Welcome to Get Up & Move! Series 3!
This year marks the beginning of the third year of the Get Up & Move! initiative sponsored by University of Illinois 4-H Youth Development. Clubs/groups who are just starting this program may want to refer to the Series 1 and Series 2 materials available on the Illinois 4-H web site at www.4-h.uiuc.edu/opps/move. Print versions of Series 1 & 2 may be ordered at the local Extension office.

Get Up & Move! Series 3 materials will be available on the web beginning in August and will have several new features added. The following materials will be available on the web site each month:

- Leader Activity Guide
- Physical Activity Calendar
- Physical Activity Guide
- Recipe
- Parent Newsletter
- Family Activity Guide
- Community Activity Guide
- Any other supplemental materials

The Leader Activity Guide will provide a brief overview of the month’s topic, roll call suggestions, and the topic’s ties to 4-H projects. It will also summarize all other pieces available for that month. The Physical Activity Calendar is to be distributed to each member and provides each member with a place to record his or her physical activity minutes. Leaders should record each person’s monthly total on the Club Chart (also available on the web), which will be used for club challenges and evaluations later in the year. The Physical Activity Guide will provide clubs/groups with fun physical activities that can be conducted at meetings. These activities can 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 routines. Each month, a recipe or snack idea will be provided. Clubs are encouraged to make and serve the recipes at their monthly meeting and to send the recipe home with 4-H families.

New to Series 3 is a monthly Parent Newsletter that is to be sent home with 4-H members for their parents. The Parent Newsletter provides tips for parents about nutrition and physical activity. The Family Activity is another new item to be sent home with members. It provides an activity for families to take part in together to build a healthier lifestyle. The activities relate to what was learned at club meetings and allow members to share what they learned with those at home. The Community Activity is also new to Series 3 and should be distributed to members at club meetings. It provides members with ideas for individual and group projects that they can do in their schools, neighborhoods, and communities. Members are encouraged to complete the optional Family and Community Activities each month.
Topics
Throughout Get Up and Move! Series 3, numerous physical activity and nutrition topics will be explored. Each month’s theme will be:

- September – Healthy Breakfast
- October – Healthy Snacking
- November – Building Healthy Bones
- December – Protein and Muscle
- January – Whole Grains and Fiber
- February – Nutrition Facts Labels
- March – Aerobic Activity
- April – Variety in Fruits and Vegetables
- May – Outdoor Exercising Safety
- June – Sports Nutrition
- July – Summer Time
- August – Ethnic Foods

Evaluation
An evaluation survey for club leaders and another for 4-H families will be available on the 4-H web site as your group nears the completion of Series 3. Instructions for completing and returning this survey will be provided. Opportunities for incentives will be provided for those who have used the Get Up & Move! program this year and who complete and return the survey.

Get Up & Move!