Water, the Beverage of Life, is Important when People Exercise

Water is the beverage of choice for the body. Water is the main ingredient in all the fluids that make up the body. Each day, our body loses about 8 – 10 cups of water through sweat, urine, exhaled air, and bowel movements. If you exercise, you lose more water and thus need more. Your need for water actually depends on the amount of energy your body uses in a day. For most adults, 1½ quarts of water are needed for every 1000 calories expended. This amounts to about 8 cups of water for a 2000 calorie-a-day diet.

If drinking plenty of water is part of your daily routine, you won’t have to worry about depriving your body of one of its most important nutrients. Water is especially important when the weather is hot, since it helps control our body temperature.

Here are some tips to make sure you get plenty of water each day.

♦ Have a glass of water with your meals.
♦ Never pass a water fountain without taking a sip.
♦ Drink water before, during, and after physical activity. Consume 4 to 8 ounces of water every 15 to 20 minutes while you exercise. Don’t wait until you feel thirsty.
♦ Carry a plastic squeeze bottle of water.

Water is also found in many foods that we eat including lettuce, watermelon, broccoli, grapefruit, milk, orange juice, carrots, apples, cottage cheese, yogurt, baked potato, tuna, cooked rice, kidney beans, cooked pasta, and roasted chicken.


Club Roll Call

Have each member count off using the Spanish words for numbers – uno, dos, tres, etc. The Spanish pronunciation guide found at www.4-h.uiuc.edu/opps/move lists the numbers from one to thirty with the Spanish word and pronunciation.

Physical Activity Calendars

Collect the April 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 increasing your minutes of physical activity? Why?
How can you fit more short periods of regular physical activity into your life?
What types of physical activities can you do outside now that the weather is nicer?

**May Physical Activity Calendars** are available 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 **Cinco de Mayo Fun Physical Activity Guide** contains two short activities that could be incorporated into recreation at your club meeting. “Jalapeño Hop” and “Benito Juarez Says” tie back to the history, culture, and foods of the Mexican people. For the more adventurous, dance steps for salsa dancing are featured in the **Physical Activity Guide**. Check out salsa music from your local library.

**Recipes/Snacks**
**Fresh Salsa** is the featured recipe this month in honor of our Mexican neighbors and **Cinco de Mayo**, a celebration of freedom and liberty shared through Mexican culture, food, music, beverage, and customs. Your 4-H club may want to invite a person/family of Mexican descent to your meeting to share more about their culture and foods.

**Ties to 4-H Projects**
**May Day** is an old fashioned holiday observed on May 1. There are many traditions about the celebration of spring and **May baskets** are one such tradition. The custom was for young people to create May Day baskets and fill them with flowers, popcorn, etc. To deliver the May Day baskets, a person was to sneak up to the front door, place a basket on the stoop, knock, and then run. If the receiver catches the delivery person, they are entitled to kiss the delivery person. 4-H clubs may want to make May baskets and deliver them to seniors in their neighborhood or to nursing homes as a **community service project**. Members can get a little physical activity by delivering the May basket and running away! Patterns for May Day baskets can be found on many web sites by searching for May Day baskets or May Day.

**Get Up and Move! Initiative Survey**
As the 4-H year draws to a close, we’d like to ask your cooperation in completing a short survey to help us increase participation in and improve **Get Up and Move!** The forms are at www.4-h.uiuc.edu/opps/move. Please print and complete the survey and send it to the State 4-H Office by fax: 217.333.9287 or mail to 1902 Fox Drive, SuiteA, Champaign, IL 61820. Deadline is **August 31**. Thanks!
## Spanish Pronunciation Guide: Numbers 1 – 30

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<thead>
<tr>
<th>English</th>
<th>Spanish</th>
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<td>22 twenty-two</td>
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<td>23 twenty-three</td>
<td>veintitrés (beinte`tres )</td>
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<td>24 twenty-four</td>
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<td>25 twenty-five</td>
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<td>29 twenty-nine</td>
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<td>30 thirty</td>
<td>treinta (ˈtreinta)</td>
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Each day fill in what physical activity you did and how many minutes you did it.

### May

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<tr>
<th>Monday</th>
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</table>

**Total Minutes of Physical Activity**

**Total**

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**Outdoor Spring Activities**

Find the activities hidden in the text below. Can you spot the hidden messages?

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**Note**

For more resources visit [www.4-H.state.il.us](http://www.4-H.state.il.us)
Get Up & Move!

Fresh Salsa

4-5 medium tomatoes, diced  
1 teaspoon garlic, minced  
½ cup onion, finely chopped  
¼ cup fresh lime juice

2 jalapeños, seeded and finely chopped  
3 tablespoons fresh cilantro, chopped  
¼ teaspoon salt

In a large bowl, mix the tomatoes, garlic, onion, lime juice, jalapeños, cilantro and salt. With a fork, lightly mash the mixture. Cover with plastic wrap and place in refrigerator to chill for 30 minutes. You can make this recipe a day or two ahead. Serve with tortilla chips, raw vegetables or as a topping for baked potatoes.

Notes:
• Cilantro looks like parsley, but gives Mexican food its distinct flavor.
• The ‘hot’ flavor of the jalapeño peppers is more intense in the seeds. By removing the seeds it will not be as hot. Some people’s skin is sensitive to peppers. You may want to use plastic gloves when working with peppers and be sure not to touch your face or eyes.
• The amount of garlic, cilantro and jalapeños may be adjusted depending of the flavor you want.

Makes 8 servings.

Nutrition information per serving: 26 calories, 0 cholesterol, 76 milligrams sodium, 5 grams carbohydrates, 1 gram fiber, 1 gram protein.
Get Up & Move!

Cinco de Mayo Fun (25-35 minutes)

Items needed for this activity:
- 2 Cardboard cutouts of Jalapeño Peppers or small balloons or small pillows
- Sombrero
- Poncho
- Mexican or Latin Music

Background information for presenter:
Activities for this month’s Get Up & Move! relate to cultural awareness, especially with our Mexican neighbors as they celebrate Cinco de Mayo. If you have members in your club who are enrolled in the Intercultural project, Passport to the World, you may wish to involve them in a leadership role for these activities. It would add atmosphere to the activities if you have Latin music playing in the background. Check with your local library about music availability.

Step 1: Information to share with club members (2 minutes)
Our neighbors to the south in Mexico celebrate a national holiday on May 5th each year. Cinco de Mayo, which in Spanish means May 5th, celebrates freedom and liberty. On the morning of May 5, 1862, 4,000 Mexican soldiers overcame the French and traitor Mexican army of 8,000 at Puebla, Mexico, 100 miles east of Mexico City. This victory allowed Mexican peasants to become landowners, which previously was only granted to members of the Mexican aristocracy. It also ended the threat of foreign domination from the French, who had occupied the country for five years.

Mexicans celebrate with special food, beverages, traditional dress, and dances.

Step 2: Group Activity (10-15 minutes)
To help celebrate Cinco de Mayo, we’re going to do a “Jalapeño (hal a peen o) Hop.” To play this game, we need to divide into two teams. Each 4-H’er should count off as either a “sombrero” or “poncho.” All sombreros should go on one side of the room/area and all ponchos on the other side. (Activity Leader should designate the beginning point and place a chair or another Jalapeño pepper as the turn around point, approximately 10 feet away, or at the other end of the room, from starting point.)

What can anyone tell me about a Jalapeño pepper? (Possible answers may be: hot, spicy, Mexican food, nachos, salsa, etc.) And what happens when you eat too much spicy food – you start jumping up and down! In the Jalapeños Hop, we’re going to place this jalapeño pepper (use clipart cutout on cardboard, balloon or pillow) between our legs and hop to the turn around point and back. Remember, you can’t use your hands to hold the jalapeño while you’re hopping! When you get back to the starting point, hand the jalapeño to your next team member. Then sit down. The first team that has everyone sitting down is the hopping champion.

Step 3: Group Activity (10-15 minutes)
Another game that club members can participate in to get physical activity is the “Benito (ba neet o) Juarez (war ez) Says” game.

Benito Juarez was a Zapotec Indian whose parents were peasants, meaning that he was born and raised in extreme poverty. With hard work, determination, and a strong love for his country, Juarez became president of Mexico. He was president when the Mexican army defeated the French, who
had invaded their country for five years – and is the reason for the Cinco de Mayo celebration.

“Benito Juarez Says” is played like Simon Says. Everybody please spread out so you have a little room around you and we’ll practice before starting the game.

“Benito Juarez Says hop on one foot. (pause) Stop.” If anyone stops, stop the game and explain that they should all still be hopping because Benito Juarez did not say to stop. Choose an older 4-H’er to be the first Benito Juarez and have him or her wear a sombrero or poncho, if available. Continue playing the game until one person is left. That person becomes the next Benito Juarez.

Suggestions for physical activity include:
- Hop on right/left foot
- Jog in place
- Jumping Jacks
- Arms out to side/circle.
- One baby step forward/backward
- Turn around
- Sit/Stand

Have an older club member or an adult assigned to assist with supervision to keep everyone safe.

OPTIMAL ACTIVITY:
The Spanish word, salsa, means “sauce.” Salsa dancing, which has become very popular worldwide, is often described as hot, spicy, and full of exotic Latin flavor. Basic instructions for salsa dancing are on the next page. Give it a try!

Find more salsa dance resources (including music suggestions) at:
http://www.ballroomdancers.com/dances/
http://www.dancefreak.com/stories/steps.htm

Cinco de Mayo history adapted from: VIVA!
Cinco de Mayo’s website:
http://www.vivacincodemayo.org/history.htm
Jalapeño Hop and Benito Juarez Says adapted from web site: www.kidsdomain.com.

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### Man's Part:

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<thead>
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<th>DESCRIPTION</th>
<th>NOTES</th>
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<td></td>
<td>Closed facing position.</td>
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<tr>
<td>1</td>
<td>Quick</td>
<td>Left foot forward.</td>
<td>Swing left arm downward.</td>
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<td>2</td>
<td>Quick</td>
<td>Replace weight to right foot.</td>
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<td>3</td>
<td>Slow</td>
<td>Left foot closes to right foot.</td>
<td>Return arm to normal position. Up to 1/4 turn to left can be made between 1-3.</td>
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<td>4</td>
<td>Quick</td>
<td>Right foot back.</td>
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<td>5</td>
<td>Quick</td>
<td>Replace weight to left foot.</td>
<td></td>
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<tr>
<td>6</td>
<td>Slow</td>
<td>Right foot closes to left foot.</td>
<td>Up to 1/4 turn to left can be made between 4-6.</td>
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### Lady's Part:

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<th>STEP#</th>
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<td>Begin</td>
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<td>Closed facing position.</td>
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<td>1</td>
<td>Quick</td>
<td>Right foot back.</td>
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<td>6</td>
<td>Slow</td>
<td>Left foot closes to right foot.</td>
<td>Up to 1/4 turn to left can be made between 4-6.</td>
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### Dancing on the “One” (and the “Five”)

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<th>1</th>
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<th>4</th>
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<td>Right foot step in place</td>
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### Dancing on the “One” (and the “Five”)

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Break on the “One”, then follow the cycle through beat #8

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02/08
Wonders of Water
This month your children have learned about the importance of drinking water. Without water, the body would stop working properly. Water makes up more than half a person’s body weight and a person cannot survive more than a few days without it. Each day the body loses 8-10 cups of water through sweat, urine, exhaled air, and bowel movements. If your children exercise, they lose more water and thus need more. Adults need 1 ½ quarts of water for every 1,000 calories expended. This amounts to about 8 cups of water for a 2,000 calorie-a-day diet. Young children need about 1-1/2 ounces of water per pound of their body weight each day.

Water’s Many Jobs
Water helps the body to do many important jobs. Some of these include:

- Helping the blood to carry oxygen to cells in the body
- Being involved in the functions of the immune system
- Helping the body to fight off disease
- Helping the body to digest food and get rid of waste

Food Sources of Water
The body does not get water from drinking it alone, but also gets water from any fluid or food that contains water. Most juice, soups, vegetables and milk have high water content that is around 80%. Some alternate sources of water include lettuce, broccoli, baked potato, milk, orange juice, apples, grapefruit, watermelon, yogurt and chicken. These are just a few of the many foods that contain water. You should encourage your children to eat more fruits, vegetables and whole grains because they tend to contain the most water. You should also be careful because water fills the body without providing any calories, so it can decrease the appetite of a growing child if given in large quantities too often.

When to Drink
Your children should drink water at meals and when they are thirsty. It is important that they drink water when they are not thirsty to prevent dehydration. Dehydration happens when the body does not have enough water. It can prevent your children from being alert and can even make them sick. Your children should be drinking extra water when the weather is warm and when they are playing sports or exercising. Make sure that your children are drinking water before, during, and after being physically active. The following are a few tips to make sure your children are drinking enough water:
• Have your children drink a glass of water with meals
• Encourage your children to take a sip of water when they pass a water fountain
• Encourage your children to consume 4 to 8 ounces of water every 15-20 minutes when they are active
• Give your children a water bottle to take with them during the day
• Try to keep water cold because most children do not like to drink room-temperature water
• Consider purchasing special cups for your children that are designated for drinking water

The Body’s Role in Hydration
The body helps to ensure hydration by regulating the amount of water it holds. It holds on to water when it does not have enough and gets rid of it when it has too much. The color of urine actually says what the body is trying to do with its water. If the urine is very light yellow, the body might be trying to get rid of excess water. If the urine is very dark yellow, the body might be trying to conserve water and it is probably time to hydrate.

Source: (www.kidshealth.org; www.more4kids.info)
Get Up & Move!

Family Activity

Series 1: May

Celebrating Cinco de Mayo

This month you have learned about the importance of consuming water. Water is not only something that you can drink, but is found in many fruits, vegetables, dairy products and whole grains. The month of May is also special because it is when Mexicans in the U.S. celebrate Cinco de Mayo. The holiday celebrates the courage and strength of the Mexican troops when they fought against Mexican traitors and the French in 1862 and also is an appreciation of Mexican culture.

This month you and your family can participate in the celebration by making foods that are a traditional part of Cinco de Mayo and ones that happen to have high water content as well. You and your family might want to try to prepare some of the recipes below. The recipes are all fairly simple and show you that you can increase the amount of water you put into your body, even by eating the following celebratory foods!

Salsa:

- 1 tablespoon minced garlic
- 4 large tomatoes
- 2 bunches, chopped cilantro
- 2 large green onions
- 1 small green pepper
- 2-3 (more or less to taste) chopped jalapeno peppers
- 1/2 teaspoon dried oregano
- salt and pepper to taste

Using a food processor, puree 1 tomato and the garlic together. Add the other ingredients and process to a coarse chop. If not using a food processor, chop all ingredients and mix together. Serve the salsa as a relish, garnish, or dip for tortilla chips.

Mexican Style Mango Papaya Smoothie:

- 1 frozen banana (peel before freezing)
- 1 cup diced mango
- ½ cup papaya
- 1 cup milk
- 2 tablespoons honey

Place all ingredients in a blender and blend until smooth. Recipe serves 1.
**Watermelon Ice:**
- ½ small watermelon, peeled, seeded and cut into 1” chunks (about 6 cups)
- 3 tablespoons confectioner’s sugar
- 1 tablespoon lemon juice
- 1/4 teaspoon salt

In a covered blender at low speed blend 1 cup of the watermelon chunks with confectioner’s sugar, lemon juice and salt until smooth. Add the remaining watermelon and blend until smooth. Pour into a 9x9” baking pan; cover with foil or plastic wrap and freeze until partially frozen, about 2 hours. Spoon the watermelon mixture into a large, chilled bowl. With a mixer at high speed, beat until fluffy. Return mixture to baking pan and freeze until firm, about 1 ½ hours. To serve, remove pan from the freezer and let stand for 10 minutes at room temperature for easier scooping.

Source: (www.kiddyhouse.com; www.fabulousfoods.com)
May Baskets
This month you have learned how important water is to the human body and about more creative ways to increase your water intake. This month’s community activity allows you and your club to be creative, physically active and can help you see how water affects other aspects of our environment.

May Day is an old-fashioned holiday observed on May 1. The holiday celebrates spring and is usually accompanied by May Baskets. The tradition is for children to make the baskets and to fill them with flowers, popcorn, and other small treats. The baskets are then supposed to be delivered to people’s homes, but the recipients are not supposed to know who has given them the baskets.

Your club might want to make your own baskets to deliver to people in your neighborhood. When you fill your baskets, try to include flowers. You may notice that the flowers you put in your baskets need water to live, just as humans need water! If you cannot get fresh flowers, you can make your own flowers out of tissue paper and pipe cleaners. If you are interested in learning how to make paper flowers, you might want to visit www.cekpl.lib.ks.us. You can search under Craft Activities for Kids. You might also want to include a nice note or card in your basket, wishing the recipient a happy spring. Remember that the time you spend delivering the baskets counts toward your monthly physical activity minutes. Remember to record those minutes on your May calendars!