Healthy Lifestyles Background Information
Walking is a good, all-around workout for the human body, with a low occurrence of injuries. Walking is inexpensive, requires no special equipment, and can be done anytime, anywhere. If you are not physically active, begin by walking just a few minutes each time and gradually build up to 30 minutes of accumulated activity a day. Walk at a pace that allows you to carry on a conversation. If you become winded and cannot talk in conversational tones, slow down until you can. As you increase your pace and length of time walking, your heart and lungs will become more efficient. Depending on your condition, if you have been inactive, you will benefit from a slower pace. If you have been active and are in better shape, you will have to walk faster and/or farther to improve your current condition.

Club Roll Call
Have each member identify a “destination” to which they could walk on a daily basis. (Hint: school, neighborhood park, around the block, to a friend’s house.)

Physical Activity Calendars
Collect the September 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 with your siblings? Parents?

October 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). If you are just starting with this program in October, that’s fine. Please be sure to use the Get Up and Move! Club Chart each month to record the individual tallies.

Educational Activity
The October educational activity is Step It Up! This activity helps members measure the length of their steps and to measure how many steps they can walk in one minute. Individual members and the whole club can then set goals for the number of steps or minutes they plan to walk. This month there is the educational activity guide, a Step It Up! Worksheet, a Walking Log Sheet, and a family handout titled Step It Up – More Every Day! These sheets can be found at www.4-h.uiuc.edu/opps/move.
Walking Routine
If you and your members are going to start on a regular walking routine there are several fact sheets on the following “Walk Around Illinois” web site that might be helpful. The sheets are titled Walk Your Way to Good Health: Tips to Making Walking Safe and Fun, Move More Everyday Guidelines, and Step It Up! Stride Calculator Guidelines. These can be found at http://wellnessways.aces.illinois.edu/walkday/. If your members find that walking is a preferred method of getting more physical activity, we have also posted a Walking Log on the web site that can be used to track monthly how much they “Step It Up!”

For those interested in starting a serious walking campaign, many county Extension Offices may offer pedometers for sale. Cost is approximately $15 each. Pedometers count the number of steps a person takes. It can be clipped on to a waistband and worn all day. For adults to remain healthy he or she should walk 10,000 steps a day.

Recipes/Snacks
The October snack is Pumpkin Peanut Butter Dip, which can be used with apples, celery, graham crackers or crackers. The recipe can be found on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move. The recipe can be used for club refreshments and can be shared as a take home piece for families.

Ties to 4-H Projects
Outings to corn mazes and trips to the local apple farms are fall traditions with many families and groups. Make the connection to fitness and plan a club outing to a local venue. Two web sites may help with plans for such an outing: www.cornfieldmaze.com and www.urbanext.illinois.edu/apples/appleorchards.cfm. The maze web site lists four sites in Illinois with directions, prices, and other information. There are probably others in the state, so check your local papers or your Extension office. The Urban Extension web site lists farms, u-pick locations, farmer’s markets, etc. Further information is listed for each venue and the locations are divided geographically. For members interested in horticulture or crops projects, this might be a great “springboard” for talks or demonstrations or other project work.

For 4-H’ers enrolled in the dog project, members could make an effort to take their dogs on daily walks. Be sure to remind 4-H’ers to count those minutes in their physical activity. This can be an added benefit for humans as well as animals.

Get Up and Move!
Step It Up – More Every Day!

Walking is a great way to increase your physical activity every day. Make sure you talk with an adult about where you are walking and the best routes to take.

You probably have many ideas about places you can walk, and ways you can increase the number of steps you take every day. Here are some ideas:

- Walk to school every day
- Walk your dog, or offer to walk a neighbor’s dog
- Practice walking backwards – just be careful you don’t trip
- Ask your parents to park farther from the building in parking lots
- Walk to a friend’s house instead of asking for a ride
- Walk up and down the stairs at home. Make it a game by going to the top and back down, then to the top minus one step and down, then to the top minus 2 steps and down, etc.
- Walk to an older neighbor’s house to say hello or to see if they need help with any projects or chores.
- Set a time when you are playing (or working) on the computer or video games so you can take a break and move every 15 minutes. Go for a quick jog or walk twice around the house of block.
- While watching television, use the commercial breaks to see how many steps you can get in before the show starts again.
- Help your parents when you go to the grocery store. Take part of the list, find the items and bring them back to the cart.
- Unload the groceries with fewer bags at a time for more trips.
- Limit the amount of time that you spend watching television or playing computer games to NO MORE than one hour per day.
- Take a walk and don’t stop until you find a penny.
- Go for a five-minute “family walk” after dinner.

What other ideas can you add?

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Adapted from WIN Kids Fun Days: It All Counts, WIN Steps, Wellness IN the Rockies, www.uwyo.edu/wintherockies
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**Walking ABCs**

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

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

Walking is great exercise!

Letter of the alphabet: E

Place to walk for each day: 2023

Can you think of a run? 2023

Physical activity: 2023

Total minutes of physical activity: 2023

**October**

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**October**
Get Up & Move!

Pumpkin Peanut Butter Dip

¾ cup canned pumpkin
¾ cup peanut butter
¾ cup brown sugar, packed
1 teaspoon vanilla

Mix peanut butter, pumpkin and brown sugar until well blended. Add vanilla, mix well.

Serve with graham crackers, bread, apple slices, celery sticks, etc.

36 1-tablespoon servings

Nutrition facts per serving: 50 calories, 2.5 g fat, 40 mg sodium, 6 g carbohydrate, 25% daily value vitamin A