Healthy Community Environment
With spring approaching, people are beginning to think about outdoor activities again. Your club may want to do a “Healthy Community Environment Assessment” of your community or neighborhood by making a list of community parks, trails, and other facilities that encourage physical activity. Individual members may want to continue this assessment by checking the sidewalks, paths, and equipment for needed repairs and/or by making a list of the availability of recreational opportunities at these locations. This information could be shared with 4-H families at the next club meeting and with local government officials (village board, park district officials, forest preserve staff, etc.)

Club Roll Call
March is National Nutrition Month. This would be a good time to refer members back to MyPyramid. Ask members to name a green food item as they respond to roll call. The secretary might record the list of the foods shared and then the whole group could spend a few minutes dividing them into food groups according to the MyPyramid. See if your club can list “green foods” for all of the food groups.

Physical Activity Calendars
Collect the February 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?
Do you think you’re getting enough physical activity? Why?
How can you fit more regular physical activity into your life?
What types of physical activities might you do outside now that the weather has warmed up?

March 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.
The answers to the word scramble on the March calendar are: pepper, green beans, celery, cabbage, lettuce, avocado, lime, broccoli, peas, and zucchini.

**Educational Activity: Active Forces**
This month the educational activities will include several “mini-activities” related to the aerospace project and to getting up and moving. Youth who are enrolled in the aerospace project might be excellent resources to lead these activities at your club meeting.

Being physically active may include doing many different kinds of movements and games. You don’t have to have special equipment or go to other locations for some of these activities. The educational activity guide provides you with several different games that the club might play this month.

**Recipes/Snacks**
This month two recipes are provided for club refreshments. Tying in to the “green foods” list on the March calendar and the St. Patrick’s Day holiday, the recipes are St. Patrick’s Cereal Bars and Shamrock Shakes.

**Ties to 4-H Projects**
March is traditionally regarded as a windy month. With the beginning of better outdoor weather, kite flying might be a fun, outdoor activity. For members interested in kites, they might consider enrolling in the Aerospace project. There is at least one activity about kites in each of the Stage 2, 3, and 4 project manuals. A club program suggestion for the month might be a presentation on kite safety by someone from the local power company. A supplemental handout on “Kite Safety Guidelines” from the American Kitefliers Association is provided on the web site at www.4-h.uiuc.edu/opps/move. This handout might be distributed to local libraries or posted on school or day care bulletin boards.

**Get Up and Move!**
Kite Safety Guidelines

1. Wear gloves to protect your hands from cuts and burns from the flying line.
2. Never fly a kite in wet or stormy weather.
3. Never fly a kite where it may fall on a power line.
4. If a kite should become entangled with a power line, do not attempt to free it. Report the situation to the local power company and ask for their help.
5. Do not use a metallic part more than one inch long in constructing a kite.
6. Never use wire or metallic line to fly a kite. Always keep your line dry.
7. Do not fly from or over a street or highway.
8. Avoid trees – they eat kites. If you should lose a kite to a tree, loosen the line and let the wind blow it out. Do not climb the tree.
9. Do not fly near airports.
10. Avoid holes in the ground, gullies, and slopes as well as broken glass and any other debris on the field.
11. Do not allow your flying lines, particularly maneuverable kite lines, to touch any bystander.
12. Use extreme caution when launching and flying large kites.
13. Do not fasten yourself to your flying line unless you have an efficient quick release system.

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<td>Each day fill in what physical activity you did and how many</td>
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For more resources visit: www.4-H.uiuc.edu/safemoves

Green Food Scramble

The letters in the box are related to green foods.

Green symbols you pick! Use them to make recipes with your meals.

For example:
- Kale
- Spinach
- Broccoli
- Brussels Sprouts

For more resources visit: www.4-H.uiuc.edu/safemoves
Get Up & Move!

St. Patrick’s Cereal Bars

2 tablespoons margarine
20 regular marshmallows
5 cups crisp rice cereal
2 tablespoons green colored gelatin

Melt margarine in a large saucepan over low heat. Add marshmallows and gelatin and stir until completely melted. Remove from heat and add cereal, stirring until coated. Press mixture into a greased 11” x 7” pan. Cut into bars when cool.

Microwave instructions:
Combine margarine and marshmallows in 2-quart glass, microwave-safe bowl. Microwave (high), uncovered, 2 1/2 to 3 minutes or until marshmallows are puffed. Add green gelatin; mix until combined. Stir in cereal until well coated. Press mixture into a greased 11” x 7” pan. Cut into bars when cool.

Nutrition facts per bar: 90 calories, 1 gm fat, 0 mg cholesterol, 95 mg sodium, 18 gm carbohydrate

Get Up & Move!

Shamrock Shakes

1 ripe banana
2 cups lime sherbet
2 cups 2% milk

Blend all ingredients together in a blender.

Makes 4, 3/4-cup servings

Nutrition facts per serving: 200 calories, 4 gm fat, 15 mg cholesterol, 100 mg sodium, 36 g carbohydrate.