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. Your child will be participating in this curriculum at his or her monthly 4-H meetings.

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 should 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 & Move! initiative is to encourage physical activity to help create healthy individuals, families and communities.

Each month, an adult or youth leader of your child’s 4-H club will present a nutrition or physical activity topic to the group. He or she will also lead a physical activity that will get your child up and moving! At home, Get Up & Move! can continue with family and community activity materials! Depending on your club, these resources might be sent home with each 4-H club member. All materials are also available on the Illinois 4-H website at www.4-h.uiuc.edu/opps/move.

Materials available each month to be used at home are:

- A monthly Parent Newsletter, which provides an overview of the month’s topic and tips for you about keeping your child healthy through physical activity and nutrition.

- A Family Activity, which provides an activity for 4-H 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. Members and their families are encouraged to complete these optional Family Activities each month.
• A **Community Activity**, which provides 4-H members with ideas for individual projects that they can do in their schools, neighborhoods, and communities. Members are encouraged to complete these optional Community Activities each month.

• A **Physical Activity Calendar**, where 4-H members are encouraged to record their minutes of physical activity every day. Your child’s monthly total should be turned in and recorded on the **Get Up and Move! Club Chart** each month. The results from the Club Chart will be used for club competitions!

• A **Recipe** for a healthy snack. Members may be served this snack at their monthly meetings, and the recipe will be provided so families can enjoy it at home, anytime!

As a parent, you are challenged to take an active role in your child’s health! You can do this by participating in the Family Activities and by encouraging your child to take part in the Community Activities and Physical Activity Calendar. You can also follow some of the tips provided in the Parent Newsletters that will help your entire family lead a healthier lifestyle!

**Topics**
Throughout **Get Up & 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 – Five A Day The Color Way
- May – Outdoor Exercising Safety
- June – Sports Nutrition
- July – Summer Time
- August – Ethnic Foods

We hope you and your child enjoy this year’s **Get Up & Move!** materials! An evaluation survey for club leaders and another for 4-H families will be available on the 4-H web site as your child’s 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 complete and return the survey.