Moving for Fitness! (20 minutes)

Items needed for this activity:
- score sheet and pen
- 2 Stopwatches
- yardstick
- set of stairs or 12-inch sturdy exercise step bench

Background information for presenter:
Every person has about 650 muscles in their body. Muscles come in all different shapes – flat, round, long, think and even diamond shaped. They make up almost half of your weight. There are three different kinds of muscles:
1. Skeletal muscles that move your bones and are under your control.
2. Involuntary muscles that move on their own usually.
3. The cardiac muscle, or the heart.
Muscles make your bones move up and down. Muscles work in pairs, since they can only pull on bones, not push them. One muscle pulls in one direction, and the other muscle pull in the opposite direction.

If you have time, ask the participants to answer these questions to learn more about muscles:
- Why do muscles get tired?
- Why is it important to warm up before vigorous exercise?
- How does someone pull a muscle?
- How can I strengthen my muscles?

The activities for this month come from the *Discovering Myself* (BU-6858) health curriculum, which focuses on a variety of health, nutrition and fitness topics.

Exercise makes your muscles get stronger, and sometimes larger. As your muscles get stronger, you can do more active things for longer periods of time. Strong muscles also help protect you from injuries when you exercise, because they give better support to your joints, which is where your bones meet.

**Step 1: Information to share with club members (1 minute)**
Did you know that just like your parents take care of their car so it will run smoothly, you need to take care of your body. Physical fitness means keeping your whole body including muscles, heart, and lungs in good condition. Fitness involves three things:
1. Strength – how much work your muscles do.
2. Flexibility – being able to move, stretch, and bend easily.
3. Endurance – being able to keep exercising without tiring quickly.

Think about the activities that you do every day. Chose things that are fun and that get you moving and help your heart and lungs work more efficiently. Today we are going to do some activities that will help us test just how physically fit we are.

**Step 2: Group Activity (15 minutes)**
We are going to work with a partner to test our fitness. Daily exercise can help make you more physically fit. We will have four different “Fitness Stations.” For each station you will have a score sheet to record your results.

**Step Up – Measures Endurance**
1. Find your pulse on the underside of your wrist. Count the number of beats for 30 seconds.
2. Step up onto one stair with one foot and then the other, but stay on that same step. Then step down one foot at a time. Your partner can count out loud: “Up, up, down, down.” This is one set. Try to complete two of these sets every five seconds.
3. You need to keep up this pace for one minute, then sit down and rest for one minute. Take your pulse again after the one-minute rest.
4. Record pulse rates on the fitness station score sheet.

**Jack be Nimble, Jill be Quick – measures agility**
1. Jump from a squat position. Spring into the air with a half-turn, so that you land facing your take-off point. Land with your feet together, and hold your balance for three seconds.
2. Try it several times.
3. Record results on the fitness station score sheet.
NOTE – one success out of three attempts is considered passing.

**High Diver – measures balance**
1. Pretend you are on a high dive. Up on your toes, arms pointed up, eyes closed.
2. Try to hold your balance, without moving your feet, for as long as you can.
3. Record the time on the fitness station score sheet.
NOTE - anything over 15 seconds is very good. Less than 5 seconds needs work.

**Pipe Cleaner – measures flexibility**
1. Sit on the floor with your legs out straight in front of you.
2. Bend forward and reach toward your toes. Keep yourself in that position for five seconds, trying not to bounce.
3. Have your partner measure how far past your toes you can reach.
4. Record the number of inches on the fitness station score sheet.
NOTE – the more inches, the greater the flexibility.

**Leapin’ Lizard – measures strength**
1. Place a piece of tape on the floor to mark a starting line.
2. Stand with both feet behind the line. Put your arms out behind you and then swing them forward as you leap.
3. Jump as far as you can. Hold your position once you land.
4. Have your partner measure from the start line to the spot where your heels touch down. (If your heels are not even, use the measurement of the heel closest to the starting line)
5. Record the number of inches on the fitness station score sheet.
NOTE – a distance equal to your height is excellent.
Group discussion:
After everyone completes all of the fitness stations, have everyone sit down and use the following questions to process the activity.
• Which fitness activities did you do well?
• Which fitness areas do you need to work on?
• Why do you think exercise is important to healthy living?
• How will you use exercise in the future as a result of this activity?

Hopefully these activities helped you develop a basic assessment of your own “fitness.” Testing yourself regularly in each of these areas gives you an idea of how physically fit you are. Daily exercise will make you more physically fit.

Get Up & Move!
# Moving for Fitness! – Fitness Score Sheet

### STATION #1 – Step Up – Measures Endurance

<table>
<thead>
<tr>
<th>Name</th>
<th>Pulse-before</th>
<th>Pulse-after</th>
<th>Difference</th>
</tr>
</thead>
</table>

What does the difference mean?
- If the pulse rate is the same of less – the heart is in excellent shape
- If the pulse rate is 1 or 2 beats faster – the heart is in fair shape
- If the pulse rate is 5-6 beats faster – the heart is in poor shape
- If the pulse rate is 7 or more beats faster – the heart needs work

### STATION #2 – Jack be Nimble, Jill be Quick – Measures Agility

(In attempt column record YES for successful landing; NO for unsuccessful landing.)

<table>
<thead>
<tr>
<th>Name</th>
<th>Attempt #1</th>
<th>Attempt #2</th>
<th>Attempt #3</th>
</tr>
</thead>
</table>

What does this mean?
- One success out of three attempts is considered passing

### STATION #3 – High Diver – Measures Balance

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
</table>

What does this mean?
- Anything over 15 seconds is very good. Less than 5 seconds needs work.

### STATION #4 – Pipe Cleaner – Measures Flexibility

<table>
<thead>
<tr>
<th>Name</th>
<th>Inches</th>
</tr>
</thead>
</table>

What does this mean?
- The more inches the greater the flexibility

### STATION #5 – Leapin’ Lizard – Measures Strength

<table>
<thead>
<tr>
<th>Name</th>
<th>Inches</th>
</tr>
</thead>
</table>

What does this mean?
• A distance equal to your height is excellent

Station #1
Step Up
(measures endurance)

Station #2
Jack be Nimble,
Jill be Quick
(measures agility)
Station #3
High Diver
(measures balance)

Station #4
Pipe Cleaner
(measures flexibility)
Station #5
Leapin’ Lizard
(measures strength)