Get Up & Move!

Community Activity Series 2: October

Volunteer to “Make a Difference”

Make a Difference Day is a national day of helping others. It was created by USA WEEKEND Magazine and is an annual event that takes place on the fourth Saturday in October. Millions of people have participated, accomplishing thousands of volunteer projects in hundreds of towns. This month your club can participate in this day by doing a volunteer activity in your community. If you cannot participate on the Saturday you can do your project on a Sunday.

To tailor your project toward the season of fall, consider having club members rake leaves and clean the lawns of the elderly in your community. You can also ask your friends and families to help you with your chosen project.

You and your club should supply your volunteers with gloves, rakes, and bags to collect leaves and any trash during your clean-up. You might consider asking a local store to donate the gloves, rakes, and bags for your project. You might also want to contact your local trash collectors or city officials to ask them where you should leave your bags to be collected.

Before you begin, make sure all of the volunteers are aware of what needs to be done and any safety precautions that should be taken. There should also be adults present to make sure that the project is going smoothly and to assist anyone that needs help.

At the end of your day of volunteering, consider supplying the volunteers with refreshments, or even coupons to a local sporting goods store as a way of thanking them. You might also want to discuss how everyone felt about volunteering and brainstorm ways to improve the project if you plan on doing it again. Asking volunteers for their input is important because they are the ones that are donating their time.

Remember that raking leaves counts as physical activity and can help you reach your goal of getting 60 minutes of daily physical activity. Don’t forget to record the minutes you spend volunteering in your October physical activity calendar!

Source: (www.usaweekend.com )