Feedback on Get Up and Move! Initiative
Every club that has taught one or more of the activities from the Get Up and Move! Initiative is encouraged/welcomed to return the Get Up and Move! Survey is posted on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move. The results will be used to improve and expand this initiative for the next 4-H year. If you have trouble downloading the survey, ask your local Extension office for a copy. Deadline for surveys to be returned to the State 4-H Office is August 31. Send to 1902 Fox Drive, SuiteA, Champaign, IL 61820.

Club Roll Call
Two ideas for roll call for June are included. One is to have members name their favorite dairy food in honor of June is Dairy Month. Remember that most youth need three cups of calcium-rich foods from the milk group each day. Try to choose low-fat or fat-free milk products.

The second roll call idea is to use the Bicycle Parts List and Bicycle Parts Poster on the web site at www.4-h.uiuc.edu/opps/move and have members make a circle by completing a bicycle. Each member should receive a slip of paper with a bicycle part listed on it. As they respond to roll call, they should come to the front of the room and stand next to the person that their “part” attaches to. When everyone has completed roll call, a complete bicycle should be formed.

Physical Activity Calendars
Collect the May 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?
Did you increase your average number of physical activity minutes over last month?
What types of physical activities might you do now that summer is here?
What precautions do you need to take in the hot weather?

June 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 individual tallies.
July Physical Activity Calendars will be provided in June. At the end of July, please tally all of your club members’ minutes on the Get Up and Move! Chart and send your completed chart to the State 4-H Office by August 31. Be sure to include the 4-H organizational leader name and address as well as club name on your chart.

We will not be providing Get Up and Move! materials for August. Instead, we encourage you and your members to join us at the Illinois State Fair and expend your physical activity minutes walking around the fairgrounds to all the exhibits and attractions. Walking routes with distance information will be marked on the fairgrounds. Your club may wish to consider having marked walking routes at your local fair to encourage others to Get Up and Move!

Educational Activity
The Physical Activity Guide for June focuses on Bicycle Adventures. Riding a bike is a great way to spend our physical activity minutes. Today, members will have the opportunity to observe a bicycle helmet safety demonstration, try on bicycle helmets, and participate in two reaction tests.

Recipes/Snacks
June is Dairy Month! In honor of this food group, the recipe for the month is Create-a-Smoothie. The recipe can be found at www.4-h.uiuc.edu/opps/move. Be sure to observe good food safety techniques as well by keeping cold food cold and hot foods hot during these warm summer months.

Ties to 4-H Projects
The Get Up and Move! activities this month fit nicely with the 4-H Bicycle project. Members who are interested in this project may be able lead the activities in the Physical Activity Guide or help plan a community service project such as a bicycle rodeo or a bicycle safety clinic in your community. A Bicycle Skills Course Description is included at www.4-h.uiuc.edu/move to help you set up a course and evaluate the skills of participants. You might also consider planning a club bicycle ride either around your community, on a local bicycle trail, or on a rural road with low traffic usage. Be safe!

Additional resources that may be used with a bicycle clinic or rodeo are on the web site www.cyberdriveillinois.com/publications/kidspub.html. These include the Illinois Bicycle Rules of the Road, Bicycle Safety Tips, and Bicycle Skills Course Instruction Manual. At www.bikelib.org resources on Illinois Bicycle Maps, Bicycle Trails in Illinois, and Safety Education are available under the Safety Education and Trails sections.

Members might also raise funds to provide bicycle helmets for children with limited financial resources. Helmets might be distributed through the local police department, health department, or hospital.

Get Up and Move!
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<th>Bicycle Parts</th>
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<td>Saddle</td>
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<td>Handlebar</td>
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<td>Tire Valve</td>
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<td>Chain Guard</td>
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<td>Rear Reflector</td>
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Bicycles and Equipment

When people practice responsible bicycling, the activity becomes safer and more fun. By being safe and having your bicycle fitted with the proper equipment, you reduce the chances of an accident. Your state laws indicate the minimum requirements for safety equipment, but to ensure your own protection the best practice is to have more than the minimum safety items on your bike.

Parts of a Single Speed Middleweight Bicycle
- Saddle
- Handlebar
- Rear reflector
- Brake
- Fender
- Chain wheel
- Light
- Fork
- Spoke
- Chain
- Pedal
- Chain guard
- Rim
- Hub
- Tire valve

Parts of a Lightweight Multi-speed Bicycle
- Saddle
- Top tube
- Drop bars
- Seat tube
- Rear brake
- Hand brake lever
- Gear shift lever
- Front brake
- Fork
- Spokes
- Rim
- Down tube
- Hub
- Pedal
- Chain wheel
- Tire valve

Parts of a BMX, Motocross Bicycle
- Brake levers
- Grips
- Brake cable
- Saddle
- Pads
- Handlebars
- Top tube
- Stem
- Fork
- Seat post
- Seat post clamp
- Pedal
- Down tube
- Spoke disc

Camp Clover 2005
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Each day fill in what physical activity you did and how many minutes you did it.

For more resources visit: www.4-h.cuc.edu/dgppmove

Dairy Foods

Name:

June Is National Dairy Month. List the dairy foods you eat each day.

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

06/05
Get Up & Move!

Create-a-Smoothie

Select ingredients – place in a blender – mix – pour – enjoy!! Refrigerate any leftovers.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Milk &amp; Yogurt</th>
<th>Extras</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, frozen or canned</td>
<td>Select nonfat or low fat</td>
<td>Add to flavor or thicken</td>
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<tr>
<td>juice</td>
<td>(About 1/3 cup)</td>
<td>(Small amounts)</td>
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<tr>
<td>(Pick 1 to 3 fruits to equal</td>
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<tr>
<td>about 1/3 cup)</td>
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<tr>
<td>Bananas</td>
<td>Milk</td>
<td>Ice cubes</td>
</tr>
<tr>
<td>Peaches</td>
<td>Chocolate milk</td>
<td>Honey</td>
</tr>
<tr>
<td>Pineapples</td>
<td>Yogurt (plain or flavored)</td>
<td>Crushed ice</td>
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<tr>
<td>Cherries</td>
<td>Buttermilk</td>
<td>Fruit juice</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Evaporated milk</td>
<td>Nutmeg</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Powdered milk</td>
<td>Maple syrup</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Soy milk (non-dairy option)</td>
<td>Cinnamon</td>
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<tr>
<td>Apples</td>
<td></td>
<td>Peanut butter</td>
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<tr>
<td>Blueberries</td>
<td></td>
<td>Vanilla flavoring</td>
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<tr>
<td>Oranges</td>
<td></td>
<td>Instant pudding</td>
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<tr>
<td>Applesauce</td>
<td></td>
<td>Frozen yogurt (low fat or nonfat)</td>
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<tr>
<td>Raspberries</td>
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<tr>
<td>Honeydew melon</td>
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</table>

My Favorite Smoothie

4 frozen strawberries
2 2-inch pieces frozen banana
3 ounces low fat vanilla yogurt
2 small ice cubes
3 Tablespoons orange juice
Dash of cinnamon
Serves one.

Nutrition information: 200 calories, 1.5 g fat, 10 mg cholesterol, 60 mg sodium, 3 g fiber, 15% calcium and 90% vitamin C daily recommendation
Get Up & Move!

Physical Activity

Series 1: June

Bicycle Adventures (37 minutes)

Items needed for this activity:
- 12” Rulers – 1 for every 2 participants
- Bicycle Helmets – 1 for every 4-5 participants
- Reaction Time Cards & pencils
- Road Signs
- Bicycle Skills Course Description Handout
- 2 containers of Jell-o® & plastic wrap

Background information for presenter:
Bicycle riding is a great way to get exercise and have fun. Included in this Physical Activity Guide are activities designed to reinforce bicycle safety.

Step 1: Information to share with club members (1 minute)
Riding a bicycle is something that most people learn to do at a young age. It is also a great way to get exercise. How many of you have ridden a bicycle at least once during the past week? How many of you have ridden your bicycles in a town or city setting? How many of you have ridden on country roads? How many of you have ridden on bicycle paths? No matter where you ride there is one important piece of information that you all need to remember – be a safe bicyclist. Today we are going to talk about several different elements of bicycle safety, we have a bicycle helmet demonstration to reinforce why it is important to wear your helmet EVERY time you ride, and we are going to see if you know your “bicycle rules of the road.”

Step 2: Helmet Safety Demonstration (4 minutes)

Before the meeting – Prepare two bowls of Jell-o® before the participants arrive – or use two of the prepared individual serving cups of Jell-o®. One serving of the Jell-o® must be placed in a bowl with a lid. The other serving does not need a lid.

We are going to see what happens when the “brain” has no protection – which is just what happens every time you ride your bicycle WITHOUT your helmet. The Jell-o® represents your brain. The bowl represents your skull. You might think that your brain is completely protected by the skull when it is shaken or jarred – however the skull does not really offer the type of protection that is needed.

The best way to see what can happen is by doing a demonstration. First we will check our “un-protected” brain, in other words, your brain with no helmet. I will need you count to 10 – approximately 10 seconds. We are going to see what could happen to our brain that could change our lives forever in just 10 short seconds. When I say go, start counting. Go!

Pick up the container of Jell-o® with the lid on. Shake the container rapidly while participants count to 10. Once you are finished, open the bowl so participants can see the condition of their “brain”. Allow them to offer comments.

So…what does the brain look like? This is why it is important to protect your brain. Now, let’s try this again, only this time I’ll use a new container of Jell-o®. This time we will add a protective layer – which represents a helmet. This piece of plastic and my hand represent the helmet. We’ll count to 10 again so that we are using the same guidelines. Ready, go.

Cover Jell-o® with plastic wrap. Place your hand on the plastic wrap and shake the Jell-o® while the participants count to 10.