Keeping Fit during Busy Times

Many families and individuals get busy with lots of extra activities, events, and chores during the holiday season and forget to continue to participate in physical activity. It’s important to keep exercising, even if it is only ten minutes at a time, two or three times a day. A quick walk around the block at home, parking at the far end of the parking lot and walking to the store entrance, shoveling snow from your sidewalk, or doing ten repetitions of endurance, flexibility, and agility exercises each morning and evening can help you continue to maintain some level of physical activity.

Roll Call Ideas

Have members respond to roll call with their favorite winter sports activity. The activity identified can be done indoors or outside.

Physical Activity Calendars

Collect the November Physical Activity Calendars from each participant. Record each individual’s total number of activity minutes on the Get Up and Move! Club Chart. One-quarter of the 4-H year is over so you might recognize those members who have increased the number of minutes of physical activity each month or recognize those members who average 30, 40, 50, or 60 minutes of physical activity daily.

Have a short discussion to talk about the kinds of physical activities members have been involved in during the past month. Remind them that as they get busy with the holiday season, it is still important that they engage in moderate activity daily. As the weather turns cooler and there is less opportunity for outdoor activity, members may need to generate some ideas of ways to stay active during the winter months. Keep a list to share with the entire group.

Reflection Questions:

Did you see an increase in the number of minutes spent in physical activity in November?
What new types of activity have you tried?
What types of activities might you do with your family? Siblings?

December 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 member tallies.
Educational Activity
How Fit Are You? This month’s educational activity for the club focuses on endurance, agility, and flexibility.

Optional Activities
Mall Walking– For all those holiday shopping trips, members may want to keep track of their steps on a log similar to the one provided in October as part of the walking activity. The walking log can be found at www.4-h.uiuc.edu/opps/move under the October section.

Recipes/Snacks
This month rather than provide you with a recipe, feel free to have members share their favorite holiday cookie or dessert recipe. Perhaps families have a favorite family ethnic recipe that they would like to share as part of your club/group’s holiday festivities. If you have a holiday party, the cookies or desserts could be part of the food provided.

Ties to 4-H Projects
In the November Leader Activity Guide, it was suggested that clubs conduct a food drive in their neighborhood to collect items for the local food pantry. If this community service project was planned, December would be the month to implement the activity. Other club/groups may choose to assist food pantries in sorting donated items and stocking the shelves since many individuals, families, and organizations collect food during the holiday season. The need is great!

To Spend or Not to Spend? – Members enrolled in the Clothing Decisions projects or the Financial Champions projects might use this activity. Members may want to compare prices on “hot items” for the holidays. See the chart for this activity provided on the Get Up and Move web site at www.4-h.uiuc.edu/opps/move. Members could report their findings at the January meeting.

Caroling in your neighborhood – If your club is enrolled in Walk in My Shoes as a club project or your club members would like to learn more about growing older, you might consider borrowing the aging sensitivity kits that many counties have and do some of the activities listed in the project manual. These could be done in preparation for a club caroling event. Your club may want to reach out to seniors and other shut-ins for an afternoon or evening of caroling fun in your community. Try to walk as much as possible between caroling stops for increased physical activity.

Get Up and Move!
To Spend or Not to Spend?

Identify up to **five different stores** that you might visit to compare prices of similar items. Try to visit different types of stores or retailers such as specialty, department, discount, factory outlet stores, or consignment/thrift shops. Identify up to **three different items** that you want to price. Try to select items with similar brands or characteristics. Identify the **price** in each store and note if the item was on sale and what the original price was. The lesson “To Spend or Not to Spend?” on pages 30-31 in the Clothing Decisions - Discovering Choice (BU-7360) project manual as well as “Shop ‘Til You Drop” on pages 31-33 in the Financial Champions - Money Moves (BU-7711) project manual may provide additional information to help you with this activity.

<table>
<thead>
<tr>
<th>Item for Comparison</th>
<th>Store Name 1: Price: Type:</th>
<th>Store Name 2: Price: Type:</th>
<th>Store Name 3: Price: Type:</th>
<th>Store Name 4: Price: Type:</th>
<th>Store Name 5: Price: Type:</th>
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<tbody>
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<td>i.e. fleece jacket</td>
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<td>i.e. DVD/ CD</td>
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What similarities/differences did you discover in comparing items from one store to another?

What was the best option for purchase of each item based on “price alone”?

How many minutes of physical activity did you participate in with this activity or how many steps did you walk?

**Note:** Additional processing questions can be found in each of the above-mentioned project manuals/activity pages.
Each day fill in what physical activity you did and how many minutes you did it.

**December**

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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**Total minutes of physical activity**

**Winter Sports**

Find the sports that you can do in the winter (that are not all outdoors)!

For more resources visit: [www.4-h.uiuc.edu/](http://www.4-h.uiuc.edu/)

**Name**