**Get Up & Move!**

**Leader Activity Guide**  
**Series 1: January**

### Setting those New Year's (Physical Fitness) Resolutions or Goals

New Year’s is the time to make resolutions or set new goals. Goal setting is an important life skill that can be learned through 4-H. Having goals is like having a road map. It helps you decide how you get to where you want to go. There are three parts to measurable goals: **action, result, and timetable**. An example would be: “I will increase my minutes of physical activity by five minutes per day each month for the next three months.” The **action** is “increase my minutes of physical activity”; the **result** is “by five minutes per day each month”; and the **timetable** is “for the next three months.” Just as 4-H members are encouraged to set goals in each of their projects, they may also want to set physical activity goals for the winter and spring months when the temptation is greater to stay indoors and be a “couch potato.” You may want to spend some time at your January club meeting setting physical fitness and project goals, if members are just receiving their project manuals.

### Physical Activity Calendars

Collect the **December 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?
- What types of physical activity have you been doing indoors since it is cooler outside?
- How can you prepare for outdoor physical activity during the winter months?
- What types of physical activities might you do with your siblings? Parents?

**January Physical Activity Calendars** are now on the web site at [www.4-h.uiuc.edu/oppm/move](http://www.4-h.uiuc.edu/oppm/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 individual member tallies.

### Educational Activity

“Olympic Fitness” is the educational activity for January. There are three short physical activities outlined in the **January Physical Activity Guide**. Just as in the Olympics where athletes set goals and work to make progress toward those goals, the Olympic Fitness activities help members to understand the concept of striving to improve performance. Through **Get Up and Move!** 4-H members are encouraged to set goals.
for minutes of physical activity and to increase the number of minutes each month until they reach the goal of sixty minutes of physical activity daily. The Olympic Fitness Activity lesson plan and the Olympic Evaluation Form for recording the results of the three activities can by found on the Illinois web site at www.4-h.uiuc.edu/opps/move.

The optional activity, Keep Moving If..., discusses the fruit group of the Food Guide Pyramid. Citrus fruits are a popular choice for the winter months. You may want to bring a variety of these fruits in for members to try or have them brainstorm as many different citrus fruits as they can identify.

Recipes/Snacks
The recipe/snack for January is Snowman Bread. It can be found at www.4-h.uiuc.edu/opps/move. This recipe could be made ahead of time and served as the snack. By using frozen bread dough, the club members might make their own bread during the program time at the regular club meeting. The recipe features the use of whole grain flour. Bread is included in the base of the Food Guide Pyramid.

Ties to 4-H Projects
Communications – The late winter or early spring months are often when county 4-H public presentation contests are held. For roll call in January, ask members to respond with a possible topic for a talk or demonstration related to physical activity or fitness. Encourage members to present those talks/demos to the club in February or March and to enter in the county Public Presentation Contest. Check out the public presentation materials on the web at http://www.4-h.uiuc.edu/projects/online/ref.html#communications. If members are going to present illustrated talks, please share the support piece on “Poster-Making Tips”.

4-H Cloverbuds – 4-H community clubs might want to create an “Olympics” activity for Cloverbud members of their club or invite 4-H Cloverbud age youth to this activity as a recruitment tool for next year. Members who are enrolled in Leadership and/or Child Development could provide the manpower behind the organization of such an event.

February is “Heart Healthy” month. Club members may want to create posters to display in their community to promote “heart healthy” activities. Our February educational activity will feature activities from the Ohio State University Extension Cloverbud Series I curriculum – Fitness is Fun in the Healthy Lifestyles section and Food Drive: Jumping-Jack-athon in the Citizenship/Civic Education section.

Get Up and Move!
Poster-Making Tips

Posters are a great way to present information in a visual format. The poster’s topic should be clear at a quick glance and appealing so that people will stop and read more. Here are some tips to make sure that your poster looks good:

- Make sure your poster is attention getting. Remember you want people to take the time to read about what you have done.
- Include information that is brief and easy to read.
- Make it neat! Even if you have really great information on your poster, no one is going to take time to read it if it is messy!
- Watch out for clutter! Don’t try to put too much information or graphics on a poster.
- Include pictures or charts if they help explain your project work.
- Check your spelling and then check it again. Misspelled words can be very distracting.
- Use intense colors. Try dark lettering against a light background. This is usually easiest for people to read.

Before you begin designing your poster, think about what the audience needs to know about a single subject or topic. Create a list to help narrow your main points.

Also consider places where you might place your poster on display – a school bulletin board, doctor or dentist offices, shopping malls or stores, or in a public building -- like a library, post office, courthouse or Extension office. Make sure you ask permission before putting your poster up for display.

Begin work on your poster by sketching out a few rough drafts on plain paper. Ask your family or friends which draft they like best and then begin work on your poster.

On the reverse side of this page you will find a small version of a poster with some additional tips.

University of Illinois Extension provides equal opportunities in programs and employment.

Adapted from a fact sheet prepared by Lisa Woessner, Youth Development Educator. 12/04
POSTER

(The title of your poster should be in large print. People should be able to read it from a distance.)

Posters should attract attention and get an idea across quickly. You don’t need to be an artist to create a great poster. They key to a good poster is simplicity. Simple Words -- Simple Message -- Simple Design.

Use horizontal letters; they are easier to read. Vertical lettering can be hard to read.

| Read | Read |

Lettering Guides: If viewed from 8 feet, letters should be 1/4-inch tall. If viewed from 16 feet, letters should be 1/2-inch tall.

Allow for fairly large areas of unused or open space (sometimes referred to as “white space”). A design begins to look crowded when the open space falls below 20 percent of the total area.

Consider using dark letters on light backgrounds or light letters on a dark background.

| letters | letters |

Illustrations or pictures should relate to what you are saying in your poster and should be easy to understand.

My kitten likes

Use a letter style that’s easy to read. Fancy letters are neat, but they can be hard to read.

Sample

Sample

SAMPLE

Neatness does count. Watch out for fingerprints and smudges.

Spelling counts too.

This is my drawing of an electric circuit board.

Watch out for clutter! It is tempting to include all of the information we know about a topic. Remember if your poster doesn’t look easy to read people aren’t going to read it.
<table>
<thead>
<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>
</thead>
</table>

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

**Name** ____________________________

**January**

**total minutes of physical activity**

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### Make Goals to Increase Activity

Ready to set goals for the new year? Fill in the blanks to identify ways to increase your activity level.

1. Walk more! Try walking laps around the gym or through the hallways at school. Other places:

2. Take the stairs! Where can you walk up and down stairs and how many times can you do it?

3. Try a new sport! Which one(s) will you try?

4. Walk the dog! If you don't have a dog, volunteer to help a friend or neighbor.

5. Earn extra $$. Move your body while earning money: mow lawns, weed gardens, shovel snow, clean garages, wash cars.

6. Turn up the music...and dance! Learn a new dance: ________

7. Join a class - move with kickboxing, aerobics, tae kwon do, or ________

8. Baby-sit: Toddlers can move and move fast! Can you keep up?

9. Try outdoor fun! Build a snowman or ________
**Snowman Bread**

5 1/2 cups all-purpose flour (or 2 cups whole wheat flour and 3 cups all-purpose flour)
2 tablespoons brown sugar
2 teaspoons salt
1/2 cup warm water
1 1/2-ounce package active dry yeast
Pinch of sugar
1 1/2 cups warm milk
4 tablespoons softened butter
1 egg white, slightly beaten
Raisins, dried apricots, fruit roll-ups

In a large mixing bowl, combine the flour, brown sugar, and salt. Set aside. Pour warm water (100°F) into a large bowl and sprinkle in the yeast and a pinch of sugar (1/4 teaspoon). Stir and let the mix sit for 5 minutes, until bubbles begin to appear. Stir in the warm milk, butter, and 2 cups of the dry ingredients. Stir in the remaining dry ingredients 1 cup at a time, mixing until the dough is stiff.

Turn the dough out onto a highly floured countertop and knead for 5 to 10 minutes or until the dough becomes smooth and springs back when touched. Grease a large mixing bowl, place dough in the bowl, and cover it with a clean dishtowel. Let the dough rise for about 1 1/2 hours or until double in bulk.

Punch down the dough and turn in out onto a lightly floured countertop. Divide it into 16 to 20 pieces (1 for each snowman). Cut off the top third of each piece and shape it into the snowman’s head: shape the larger piece into a ball for the body. Place the 2 balls on a baking sheet and pinch them together. Repeat with the remaining pieces. Cover and let rise for 30 to 45 minutes.

Heat the oven to 350°F. Brush with slightly beaten egg white and decorate with raisin eyes and buttons, a dried apricot nose. Bake for 20 minutes or until golden brown. Cool on racks. Cut fruit roll-ups into 1/2” strips for scarf.

Could use frozen bread dough. Allow the dough to thaw in refrigerator. Then proceed with shaping the snowmen.

Nutrition information for each (16): 190 calories, 4.5 g fat, 10 g cholesterol 300 mg sodium, 32 g carbohydrate, 3 g fiber and 5 g protein.

Bread is part of the grain group which is on the left side of MyPyramid. For good nutrition, it is recommended that youth (age 10), male or female who get 30-60 minutes of daily physical activity consume 6 ounces from the grain group each day. Foods from this group supply carbohydrates, protein, iron, B vitamins and fiber. Half of the servings from this group should be whole grains. Whole grains are rich in fiber that is needed for the proper functioning of the intestinal tract.