Get Up & Move!

Leader Activity Guide Series 1: September

A new initiative was launched through the Illinois 4-H program in 2004 as materials were created for 4-H clubs/groups to encourage youth, parents, and leaders to Get Up and Move! Each month on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move, there will be a leader activity guide, physical activity calendar, recipe or snack, educational activity, and related web links. The goal is to encourage physical activity to help create healthy individuals, families, and communities.

Healthy Lifestyles Background Information
“[I pledge… my health to better living.” The fourth “H” of the 4-H pledge is Health. In recent months there has been much discussion about adult and youth obesity in America. A lack of physical activity has become a serious problem in the United States. Young people need regular physical activity to stay fit. Good exercise habits learned early can help young people become healthy, active adults.

The Dietary Guidelines for Americans recommend being physically active at least 60 minutes a day, most days of the week. Starting with adolescence, activity levels often decrease. Childhood and adolescence are pivotal times for preventing sedentary behavior by maintaining the habit of physical activity during the school years.

Club Roll Call
Have each member identify one item that they might find on a nature scavenger hunt.

Physical Activity Pyramid
Distribute Physical Activity Pyramid (Move It! Poster to each family: http://www.teamnutrition.usda.gov/Resources/moveitposter.html). Discuss that the Physical Activity Pyramid is similar to MyPyramid. Less time should be spent on sedentary activities such as watching TV or playing games on the computer, which are found in the upper triangle of the pyramid. More time should be spent on activities ranging from stretching/strengthening activities in the second level to more vigorous activities in the third and fourth levels of the Physical Activity Pyramid.

Physical Activity Calendars
Distribute the September Physical Activity Calendar to each member (parent and leader). Have individuals record the types of physical activity he/she complete each day and the number of minutes spent on each activity. Individuals will tally his/her total minutes for each week and then the month. Individuals should bring the September Physical Activity Calendar to the October meeting. Leaders should record each person’s monthly total on the Get Up and Move! Club Chart. The chart will be used for club challenges (see below) and impact evaluation later in the year. The September Physical Activity Calendar can be found on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move.
Educational Activity
The September educational activity (Exercising Smarts) relates to Stretching. Before starting any type of physical activity, it is important that you begin with 3-5 minutes of simple stretching activities. This helps “warm” up your muscles, making them more flexible and better able to stretch, while reducing the likelihood of muscle injury. Helping people of all ages incorporate physical activity into their daily schedule can enhance their overall quality of life. The activities in the “Get Up and Move!” materials are designed to motivate youth to move and be physically active. In addition to being fun, being physically active helps reduce obesity, creates strong bones, and contributes to enjoying better health and living longer. The Exercising Smarts Activity lesson plan and the Get Up and Move! Stretching Chart is found on the Illinois 4-H web site at: www.4-h.uiuc.edu/opps/move.

Recipes/Snacks
Each month a recipe or snack idea will be provided. This might be used for club refreshments. The recipes could be shared as a take home piece for families and will often relate to the monthly theme, activity, or season. The September snack is Stuffed Apples. The recipe can be found on the Illinois 4-H web site at: www.4-h.uiuc.edu/opps/move.

Additional Incentives
To add some fun and excitement to this initiative, clubs are encouraged to set Get Up and Move! Challenges within their club and possibly within the county. Get Up and Move! Challenges could be created between parent/leaders and members; males and females; and age groups such as 8-11, 12-14, and 15 and older. Clubs could challenge other clubs in their community or in the county.

Ties to 4-H Projects
For members/clubs interested in natural resource projects, take a nature walk to a nearby park or just around the block and try to see how many different types of trees and leaves you can identify. Use a tree identification book to see how many leaves you can correctly name. Or groups could go on a nature scavenger hunt. A list of items to find is available on the website at www.4-h.uiuc.edu/opps/move. The members are not to collect the items, but rather just check them off their list. Pair new members up with tenured members. That way a new member can meet and make new friends early in the 4-H year. After ten minutes, have the pairs report back to a central location and see how many items they were able to locate. Being active can be fun and educational too!
Find the following (Do not collect items, just list where you found them!):

- acorn
- bird feather
- maple leaf
- grass
- pine cone
- flying insect
- rock
- flower
- crawling
- insect
- squirrel

Name(s): __________________________

Find the following (Do not collect items, just list where you found them!):

- acorn
- bird feather
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Name(s): __________________________
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<tr>
<th>Name</th>
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Each day fill in what physical activity you did and how many minutes you did it.

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<th>Monday</th>
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<th>Wednesday</th>
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When you are finished, add up your minutes of physical activity. This is your total minutes of physical activity for

**September**

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**What are your Favorite Physical Activities?**

- Volleyball
- Weight Lifting
- Walking
- Track
- Swimming
- Softball
- Soccer
- Skating (ice, inline, or roller)
- Skateboarding
- Running
- Kickball
- Hiking
- Golf
- Frisbee
- Doggoball
- Bicycling
- Baseball
- Basketball
- Aerobics

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**Weekly Total**
Get Up & Move!

Stuffed Apples Recipe

½ cup peanut butter
½ cup nonfat dry milk
¼ cup crushed cereal
¼ cup corn syrup

Apples washed and cored

Instructions: In a large bowl, mix peanut butter, dry milk, crushed cereal and corn syrup. Stuff the filling into the center of the apple where the core was. Slice into circles. Will stuff 4 – 6 medium apples.

For those with peanut allergies, substitute sliced apples or low fat cream cheese as the stuffing. Be sure you have a clean cutting surface, sharp knife, and have adult supervision as the apples are cored and sliced.
Get Up & Move!

Physical Activity Series 1: September

Exercising Smarts! (15 minutes)

Items needed for this activity:
- 1 piece of “Laffy Taffy” for each member
- 1 copy of the Get Up and Move! Stretching Chart for each member

Step 1: Information to share with club members (3 minutes)
Before starting an exercise program, it is important that you have your body prepared. Who can tell us why it is important to be physically active? (Possible responses: reduce obesity, create strong bones, enjoy better health and live longer)
To be physically active you need to keep your body strong. How do you keep your body strong? (Possible responses: exercise, drink water and eat healthy food)

Today, we are going to start by learning the importance of stretching your muscles to keep your body flexible.

Step 2: Demonstration or Short Group Activity (2 minutes)
I'm giving each of you a cold piece of taffy. Now I want you to try to stretch it for 5 seconds. It is pretty hard isn’t it? Now I want you to hold the taffy in your hand for about 1 minute. I’ll tell you when to stop. Now try to stretch the taffy. It is much easier isn’t it! That is because the taffy has warmed up.
Your muscles work in much the same way. They stretch better when they are warm. Warming up your muscles makes them more flexible and better able to stretch when you do activities and this reduces injury. We want all of you to do a few stretching activities before you begin your “physical activities”. Stretching activities are part of the Move It! pyramid.

Step 3: Group Activity (10 minutes)
Here are some simple stretching techniques that you can try:

Each of these stretching activities will increase your flexibility. All of you should face me, leaving space between you and the next person. You should be at least an arms length apart. I’ll demonstrate how to stretch your muscles safely.

We are going to learn 12 different positions or stretches. Each movement is coordinated with your breathing. When you do these stretches go slowly and listen to your body. It knows what it can do. So…focus on yourself, not your neighbor. This is NOT a competitive activity. You are not racing anyone. You are preparing your muscles to “stretch” like warm taffy.

Follow along as I do each position and you can follow along at your own pace. Remember to breathe while you are doing each movement. You can also use the Get Up and Move! Stretching Chart as a guide to know when to move and when to breathe.

Now that you have tried each movement, we are going to do all 12 movements together and hold each position for 5 seconds.

Great job. When you go home tonight teach someone else one of the stretching movements you have learned and then “Get Up & Move!”
# Get Up & Move!

## Stretching Chart

<table>
<thead>
<tr>
<th>1. Mountain</th>
<th>2. Hands up</th>
<th>3. Head to knees</th>
<th>4. Lunge</th>
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<tbody>
<tr>
<td><img src="image" alt="Mountain" /></td>
<td><img src="image" alt="Hands up" /></td>
<td><img src="image" alt="Head to knees" /></td>
<td><img src="image" alt="Lunge" /></td>
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<td>Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.</td>
<td>On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.</td>
<td>As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.</td>
<td>Inhale and step the right leg back</td>
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<td><img src="image" alt="Plank" /></td>
<td><img src="image" alt="Stick" /></td>
<td><img src="image" alt="Upward Dog" /></td>
<td><img src="image" alt="Downward dog" /></td>
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<tr>
<td>Exhale and step the left leg back into plank position. Hold the position and inhale.</td>
<td>Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor.</td>
<td>Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. It’s okay to keep your arms bent at the elbow.</td>
<td>Exhale, lift from the hips and push back and up.</td>
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<tbody>
<tr>
<td><img src="image" alt="Lunge" /></td>
<td><img src="image" alt="Head to knees" /></td>
<td><img src="image" alt="Hands up" /></td>
<td><img src="image" alt="Mountain" /></td>
</tr>
<tr>
<td>Inhale and step the right foot forward.</td>
<td>Exhale, bring the left foot forward and step into head-to-knee position.</td>
<td>Inhale and rise slowly while keeping arms extended.</td>
<td>Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the sequence, stepping with the left leg.</td>
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Get Up and Move
The fourth “H” of the 4-H pledge is Health. In order to focus on better health, 4-H has started the “Get Up and Move!” program. The goal of the program is to encourage physical activity to help create healthy individuals, families, and communities. The activities teach children that being active is not only fun, but can also help to maintain a healthy weight, create strong bones and muscles, and contribute to an overall better quality of life. Physical activity is also a good way to spend more time with friends and family. If you can help your children learn good exercise habits early then they are more likely to become active, healthy adults.

Benefits of Being Active
Physical activity and nutrition work together for better health. In addition to physical benefits, being active can be mentally, emotionally, and socially rewarding. Other benefits of physical activity can include:

- Improved self-esteem
- Increased fitness level
- Stronger, healthier bones, muscles and joints
- Enhanced flexibility and posture
- Increased ability to manage weight
- Decreased risk of chronic illness

In addition, the types of physical activity that your children are involved in should be varied. This includes activities that fall into the categories below.

(1) **Aerobic Activities:** speeds the heart rate and breathing and improves heart and lung fitness. Examples include brisk walking, jogging, and swimming.

(2) **Resistance, strength bearing, and weight bearing activities:** helps build and maintain bones and muscles by working them against gravity. Examples are working with resistance bands, lifting weights, and walking. Every day weight bearing activities also include lifting groceries or textbooks.

(3) **Balance and stretching activities:** enhances physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t’ai chi.
Understanding the Pyramid
Similar to MyPyramid, the Physical Activity Pyramid was created in order to help you and your children understand what being “active” means. A sample pyramid for children’s activities can be viewed at www.madison.k12.al.us. Below is a summary of the types of activities your children can be doing and how frequently they can be done. Most of the suggestions provided can be done in groups, such as with friends or family.

<table>
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<th>Frequency of Activity</th>
<th>Suggestions of Types of Activities</th>
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| Everyday (As often as possible): | • Play outside  
• Go for a walk  
• Walk the stairs  
• Help around the house or yard |
| 3-5 times a week (At least 20 minutes of aerobic exercise or recreational activity) | • Biking  
• Swimming  
• Running  
• Roller blading  
• Soccer  
• Volleyball  
• Basketball |
| 2-3 times a week (Leisure and playtime/strength and flexibility) | • Tumbling  
• Miniature golf  
• Marital arts  
• Dancing  
• Push-ups/pull ups |
| As little as possible | • Watching TV  
• Playing computer games  
• Sitting for more than 30 minutes at a time |

In order to help your children keep track of how much physical activity they are getting, they will receive monthly physical activity calendars. You may want to help your children record the types of physical activity that they do each day and the number of minutes spent on each activity. Keeping track of physical activity minutes can help your children to set activity goals and to see their progress. Your children can then tally their monthly physical activity minutes and bring their calendars to the October club meeting.

Try to use this month to start becoming more physically active with your children and family. A fun way to be more active is to use the time you spend with your children to engage in activities that require movement. Most importantly, start having fun with fitness!

Source: (www.mypyramid.gov , www.madison.k12.al.us )
Get Up & Move!

Family Activity Series 1: September

Enjoy Nature Together
This month you have learned about activities you can do in order to incorporate more physical activity into your life. You have also learned about how physical activity can be combined with the time you spend with your family. This month you and your family can learn about nature while being active together!

Fall is a season of change when it comes to the weather and can be a great time to explore the outdoors. You and your family can take time this month to go on a nature walk to a nearby park or just around your block to see how many types of different trees and leaves you can identify. You can also do a nature scavenger hunt on your walk. You might want to invite your friends and their families to join you on your walk. You might also want to consider inviting newer members of your 4-H club so they can make new friends early in the year.

You and your family might consider taking a “field” trip to your local library to check out a book about tree and leaf identification. Some books that you might want to consider are Looking at Trees and Leaves, by Lara Bergen and Backyard Explorer Kit, by Rona Beame and Lionel Kalish. If you would like to do the scavenger hunt, a list of items that you can find is available on the 4-H website at www.4-h.uiuc.edu.opps/move. Remember that you can look and pick up the items you see on your walk, but you should return them to nature. You could also bring a camera and a notebook on your to take pictures of the trees and leaves and make notes about them. After your walk, you and your family could organize your pictures and their descriptions into a nature scrapbook. Remember to record the minutes you spend on your nature walk in your September physical activity calendar. This activity shows you that being active can also be educational and creative!
Yoga Class

This month you learned about the three important types of physical activity: **aerobic activity, resistance and strength training, and balance and stretching activities**. This month’s community activity will give you the opportunity to learn about an important stretching and strengthening activity called yoga. Yoga can be a good supplement to your regular physical activity.

Yoga is an activity that can help to relieve stress through quiet, precise movements. It focuses on calming the body through balance and concentration. The benefits of yoga go far beyond stress relief and may include:

- **Increased flexibility**: Continuous practice may increase range of motion, decreasing the likelihood of injuries when performing daily activities.
- **Management of health conditions**: The breathing used in yoga may help those with asthma, depression, low back pain, arthritis, and memory problems.
- **Weight loss**: Yoga may help people to make healthier lifestyle choices that promote weight loss.
- **Balance**: Yoga can help maintain a strong core, which helps the body with balance.

This month you and your club can try to take a yoga class in your community. Beginners usually find it helpful to learn with an instructor. The classes also provide camaraderie and friendship, which contribute to overall well-being. You might want to contact a local gym or community center to see if they offer yoga classes. Once you find a class that sounds interesting, you can contact the instructor so you know what to expect. You might want to ask:

- What are the instructor’s qualifications and where did he/she learn yoga?
- How long has the instructor been teaching?
- Does the instructor have experience working with youth?
- Is the class appropriate for beginners?
- What is the focus of the class: strength, relaxation, stress management?
- Are there any items required for the class, such as a mat?

A yoga class should make you feel energized, as well as relaxed and calm. If you do not feel this way after taking the class, ask the instructor for suggestions on techniques or for another class that might be better suited to your needs. Your experience might prompt you to enroll in a more frequent yoga class, or to practice yoga on your own using tapes or DVD’s that can be purchased or rented from local libraries.

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