Making Physical Activity a Regular Part of Your Day

Physical activity is a good way to improve your health and have fun! It means moving your body. Look around, whether you live in the city, in the country, or in between, you’ll find ways to be active. Remember to improve your health and fitness; you need to get at least 30 minutes of moderate physical activity as part of your 60 minutes of daily activity. Moderate physical activity is defined, as any activity that takes about as much energy as a brisk walk – for the average person, this is a pace of about 2 miles in 30 minutes.

Youth need to choose activities that they enjoy and can do regularly, based on the season. They may need help in thinking creatively about how they can fit those activities into their daily schedule. Youth may need help in keeping it interesting by doing different activities on alternating days. What is important is to be active most days of the week and to make it a regular part of the daily lifestyle. Try to think of ways to get the whole family involved. Try to be ready for activity wherever they are. Most importantly…have fun while you move!

Club Roll Call
Think of the person whom you thanked most recently and tell who that person was and why you thanked them.

Physical Activity Calendars
Collect the January 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/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?
Have you increased your amount of physical activity from December to January?
What types of physical activities could you do outside during cold weather?
What types of physical activities could you do inside during cold weather?

February Physical Activity Calendars are on the web site at www.4-h.uiuc.edu/opps/move. The February calendar asks members to identify “red” foods in honor of heart month. 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 individual tallies.

Try This! Talk Your Head Off – To see if you are engaging in moderate physical activity, here’s a way to see if your body is getting a good workout. If you can talk while doing a physical activity, you’re probably moving at a pace that’s right for you. If you’re too
breathless to talk, slow down. And if you can sing, you may not be working hard enough – so get moving!

Educational Activity
Fitness is fun! This month the Physical Activity Guide includes an Exercise Name Game to help members think of multiple options for exercising. It can also be fun way for members to learn a little more about their fellow club members. Jumping Jack Fun is the featured physical activity in the guide. Club members will determine how long it takes to do 50 jumping jacks. This activity could be expanded to a 4-H club “Jumping-Jack-athon” where pledges for the number of sets of jumping jacks completed is paid in canned goods, which could be donated to the local food pantry.

Recipes/Snacks
Chinese New Year is a time for celebrating and making a fresh start. In addition to feasting with friends and family, people pay their debts, buy new clothes, and clean their houses. The color red represents happiness, prosperity, and good fortune so there are lots of red clothes and decorations. The 15-day celebration ends with the Lantern Festival when people enjoy parades and special dances. So celebrate Chinese New Year – the year of the Rooster, in February with Egg Drop Soup!

Ties to 4-H Projects
In 4-H, there are a variety of projects related to the communications area. In the Public Presentations area, each 4-H member is encouraged to give a talk, illustrated talk, or demonstration in at least one project area annually. There are often county and state contests in this area. Last month we suggested that members might want to identify topics related to physical fitness or health and to enter the county Public Presentations Contest. As we mentioned last month, members may want to use the information in the “Poster-Making Tips” support piece to create posters for February as “Heart Healthy” month. Or clubs might make Valentine’s Day an opportunity to create thank you notes for individuals who have been helpful to the club or to individual members during the past few months and then hand-deliver them on February 14. See our “Thank You Note Tips” support piece on the web at www.4-h.uiuc.edu/opps/move.

Get Up and Move!
Thank You Note Tips

Writing thank you notes is a good social and communication skill for youth to learn. Whether it is a gift or a thoughtful gesture, there are many instances where a written note of appreciation can acknowledge the generosity and thoughtfulness of the giver. Youth also get to practice their writing and penmanship skills.

Here are some tips to consider when helping youth learn writing thank you notes:

• Be positive when talking about writing thank you notes. Explain to youth that writing thank you notes is a thoughtful way to show appreciation to someone who has been helpful to him or her.

• Be creative and have fun! Provide colorful paper, crayons, pens, pencils and markers. Let youth decorate note cards with stickers, pictures, photographs, glitter, or rubber stamps. Youth can even trim edges with decorative-edged scissors. Consider including a photograph of the youth with the gift.

• Keep instructions short and simple. Younger youth may need more concrete, step-by-step guidance. Help youth clarify what he/she wants to say to the giver by asking the following questions before youth start writing. (Youth may need to start with a practice sheet of paper.)

  Who gave a gift or did something nice? ______________________________
  What was it? __________________________________________________
  When, where & why was the gift given? For a special occasion? ______
  When did someone do something nice? _____________________________
  What will the youth do with the gift? _____________________________
  Has anyone made a nice comment about the gift? _____________________

• Help youth understand the idea of thanking others and on the effort they are putting into writing the thank you note.

• Show by example. Youth learn to be courteous and responsible by watching parents and other adults. Be sure to promptly write thank you notes to 4-H'ers and 4-H families when appropriate.

Source: Ohio State University Extension Fact Sheet HYG-5170-96 – Being Courteous to the Gift Giver
### February Calendar

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<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Weekly Total</th>
</tr>
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Each day fill in what physical activity you did and how many minutes you did it.

**Name** ________________________________

**February**

**total minutes of physical activity**

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**Can You Name the Red Foods?**

Fill in the blanks to identify red foods - in honor of heart month.

- str_w_err_
- _ed_p_pp_r
- _ppl_
- rad_sh
- _ed_p_tat_
- gr_pe
- sp_ghe_ti_sau_e
- re_ra_pb_rry
- _omat_s_up
- b_et
- cra_be_ry
- sals_
- cinn_mon
- _herr
- ch_li
- h_t_d_g
- re_on_on
- k_tchu_
Get Up & Move!

Egg Drop Soup

Chinese New Year - February 9 through 23, 2005 – Year of the Rooster

Chinese New Year is a time for celebrating and making a fresh start. In addition to feasting with friends and family, people pay their debts, buy new clothes, and clean their houses. The color red represents happiness, prosperity, and good fortune so there are lots of red clothes and decorations. The 15-day celebration ends with the Lantern Festival when people enjoy parades and special dances.

Celebrate Chinese New Year in February with Egg Drop Soup!

2 cups chicken broth
3 Tablespoons water
1 Tablespoon cornstarch
1 egg, lightly beaten
10 to 12 fresh or frozen snow peas (thawed)
1 green onion, finely sliced
¼ cup finely chopped ham (optional)

Bring the chicken broth to a simmer over medium high heat. In a small bowl combine the water and cornstarch, stir the cornstarch mixture into the broth. Bring the broth to a boil and then remove it from heat. Slowly pour in the egg and gently stir it with a fork in one direction only, stirring slowly for long strands of egg, more rapidly for thinner shreds. Add snow peas, green onion, and ham.

Serves 4.

Nutrition information per serving:
100 calories, 3 grams fat, 60 mg. cholesterol, 1080 mg. sodium, 1 gram fiber, 10 grams protein. Using reduced sodium chicken broth or preparing your own could reduce sodium.

Optional Snack: For the less adventurous, serve fortune cookies but have members make up their own proverbs or sayings related to health, nutrition or physical fitness!