Aerobic Activity
There are four health-related parts of physical fitness. These include cardiovascular (aerobic) endurance, muscular strength and endurance, muscular flexibility, and body composition. This month, youth will learn about one of these important aspects of fitness—aerobic endurance.

According to MyPyramid, children should get 60 minutes of physical activity per day. Much of that activity should be aerobic in nature. Walking, jogging, bicycling, and swimming are just a few kid-friendly activities that provide aerobic exercise!

Aerobic exercise involves the whole body and gets the heart pumping. This type of exercise is very beneficial to the body. With regular aerobic workouts, the heart becomes stronger and better at delivering oxygen to all parts of the body. And because aerobic exercise involves moving the entire body, all major muscle groups are given a workout as well.

The word aerobic means “with air,” so aerobic activity is an activity that requires oxygen through breathing. When you are engaged in aerobic activity, breathing often quickens because the body needs more oxygen. Another way to tell if a person is getting aerobic exercise is to check his or her pulse, or heart rate. In this month’s physical activity, members will learn how to check his or her pulse to determine how hard his or her body is working during exercise.

(Sources: www.kidshealth.org, USDA, American Heart Association)

Club Roll Call: What is the last thing you did that got your heart pumping?

Physical Activity Calendars
Collect the February Physical Activity Calendar 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 his/her activity for the past month. Have each individual look closely at his or her calendar to see how his or her activity matches the advice from the Physical Activity Pyramid.

Reflection Questions:
Did you see an increase of physical activity over days in February?
What types of physical activity are you looking forward to doing in the warmer weather?
Are you getting at least 30 minutes per day of moderate activity?
Pass out the **March Physical Activity Calendar**.

**Educational Activity**
This month’s physical activity is **The Pulse Game**. Members will learn about aerobic activity and how to use their pulse to determine their level of aerobic activity. They will also engage in four activities and assess their heart rates after each.

**Recipes/Snacks**
This month’s recipe is for **Trail Mix Bars**, made with oats, nuts, sunflower seeds, and raisins or cherries. This snack can be made before your March 4-H meeting and served as a snack.

**Family Activity**
This month, members’ families are challenged to take a family walk every evening. This is a great way for families to spend time together and get aerobic exercise at the same time. Be sure that members log their walking time on their **Physical Activity Calendars**.

**Community Activity**
One common aerobic activity is walking. Members can help people in their communities by volunteering to take their dogs for a walk! Another activity members can do is interview a local postal worker to discuss his/her job and how it impacts his or her health. Inviting a senior to take a walk is another option for members to choose. They can ask a senior citizen to take a short, leisurely walk to enjoy the spring weather!

**Ties to 4-H Projects**
There are many projects that involve aerobic activity! Members interested in bicycling, a common aerobic activity, can enroll in **Bicycle Adventures** to learn about the parts of a bicycle, safety rules, and bicycle maintenance. In **Outdoor Adventures**, members will explore hiking, another activity that gets the heart pumping. In **Dog** projects, pet grooming, obedience, and related topics will be explored. Members might want to walk to explore nature! They can do so in **Forestry** projects and **Natural Resources** projects. Sports are a popular way to get aerobic activity. In **Sports Nutrition**, members can learn about eating healthy while involved in sports.

All **Get Up and Move** materials can be found on the State 4-H website at [http://www.4-h.uiuc.edu/opps/move](http://www.4-h.uiuc.edu/opps/move).

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**Get Up and Move!**

[Logo: UNIVERSITY OF ILLINOIS EXTENSION]

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03/07
### March

<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>
</tr>
</thead>
</table>

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

**Name** ____________________________

**March total minutes of physical activity**

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

Trail Mix Bars

1 1/4 cups quick-cooking rolled oats
1/3 cup coarsely chopped walnuts or pecans
2/3 cup brown sugar, packed
1/4 teaspoon ground cinnamon
1/2 cup semisweet chocolate pieces
1/2 cup packaged biscuit mix
1/3 cup dried cherries or raisins
1/4 cup shelled sunflower seeds
1 egg
2 tablespoons lowfat milk
2 tablespoons vegetable oil
1 teaspoon vanilla

Mix all dry ingredients together in a large bowl. Add slightly beaten egg, milk, oil and vanilla. Stir until combined.

Spray an 8-inch x 8-inch baking pan with non-stick spray.

Spread mixture in pan.

Bake at 375˚F for 25 minutes or until edges are brown.

Cool in pan on a wire rack. Cut into bars.

Makes 16 bars.
Get Up & Move!

Physical Activity Series 3: March

The Pulse Game (20 minutes)

Items needed for this activity:
- Pulse Game sheets (one for each member. Download from http://www.4-h.uiuc.edu/opps/move and scroll to March)
- Pencils/Pens (one for each member)
- Stopwatch or watch with a second hand

Activity set up:
- A large, open area is needed where each member has space to run in place, and to pretend to jump rope in place

Step 1: Information to share with club members (10 minutes)
Today we are going to learn about aerobic activity. Does anyone know what that means? (Wait for responses). Aerobic activity is any type of activity that gets our bodies moving, our hearts pumping, and our breathing quicker. Aerobic activity has many benefits to the body. Because we use our whole bodies in aerobic exercises, we are making our bones and muscles strong in our arms and legs. More importantly, we are making our hearts stronger. When our heart gets pumping from exercise, it is working harder to get the oxygen to our muscles. When we exercise our bodies, we exercise our hearts, too! This exercise makes it stronger, which is very important.

What types of exercises are aerobic exercises? Remember, aerobic exercises are those that get your whole body moving and get your heart beating faster! (Wait for responses). That’s right! Exercises like walking, running, biking, dancing, jumping rope, and swimming are all aerobic exercises we can do.

Does anyone know what a pulse is? (Wait for responses). Your pulse, or sometimes called your heart rate, is the throbbing of arteries as the heart pumps blood through them. It tells us how fast our heart is beating and can give you information about how hard your body is working. Does anyone know how to take a pulse? (Wait for responses). That’s right! If you’ve been to the doctor, they have probably taken your pulse. You take your pulse by putting your index and middle finger on the inside of your wrist or on the side of your neck, and counting the number of beats per minute that you feel.

(Hand out Pulse Game sheets and pencils). A Resting Heart Rate is the number of times a person’s heart is beating per minute when that person has not been moving. The resting heart rate is different from your exertion heart rate, which we’ll take later. Let’s practice by taking our resting heart rate together. (Demonstrate and guide members). Here is how we’ll do it. Sit down quietly and relax. Put your index and middle finger on the inside of your wrist of your opposite hand, below your thumb. Or
place your fingers on the side of your neck. Now feel for your pulse! Make sure you don’t use your thumb because it has its own pulse. I am going to count six seconds on a stopwatch while you count your pulse rate. When I say “go,” begin silently counting the number of beats you feel. When I say “stop,” stop counting. (Make sure all members have found their pulse. Help them if necessary). Okay, let’s take our resting pulse rate. Go. (Let six seconds pass). Stop. Good. Now on your papers, write down the number you counted in the box (point to appropriate box). Now we are going to add a zero to that number to get our heart beats per minute. This is your resting heart rate. The average resting heart rate for youth and adults is anywhere from 60 to 100 beats per minute. Everyone’s resting heart rate is different, and your heart rate can change during the day depending on what activities you are doing.

(For each activity:
Tell members when to start and stop each activity. Each should be done for two minutes. Then instruct them to take their pulse for six seconds while you keep the time. Have them write their pulse in the appropriate box on their sheet and calculate their beats per minute and intensity level. The activities are: walking (around room or in place), sit-ups or standing knee-lifts, running in place, pretending to jump rope in place).

Great job everyone! What did you discover about the different physical activities? (Wait for responses). Which got your heart moving the most? (Wait for responses). The least? (Wait for responses). Do you think that the same activity could be moderate or vigorous depending on how you do it? (Wait for responses). Right! The way you do an activity affects how hard it is. For example, if you walk slowly, your body might be working a little, but if you walk very quickly, your body will work harder. A good way to tell how vigorously you are exercising is to note how fast you are breathing or to take your pulse.

Great job everyone!

Get Up & Move!

Step 2: Group Activity 1 (10 minutes)
Next, we are going to try out different kinds of physical activities to see how they affect your heart rate. You will do each activity for two minutes and then you will immediately take your pulse. I will keep time to let you know when to start and stop each activity, and when to take your pulse.
The Pulse Game

Step 1. Resting Pulse
To figure out your resting pulse rate:
• Sit down and relax.
• Count the number of beats in your pulse for 6 seconds.
• Then multiply by 10 to get your 1-minute pulse.
• Then, figure out the level of intensity you used to do this activity.

A resting heart rate for youth older than age 10 and adults is usually between 60 to 100 pulse beats per minute.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Number of Heart Beats In 6 Seconds</th>
<th>Beats Per Minute</th>
<th>*Level of Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resting pulse</td>
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<td>x 10</td>
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</table>

* See table below for list of different levels

Step 2. Activity Pulse Game
To figure out your pulse rate for each activity, take your pulse after you do the activity and count the number of beats for 6 seconds. Then multiply by 10 to get your 1-minute pulse rate.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Number of Heart Beats In 6 Seconds</th>
<th>Multiply by 10</th>
<th>Beats Per Minute (1-minute Pulse Rate)</th>
<th>*Level of Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
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<td>x 10</td>
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<tr>
<td>Sit-ups/knee-lifts</td>
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<td>x 10</td>
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<td></td>
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<tr>
<td>Running (in place)</td>
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<td>x 10</td>
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<tr>
<td>Jump rope (pretend)</td>
<td></td>
<td>x 10</td>
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</table>

*Levels of Intensity
• Low Intensity: fewer than 120 beats per minute
• Moderate Intensity: between 120 and 150 beats per minute
• Vigorous Intensity: more than 150 beats per minute
Aerobic Activity
According to MyPyramid, children should get 60 minutes of physical activity per day. Much of that activity should be aerobic in nature. Walking, jogging, bicycling, and swimming are just a few kid-friendly activities that provide aerobic exercise!

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By understanding the importance of being physically active, parents can model fun and healthy habits that will last a lifetime.

Here are some tips:

- Help your child participate in a variety of activities that are right for his or her age.
- Establish a regular schedule for physical activity.
- Encourage physical activities over watching television, playing video games, and being on the computer. Limit your child’s time spent doing these sedentary activities, and encourage him or her to take frequent activity breaks to stretch and move around.
- Incorporate activity into daily routines, such as taking the stairs instead of the elevator.
- Embrace a healthier lifestyle yourself, so you’ll be a positive role model for your family.
- Find a fun, family aerobic activity, so your entire family can enjoy exercise together!

(Sources: www.kidshealth.org, USDA, American Heart Association)
Family Walking Challenge
One great way to get aerobic activity is to walk! A great way to spend time together as a family is to walk together!

This month’s Family Activity is the Family Walking Challenge! For the next month, set a family goal to go for a walk each day. Your walk can be in the morning, before everyone goes his/her separate ways, in the afternoon, or in the evening after dinner. It doesn’t matter when you walk, just that you walk!

The USDA recommends that every person should get at least 60 minutes of physical activity per day. If you haven’t gotten any activity that day, go for a long walk. If you have met your 60 minute goal for that day, take a shorter walk. Remember to log your time onto the March Physical Activity Calendar! You can also use the chart below to keep track of your family’s walking!

<table>
<thead>
<tr>
<th>Day</th>
<th>Amount of time walked</th>
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<th>Amount of time walked</th>
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Get Up & Move!

Community Activity

Series 3: March

Aerobic Activity
As you learned at this month’s meeting, walking is a great way to Get Up and Move! Walking on your own is great for exercise, but why not use it as a way to provide service to others while getting your exercise?

This month, volunteer your services as a dog-walker! Many neighbors and friends would love some help keeping their dogs exercised and wouldn’t you love to make a new, furry friend? Be sure to ask the owners of the dogs you walk about the dog’s temperament and if they have had all of their shots! Only walk one dog at a time unless the owners tell you otherwise because not all dogs walk well in a group!

Another activity you can do this month is talk with a community member who you think does a lot of aerobic activity. You can interview an aerobics instructor at a local gym, a postal worker who walks to deliver mail every day, a P.E. teacher, or anyone else that gets his or her heart pumping every day! Find out what benefits he/she has gotten from being physically active and how he/she feels.

Is there a senior citizen that would love to take a walk? If so, invite him or her to join you in a short, leisurely stroll! Tell each other your favorite things about springtime and the warm weather!