Get Up & Move!
Leader Activity Guide    Series 1: September

A new initiative was launched through the Illinois 4-H program in 2004 as materials were created for 4-H clubs/groups to encourage youth, parents, and leaders to Get Up and Move! Each month on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move, there will be a leader activity guide, physical activity calendar, recipe or snack, educational activity, and related web links. The goal is to encourage physical activity to help create healthy individuals, families, and communities.

Healthy Lifestyles Background Information
“[I pledge… my health to better living.” The fourth “H” of the 4-H pledge is Health. In recent months there has been much discussion about adult and youth obesity in America. A lack of physical activity has become a serious problem in the United States. Young people need regular physical activity to stay fit. Good exercise habits learned early can help young people become healthy, active adults.

The Dietary Guidelines for Americans recommend being physically active at least 60 minutes a day, most days of the week. Starting with adolescence, activity levels often decrease. Childhood and adolescence are pivotal times for preventing sedentary behavior by maintaining the habit of physical activity during the school years.

Club Roll Call
Have each member identify one item that they might find on a nature scavenger hunt.

Physical Activity Pyramid
Distribute Physical Activity Pyramid (Move It! Poster to each family: http://www.teamnutrition.usda.gov/Resources/moveitposter.html). Discuss that the Physical Activity Pyramid is similar to MyPyramid. Less time should be spent on sedentary activities such as watching TV or playing games on the computer, which are found in the upper triangle of the pyramid. More time should be spent on activities ranging from stretching/strengthening activities in the second level to more vigorous activities in the third and fourth levels of the Physical Activity Pyramid.

Physical Activity Calendars
Distribute the September Physical Activity Calendar to each member (parent and leader). Have individuals record the types of physical activity he/she complete each day and the number of minutes spent on each activity. Individuals will tally his/her total minutes for each week and then the month. Individuals should bring the September Physical Activity Calendar to the October meeting. Leaders should record each person’s monthly total on the Get Up and Move! Club Chart. The chart will be used for club challenges (see below) and impact evaluation later in the year. The September Physical Activity Calendar can be found on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move.
Educational Activity
The September educational activity (Exercising Smarts) relates to Stretching. Before starting any type of physical activity, it is important that you begin with 3-5 minutes of simple stretching activities. This helps “warm” up your muscles, making them more flexible and better able to stretch, while reducing the likelihood of muscle injury. Helping people of all ages incorporate physical activity into their daily schedule can enhance their overall quality of life. The activities in the “Get Up and Move!” materials are designed to motivate youth to move and be physically active. In addition to being fun, being physically active helps reduce obesity, creates strong bones, and contributes to enjoying better health and living longer. The Exercising Smarts Activity lesson plan and the Get Up and Move! Stretching Chart is found on the Illinois 4-H web site at: www.4-h.uiuc.edu/opps/move.

Recipes/Snacks
Each month a recipe or snack idea will be provided. This might be used for club refreshments. The recipes could be shared as a take home piece for families and will often relate to the monthly theme, activity, or season. The September snack is Stuffed Apples. The recipe can be found on the Illinois 4-H web site at: www.4-h.uiuc.edu/opps/move.

Additional Incentives
To add some fun and excitement to this initiative, clubs are encouraged to set Get Up and Move! Challenges within their club and possibly within the county. Get Up and Move! Challenges could be created between parent/leaders and members; males and females; and age groups such as 8-11, 12-14, and 15 and older. Clubs could challenge other clubs in their community or in the county.

Ties to 4-H Projects
For members/clubs interested in natural resource projects, take a nature walk to a nearby park or just around the block and try to see how many different types of trees and leaves you can identify. Use a tree identification book to see how many leaves you can correctly name. Or groups could go on a nature scavenger hunt. A list of items to find is available on the website at www.4-h.uiuc.edu/opps/move. The members are not to collect the items, but rather just check them off their list. Pair new members up with tenured members. That way a new member can meet and make new friends early in the 4-H year. After ten minutes, have the pairs report back to a central location and see how many items they were able to locate. Being active can be fun and educational too!

Get Up and Move!

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

09/04
Get Up & Move!
Nature Scavenger Hunt

Find the following (Do not collect items, just list where you found them!):

- acorn
- bird feather
- maple leaf
- grass
- pine cone
- flying insect
- rock
- flower
- crawling
- insect
- squirrel

Name(s):

_________________________

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Stuffed Apples Recipe

½ cup peanut butter
½ cup nonfat dry milk
¼ cup crushed cereal
¼ cup corn syrup

Apples washed and cored

Instructions: In a large bowl, mix peanut butter, dry milk, crushed cereal and corn syrup. Stuff the filling into the center of the apple where the core was. Slice into circles.

Will stuff 4 – 6 medium apples.

For those with peanut allergies, substitute sliced apples or low fat cream cheese as the stuffing. Be sure you have a clean cutting surface, sharp knife, and have adult supervision as the apples are cored and sliced.