Healthy Lifestyles Background Information
Walking is a good, all-around workout for the human body, with a low occurrence of injuries. Walking is inexpensive, requires no special equipment, and can be done anytime, anywhere. If you are not physically active, begin by walking just a few minutes each time and gradually build up to 30 minutes of accumulated activity a day. Walk at a pace that allows you to carry on a conversation. If you become winded and cannot talk in conversational tones, slow down until you can. As you increase your pace and length of time walking, your heart and lungs will become more efficient. Depending on your condition, if you have been inactive, you will benefit from a slower pace. If you have been active and are in better shape, you will have to walk faster and/or farther to improve your current condition.

Club Roll Call
Have each member identify a “destination” to which they could walk on a daily basis. (Hint: school, neighborhood park, around the block, to a friend’s house.)

Physical Activity Calendars
Collect the September 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 with your siblings? Parents?

October 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). If you are just starting with this program in October, that’s fine. Please be sure to use the Get Up and Move! Club Chart each month to record the individual tallies.

Educational Activity
The October educational activity is Step It Up! This activity helps members measure the length of their steps and to measure how many steps they can walk in one minute. Individual members and the whole club can then set goals for the number of steps or minutes they plan to walk. This month there is the educational activity guide, a Step It Up! Worksheet, a Walking Log Sheet, and a family handout titled Step It Up – More Every Day! These sheets can be found at www.4-h.uiuc.edu/opps/move.
Walking Routine
If you and your members are going to start on a regular walking routine there are several fact sheets on the following “Walk Around Illinois” web site that might be helpful. The sheets are titled Walk Your Way to Good Health: Tips to Making Walking Safe and Fun, Move More Every Day Guidelines, and Step It Up! Stride Calculator Guidelines. These can be found at http://wellnessways.aces.illinois.edu/walkday/. If your members find that walking is a preferred method of getting more physical activity, we have also posted a Walking Log on the web site that can be used to track monthly how much they “Step It Up!”

For those interested in starting a serious walking campaign, many county Extension Offices may offer pedometers for sale. Cost is approximately $15 each. Pedometers count the number of steps a person takes. It can be clipped on to a waistband and worn all day. For adults to remain healthy he or she should walk 10,000 steps a day.

Recipes/Snacks
The October snack is Pumpkin Peanut Butter Dip, which can be used with apples, celery, graham crackers or crackers. The recipe can be found on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move. The recipe can be used for club refreshments and can be shared as a take home piece for families.

Ties to 4-H Projects
Outings to corn mazes and trips to the local apple farms are fall traditions with many families and groups. Make the connection to fitness and plan a club outing to a local venue. Two web sites may help with plans for such an outing: www.cornfieldmaze.com and www.urbanext.illinois.edu/apples/appleorchards.cfm. The maze web site lists four sites in Illinois with directions, prices, and other information. There are probably others in the state, so check your local papers or your Extension office. The Urban Extension web site lists farms, u-pick locations, farmer’s markets, etc. Further information is listed for each venue and the locations are divided geographically. For members interested in horticulture or crops projects, this might be a great “springboard” for talks or demonstrations or other project work.

For 4-H’ers enrolled in the dog project, members could make an effort to take their dogs on daily walks. Be sure to remind 4-H’ers to count those minutes in their physical activity. This can be an added benefit for humans as well as animals.

Get Up and Move!

University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

10/04
Get Up & Move!
Step It Up – More Every Day!

Walking is a great way to increase your physical activity every day. Make sure you talk with an adult about where you are walking and the best routes to take.

You probably have many ideas about places you can walk, and ways you can increase the number of steps you take every day. Here are some ideas:

- Walk to school every day
- Walk your dog, or offer to walk a neighbor’s dog
- Practice walking backwards – just be careful you don’t trip
- Ask your parents to park farther from the building in parking lots
- Walk to a friend’s house instead of asking for a ride
- Walk up and down the stairs at home. Make it a game by going to the top and back down, then to the top minus one step and down, then to the top minus 2 steps and down, etc.
- Walk to an older neighbor’s house to say hello or to see if they need help with any projects or chores.
- Set a time when you are playing (or working) on the computer or video games so you can take a break and move every 15 minutes. Go for a quick jog or walk twice around the house of block.
- While watching television, use the commercial breaks to see how many steps you can get in before the show starts again.
- Help your parents when you go to the grocery store. Take part of the list, find the items and bring them back to the cart.
- Unload the groceries with fewer bags at a time for more trips.
- Limit the amount of time that you spend watching television or playing computer games to NO MORE than one hour per day.
- Take a walk and don’t stop until you find a penny.
- Go for a five-minute “family walk” after dinner.

What other ideas can you add?

____________________________________________________

____________________________________________________

____________________________________________________

Adapted from WIN Kids Fun Days: It All Counts, WIN Steps, Wellness IN the Rockies, www.uwyo.edu/wintherockies
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**October**

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

**Name**

Walking is great exercise!

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

Pumpkin Peanut Butter Dip

¾ cup canned pumpkin
¾ cup peanut butter
¾ cup brown sugar, packed
1 teaspoon vanilla

Mix peanut butter, pumpkin and brown sugar until well blended.
Add vanilla, mix well.
Serve with graham crackers, bread, apple slices, celery sticks, etc.

36 1-tablespoon servings

Nutrition facts per serving: 50 calories, 2.5 g fat, 40 mg sodium, 6 g carbohydrate, 25% daily value vitamin A
Get Up & Move!

Physical Activity Series 1: October

Step It Up! (20 minutes)

Items needed for this activity:
• Water
• 2 Stop watches
• Tape measure
• Walk This Way Handouts

Background information for presenter:

Walking is the most basic of all types of exercise and we have been doing it for over 3 million years! There was a time when walking was the only way to get anywhere. Today we have machines or gadgets to do things for us. Many of us don’t have to walk to school, work or the store – or in some cases, even get up to change the television channel (remote control). Because of all of the “conveniences” that we have, many adults and kids are NOT getting enough physical exercise.

Walking is inexpensive, requires no special equipment, and can be done almost anytime and anywhere. The time it takes for a short walk is more than compensated by increased attentiveness and productivity for youth and adults. It is estimated that a child in the fifth grade should walk at least 2000 steps per day (average 22” step length). This adds up to .8 miles and takes about 15 minutes. For sixth graders, the minimum recommendation is 3000 steps per day. With a longer step length, this adds up to 1.4 miles and takes about 25 minutes.

Step 1: Information to share with club members (1 minute)

Can anyone guess what physical activity humans have been doing for OVER 3 million years – and are still doing today? (Answer – walking).

Walking is a great physical activity. It can be done nearly anywhere and nearly anytime. Who can tell me some of the benefits of walking? (Possible responses: burns calories, builds strong bones, develops a good wellness attitude, develops good posture, makes you more alert, increases or maintains muscle mass, helps control hyperactivity, helps maintain healthy weight, improves physical coordination, improves heart strength, encourages use of senses, sleep better).

Great job! Walking really is a great way to be physically active, but we also need to remember to be SAFE! If you are walking without an adult, talk to your parents about where you are walking and the best routes to take.

Step 2: Demonstration or Short Group Activity (4 minutes)

I know that all of you know how to walk, however today we are going to learn about different “types” of walking. There are three gears of walking. Let’s try each of these.

First gear: this is a SLOW easy strolling speed, no sweating, and light exertion. This type of walking burns about 3 calories per minute. Calories are units of energy we get from food and this energy fuels the body.

Second gear: this is NORMAL walking, comfortable breathing and talking, moderate exertion. This type of walking
burns about 5 calories per minute and covers a mile in about 17 minutes. This is the pace we will use when we walk.

*Third gear:* this is FAST walking, heavy breathing, sweating, and muscles working intensely. This type of walking burns about 7-10 calories per minute.

**Step 3: Group Activity (15 minutes)**

Today we are going to see how many steps we take (on average) for each minute of walking. To do this you will need to work with a partner. Once you have your partner, here are your instructions:

1. Pour some water on the sidewalk, just enough to get it wet.
2. One partner should do a little “dance” in the puddle of water to get the bottoms of their shoes wet.
3. That person should walk away from the puddle being sure to roll their foot down from their HEEL to their TOE and with a NORMAL walk.
4. Before the steps dry and disappear, the second person needs to measure the length from the **heel of the left foot** to the **heel of the right foot**. Take two or three measurements and average the step length. Record this number on the “Step It Up” worksheet.
5. **REPEAT** steps 1-5 for the other person.

Once both members of the team have determined their “average steps length,” you are ready to calculate the number of steps you walk each minute. As a group, we will walk a set distance. (Select an area nearby, perhaps once around the building or walking down to the end of the block.)

As we are walking, count the number of steps you take on this walk. We will have two people use stop watches to record how long the walk takes. Everyone should start at the same time (walkers and timers).

Once complete, everyone should record the number of steps and record the information on the “Step It Up” worksheet. Then everyone should figure how many feet they can walk during a specific time period.

Now that you have all figured how far you can walk in a fifteen minute time period, you can see how close you are to the suggested daily minimum number of steps you should be taking.

Another option for calculating your steps would be for you to get a pedometer. A pedometer counts the number of steps a person takes. It can be clipped on to your waistband and worn all day. It automatically records the number of steps you take.

**OPTIONAL ACTIVITY OR GOAL:**

Remember, walking is a great physical activity. You’ve probably already noticed that on your “Step It Up” worksheet there is a section where you can set goals for the number of minutes or the number of steps you want to walk. Think about how many you took during our walk outside and come up with a goal for yourself. We can also come up with a club goal. (See bottom section of the worksheet).

*Get Up & Move!*

Adapted from WIN Kids Fun Days: It All Counts, *WIN Steps*, Wellness IN the Rockies, www.uwyo.edu/winterockies
Get Up & Move!
Step It Up Worksheet

Name________________________________________________

1. Work in pairs. Pour some water on the sidewalk, just enough to get it wet.
2. Do a little “dance” in the water to wet the bottom of your shoes. Walk away from the puddle at a NORMAL pace leaving wet footprints. Be sure to roll your foot down from HEEL to TOE, leaving a complete footprint.
3. Have your partner measure your step length with a tape measure. Measure from where one HEEL touches the ground to where the other HEEL touches. Measure three different steps and record below.

   Step one ________ inches   Average Step Length ________ inches
   Step two ________ inches   (add three steps and divide by 3)
   Step three ________ inches

Club Walk
Number of steps I took ________ x my Average Step Length (above) ________ = total
Inches walked ________ ÷ 12 = number of feet walked ________.
Number of minutes I walked ________.

   I can walk ________ feet in ________ minutes.

Personal Goal
I will walk ________ minutes or ________ steps each day. I will turn the steps in at the next club meeting to help reach our club goal.

Club Goal
Number of members in club ________ Distance walked on our club walk ________

As a Club Goal, we will increase the number of steps we walk on an average day by ________ steps.

Adapted from WIN Kids Fun Days: It All Counts, WIN Steps, Wellness IN the Rockies, www.uwyo.edu/wintherockies
# Get Up & Move!

## Walking Log Sheet

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For more resources, visit: www.4-H.uiuc.edu/opps/move

10/04
Get Up & Move!

Walk Your Way to Better Health!
This month your children have learned about the health benefits of walking. Walking is one of the easiest ways to be physically active. It is easier on the joints than jogging or other high impact activities and has a low occurrence of injuries. Walking is also fairly inexpensive - all you need is a pair of walking shoes and comfortable clothing. Walking shoes should have sturdy soles, good arch support, and adequate heel padding. Walking may help:

- Increase energy
- Preserve mental sharpness
- Reduce stress and promote relaxation
- Strengthen and tone muscles
- Increase the body’s ability to burn calories
- Improve stamina and overall fitness
- Lower the risk of heart disease and diabetes
- Provide an opportunity to socialize with family and friends

Walk This Way
It is important that you and your children practice correct form when walking. You should walk with your chin up and your shoulders held slightly back. When you take a step, the heel of your foot should touch the ground first and your foot should roll forward. Your toes should be pointing forward when you walk and your arms should swing at your sides.

When you walk, you should start and stop slowly. Five minutes of a slow walk at the beginning and end of your workout is recommended so that your body can get used to the changes in exertion level. You and your children might also want to start and finish a walk with light stretches.

Beginning a Walking Program
The average person gets less than 6,000 steps per day. Even a half hour of daily walking can help to achieve the goal of 10,000 steps per day! To work toward this goal, you and your children might like to begin a walking program. You should set goals and keep track of your progress in a walking log, such as the one found at [http://www.4-h.uiuc.edu/opps/move/0410_walk_log.pdf](http://www.4-h.uiuc.edu/opps/move/0410_walk_log.pdf). You can also create your own log, which might include how many days you walked each week and for how long. It is important to stick to a walking schedule. Walking time should be treated like an appointment that you would not want to miss. It’s alright if you miss a few sessions or need to switch your walking times. Just try to get back on a regular schedule when possible. The important thing is that you and your children continue to move!
You and your family should try to walk together because exercising in a group is more motivating than exercising alone and can be a lot more fun! You may also want to consider forming a neighborhood walking group with your family and the families of your children’s friends. Although walking is a great physical activity, you and your family should try to add variety into your routine by incorporating other types of physical activities. These can include cycling, aerobics, dancing, martial arts, or playing a sport such as basketball or soccer.

**Ways to Step it up More Every Day**

There are many ways to incorporate more walking into you and your children’s daily routine in addition to starting a walking program. Below are some ideas of how your children can increase their number of daily steps:

- Walk to school every day
- Walk to a friend’s house
- Walking the stairs at home
- Take breaks while watching TV to walk around the house or the block
- Help find items at the supermarket or unload groceries
- Taking a five minute “family walk” after dinner

You and your children should use the suggestions listed above to brainstorm more ideas about how you can increase your daily steps. Remember that younger children should never walk alone. Make sure your children are walking with an adult or older friend or sibling at all times. Most importantly, have fun while trying to meet your daily step goals. Showing your children that they can have fun with their fitness will motivate them to become active adults!

Source: [http://win.niddk.nih.gov](http://win.niddk.nih.gov); [www.johnshopkinshealthalerts.com](http://www.johnshopkinshealthalerts.com); [http://lancaster.unl.edu](http://lancaster.unl.edu)
Get Up & Move!

Family Activity Series 1: October

Walking
This month you have learned how walking can be a great activity to do with friends and family. This month’s family activity will give you and your family the opportunity to organize a walking club with other families in your neighborhood. Your walking club can then organize a walking competition to see which family can log the most steps during the month. Each family should be encouraged to log the amount of time they spend walking every day during the month. Another option is for families to purchase pedometers to keep track of the number of steps each member takes everyday. You might be able to get pedometers donated by a local hospital or health department. You can decide to count time spent being active or the number of steps taken every day.

Participating in a walking competition can be a good way for your family to talk about the importance of being physically active every day. Before the competition begins, you might want to talk with your family about ways that you can get more steps into your day. Your family might want to set goals for how many steps you want to take during the month. At the end of the month your family can see if you met your goal. Below are a few ideas of how you and your family can increase the amount of steps you take, no matter where you are or what you are doing!

At Home:
- Do housework, including cooking, cleaning, tending a garden, or mowing the lawn
- Go for a short walk before breakfast, after dinner, or both!
- Walk or bike to a nearby store instead of driving (park farther away if you must drive)
- Walk or jog in place while watching TV
- Stand up and walk around while on the telephone

At Work:
- Brainstorm ideas with a co-worker while taking a walk
- Walk to someone’s office to speak with them instead of sending an email
- Get off a bus a few blocks early and walk the rest of the way to work or home
- Walk around your office building or neighborhood on breaks or at lunch

At Play:
- Plan family outings that include walking (hiking, backpacking, etc.)
- Walk or dance to music
- Play games at a picnic

Source: (www.americanheart.org)
Walkable Communities

This month you have learned how walking can help you to stay active and healthy. Sometimes people believe that it is difficult to find places in their community where they can walk safely. This month your club can help to make your community more “walkable.”

Today, communities can pose walking challenges with traffic, dangerous roads, and a lack of sidewalks or walking paths. Communities are trying to overcome these challenges and a national movement has started to make communities more “walkable.”

A walkable community is one in which people don’t have to always use a car for transportation. “Walkable” communities are great because they have stores, entertainment, and services all within walking distance. Some characteristics of a walkable community include:

- Town centers with a set of healthy stores
- Areas designed for people first, cars second
- Safe, adequate and appealing public places for people to gather and sit
- Easy access for people of all ages and abilities
- Main streets that are speed-controlled and interconnected, or laid out in a grid
- Many people walking

There are things your club can do this month to encourage your community to be more “walkable.” Changes usually require the help of more than one person. It might be a good idea to recruit neighbors, community leaders, local officials and business people to help you. Your first step might be to look at your community to see what could be fixed or improved, such as broken or overgrown sidewalks, or not enough stoplights and traffic signs. You could then divide the issues that you have identified in your community and break up into committees, so that each committee has one issue to work on.

Below are some problems that you might see in your community and possible suggestions for how to fix/change them.

Problem: There are no sidewalks or they are cluttered or cracked.

Solution: Contact your community’s public works department about the problem. You can also start a petition or have neighbors call local elected officials. Remind people that sidewalks make a safer, more attractive community and increases real estate values. Ask neighbors to clear walkways in front of their homes that may be blocked by bushes, tree branches, or trash.

You might even want to publish your requests in a community newsletter by writing a letter to the editor or to community residents.
**Problem:** Cars speed on neighborhood streets and don’t slow down for pedestrians. Streets may be hard to cross.

**Solutions:** Ask city or county officials to add speed bumps, crosswalks, stop and yield signs, or lights to slow traffic. You might want to attend a homeowner’s association meeting to raise awareness of the problem and to gather support. Another idea would be to ask local law enforcement to monitor streets to make sure people are driving at the speed limit and following traffic signs and lights.

Remember that changing your community to make it more “walkable” might take time. Helping to improve your community by making it easier for people to find safe places for physical activity is very empowering. Not only will you improve the livability of your community, but you will also help your community to **Get Up and Move!**

Source: [www.aarp.org](http://www.aarp.org)