. Some ideas include tomatoes, beans, cucumbers, broccoli, and corn. Other easy-to-grow veggies include radishes, onions, beets, and zucchini. You can grow vegetables from baby plants you buy or from seeds. On the back of the packets of seeds are directions you need to follow.
Garden Upkeep:
Make sure that you water your garden enough. You won’t have to water as often if you mulch. Your club should make sure that someone checks the garden almost every day to make sure that animals and bugs are not eating your plants. If animals are becoming a problem, you can purchase special fencing to protect your vegetables. This fencing can be moved around as needed. You should also take a bucket with you when you visit your garden if there are veggies ready to be picked!

Source: (www.homeandgardensite.com; www.hgic.clemson.edu)