Get Up and Move! Initiative Begins Year Two

Welcome to Series 2 of the Get Up and Move! initiative sponsored by University of Illinois 4-H Youth Development. Each month includes a leader activity guide, activity guide, recipe, and calendar as well as any supplemental sheets. Get Up and Move! Series 2 materials are available on the web at www.4-h.uiuc.edu/opps/move or the printed version may be ordered through the local Extension office via 4-HDMS. The Get Up and Move! Leader Activity Guide Series 2 (LB0301) is a set of masters to copy while the second publication contains Calendar Masters (LB0311).

Clubs/groups who are just starting this program may want to refer to the Series 1 materials. These are available in the same manner as Series 2. The Get Up and Move! Leader Activity Guide Series 1 (LB0300) is a set of masters to copy while the second publication contains Calendar Masters (LB0310).

For clubs/groups that completed Get Up and Move! last year, there is still time to send your Get Up and Move! Club Chart to the State 4-H Office. Send the completed chart to 302 E. John St, Suite 1901 Champaign, IL 61820.

Healthy Lifestyles Background Information

The Dietary Guidelines for Americans recommend that school age children should be physically active at least 60 minutes a day, most days of the week. The National Association for Sports and Physical Education recommends that physical activity should be broken into periods of 15 minutes or more throughout the day. School age children should not be inactive for periods longer than 2 hours. Adults can help youth

- participate in a variety of activities that are appropriate for their age
- allow enough time for free play
- keep a variety of games and sports equipment on hand
- be active together as a family
- limit time spent in sedentary activity
- focus on fun activities
- establish a regular schedule for physical activity and
- incorporate activity into daily routines.

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. The goal of the Get Up and Move! Initiative is to encourage physical activity to help create healthy individuals, families and communities.

Club Roll Call

For a roll call suggestion for September, ask each youth to name a fall activity or event that includes physical movement.
Physical Activity Pyramid
Distribute the Physical Activity Pyramid (Move It! Poster): http://teamnutrition.usda.gov/library.html to each family. The Physical Activity Pyramid provides examples of various types of physical activity. 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.

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 completes 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, which is also posted on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move. The chart will be used for club challenges and 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

Have a short discussion to review the Physical Activity Pyramid and discuss ideas for physical activity that members might complete in the next month.

Reflection Questions:
How might you get at least 30 minutes of moderate activity each day?
How might you get at least 15 minutes of more intense activity, 3 times a week?
Do you think you’re getting enough physical activity? Why? Why not?
How can you fit more regular physical activity into your life?
What types of physical activities might you do with your siblings? Parents?

Educational Activity
Each month the Educational Activity Guide will provide clubs/groups with fun, short physical activities that can be conducted at the meetings. These activities could be led by older youth, junior leaders, or adults. The idea is to get people “up and moving” as well as talking about how individuals can incorporate physical activity into their daily routine. This month’s activities include two relays—a “Healthy Lunch Choices” relay and a “School Supply” relay. The Educational Activity Guide can be found at www.4-h.uiuc.edu/opps/move.

Recipes/Snacks
Apple Crisp is the featured recipe this month. The recipe can be cooked in a conventional oven, in an electric skillet, or in the microwave. Clubs are encouraged to make and serve the recipe at their monthly meeting and to send the recipe home with 4-H families. The recipe can be found at www.4-h.uiuc.edu/opps/move. For more information on apples, check out the web site Apples and More found at www.urbanext.illinois.edu/apples/.
Ties to 4-H Projects

Get Up and Move! can be tied to several other 4-H projects. As members are going through the process of selecting 4-H projects for the year, they might consider enrolling in the Foods and Nutrition project – **Fruits and Vegetables**. This project includes activities related to nutrition, buying and preparing fruits and vegetables, specialty fruits and vegetables, and garnishes as well as numerous recipes.

Get Up and Move!

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10/05
Each day fill in what physical activity you did and how many minutes you did it.

Total minutes of physical activity for September

<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>
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</table>

What activities have you started since returning to school?

For more resources visit: www.4-h.iu.edu/ops/move
Get Up & Move!

Apple Crisp

4-1/2 cups sliced apples (about 6 apples)

Topping:
½ cup quick oats, uncooked
¼ cup all-purpose flour
¼ cup brown sugar (packed)
½ teaspoon cinnamon
3 Tablespoons margarine

1. Put fruit in 8-inch square pan.
2. In a small bowl, combine oats, flour, brown sugar and cinnamon. Cut in margarine until mixture is crumbly.
3. Sprinkle topping over the fruit.
4. Bake at 375ºF 30 minutes or until apples are tender and topping is golden.

Serves 9.
Serve with a small scoop of ice cream or frozen yogurt.

To prepare in electric skillet:
Place apples in electric skillet.
Sprinkle topping over fruit.
Cook on medium temperature until mixture bubbles.

To prepare in microwave oven:
Place apples in 8-inch glass dish.
Sprinkle topping over apples.
Microwave on high 8 to 13 minutes or until apples are tender and bubbly.

Nutrition information per serving of Apple Crisp:
220 calories, 4 g fat, 0 mg cholesterol, 45 mg sodium, 47 g carbohydrate, 3 g fiber.

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Nutrition Facts

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<th>Serving Size (98g)</th>
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<tbody>
<tr>
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<tr>
<td>Calories</td>
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<tr>
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<tr>
<td>% Daily Value</td>
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<tr>
<td>Saturated Fat</td>
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<td>Trans Fat</td>
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<tr>
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<tr>
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<tr>
<td>Sugars</td>
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</tr>
<tr>
<td>Protein</td>
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Vitamin A 0%  •  Vitamin C 4%
Calcium 2%  •  Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4