



4-H HEALTH OFFICER JOB DESCRIPTION

Education, family and peer support, and a community environment that promotes healthy behaviors may help prevent a lifetime of health problems. My efforts can make a real difference to improve the health of New Jerseyans!

In this office, I provide leadership for the Health “H.” I am responsible for educating, inspiring, and leading club members in “HEALTH FOR BETTER LIVING.”

I will carry out the following duties:

1. Serve as chair of the 4-H Club Health Committee
2. Work with other club officers and leaders to develop a yearly plan for including health activities in each 4-H club meeting
3. Use the *4-H Club Health Activity Guide* to carry out one or more activity at each meeting. This may include:
 - Giving the club secretary roll call ideas related to health
 - Conducting an Instant Activity
 - Challenging club members to practice the Health H by making a plan to meet the monthly health challenge found in the *4-H Club Health Activity Guide* and *4-H Health Planner*
 - Giving nutritious snack ideas to the person(s) responsible for club refreshments
 - Working with the adult leader to have copies of the 4-H Family Handouts ready for club members to take home after each meeting
 - Gaining support from members and leaders to do a community service project related to health
4. Show club members ways they can use the *4-H Health Planner*.
5. Report activities and accomplishments to the club reporter and complete reports as requested.

HELP IMPROVE THE HEALTH H OF YOUR 4-H CLUB. REMEMBER THESE 10 TIPS:

1. Involve the whole family, the whole neighborhood, and the whole community.
2. Create an encouraging environment.
3. Be sensitive. Never single out someone who is not practicing healthy behaviors.
4. Focus on practical day-to-day behaviors, skills, and choices.
5. Give clear and simple messages (examples: be active; eat more fruits and vegetables).
6. Focus on the positive behaviors rather than on the negative ones.
7. Encourage youths to take the monthly health challenges and create a personal plan to make small, realistic changes in health.
8. Point out that the healthy choices can be easy choices.
9. Have fun.
10. Be creative and spontaneous.





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MONTHLY TOPIC ACTIVITY GUIDE

Each month includes At-a-Glance and Step-by-Step Instant Activities.

January – Move More Month 10
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4-H CLUB HEALTH ACTIVITY GUIDE: PHYSICAL ACTIVITY INTRODUCTION

This program supports one of the important components of 4-H – the Health H. It helps 4-H members and their families improve health habits. It begins in the 4-H club with the selection of the 4-H Health Officer – YOU!

At county 4-H Officer Training School, you will receive a *4-H Club Health Activity Guide* and training to effectively carry out the activities. As a trained 4-H Health Officer, you will lead games, challenges, and discovery activities at 4-H club meetings or events.

The 4-H Health Planner encourages 4-H youths to make a personal health plan for the monthly health challenge. These tools, the *4-H Health Planner* and the *4-H Club Health Activity Guide*, will change from year to year. Physical activity is this year's focus.

PURPOSE AND OBJECTIVES

The purpose of this program is to increase health knowledge and motivate 4-H'ers and families to try new health habits and to improve others. This program shows 4-H'ers ways to take part in healthy lifestyle activities and reinforces positive habits they already practice. 4-H youths and their families will learn to make everyday choices that lead to good health such as these specific actions:

- be more active
- try to reach physical activity goals
- try to bust barriers to physical activity
- limit screen time
- walk
- balance food and fun
- wear protective gear such as a helmet
- try physical activities you like and can do
- drink water every day



4-H CLUB ACTIVITY GUIDE CONTENTS

Life is all about choices. This guide provides ideas and information to help 4-H Health Officers with their duties. Officers help 4-H'ers improve health through learn-by-doing activities such as helping club members use their *4-H Health Planner* and choosing something fun with a Health H message for each 4-H meeting or event.

This guide has the following:

- *Challenge Check* – Recognition to members participating in last month's health challenge
- *Health H Hint* – Key points every 4-H member needs to learn
- *Health Challenge* – Goals for 4-H youths and family members to improve daily health practices
- *"My Plan"* – Tips to help members use the *4-H Health Planner* to "try on" the healthy behavior featured in the monthly challenge
- *Roll Call* – Ideas to help youths start thinking about the health topic
- *Instant Activities* – Quick and easy learning-by-doing activities
- *Nutritious Snack* – Foods and drinks to go along with the health activity
- *4-H Family Handout* – Copy and have 4-H'ers take the matching handout home to their parents each month

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4-H CLUB HEALTH ACTIVITY GUIDE: PHYSICAL ACTIVITY INTRODUCTION (CONTINUED)

4-H HEALTH PLANNER: PHYSICAL ACTIVITY

A fun tool that provides:

- additional practice tips and interesting facts about the monthly health theme
- fun monthly puzzles and activities
- an opportunity to make a personal health plan to meet the monthly challenge
- a way to record healthy behaviors

The planner helps 4-H'ers understand that health is an important part of their lifestyle and find ways to fit healthy behaviors into their everyday routine.

The Health Officer can use the planner together with this guide to call attention to the monthly health themes and challenges. 4-H youths and their families are encouraged to work together on the monthly Health Challenge.

4-H FAMILY HANDOUTS: PHYSICAL ACTIVITY

Family Handouts help family members learn about and practice good dental habits along with their 4-H member.

- It has additional information about the monthly health topics.
- It provides 4-H members a way to share what they are learning in their club meetings with their families.

**PRACTICE THE HEALTH H EVERY DAY.
THE CHALLENGES ARE EASY,
FUN, AND - MOST OF ALL -
GOOD FOR EVERYONE!**





4-H CLUB HEALTH ACTIVITY GUIDE: PHYSICAL ACTIVITY FACTS FOR THE 4-H HEALTH OFFICER

BEING READY

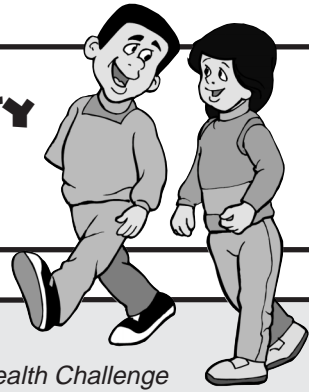
Be a star health officer. Review these “quick” health facts and share with your club.

- **Spending a lot of time watching TV and playing computer games leads to weight gain and poor health.** The average high school graduate will have spent approximately 15,000 to 18,000 hours watching television, compared with spending about 12,000 hours in school.
- **The U.S. Surgeon General recommends all youths have at least 60 minutes of physical activity every day.**
- **Eating out (fast foods) is linked to diets higher in fat and sugar and lower in nutrients, as well as higher body weights.**
- **States with more fast-food restaurants per square mile have higher rates of obesity.**
- **Consumption of soda pop has increased while milk consumption has decreased.** Many Americans get 13 percent or more of their calories from soda pop and other sugar-added drinks. These trends add to the problems of overweight and osteoporosis (weakened bones).
- **Approximately 1 million American teenagers begin smoking each year.** Youth smoking may be related to poor school performance and the use of illicit drugs and alcohol.
- **Millions of people are sickened, 325,000 are hospitalized, and 5,000 die each year from food poisoning.** Almost $\frac{1}{2}$ of foodborne illness could be eliminated if people would wash their hands more often when preparing and handling food.





4-H CLUB HEALTH ACTIVITY GUIDE: PHYSICAL ACTIVITY GUIDE AT-A-GLANCE



Meeting Date, Time, Place	Previous Month Challenge Check	Topic	Monthly Health Challenge
JANUARY	<ul style="list-style-type: none"> • Introduce the <i>4-H Health Planner</i>. 	Move More Month	Get at least 60 minutes of physical activity every day.
FEBRUARY	<ul style="list-style-type: none"> • Check progress on January's plan. • Did you get 60 minutes of physical activity every day last month? 	Small Steps to Success Month	Write 1 physical activity goal and four small steps to reach it.
MARCH	<ul style="list-style-type: none"> • Check progress on February's plan. • What big goals were accomplished? • What small steps helped you reach the big goal? 	Barrier Buster Month	Find a personal barrier to physical activity and try 1 way to bust it.
APRIL	<ul style="list-style-type: none"> • Check progress on March's plan. • Who busted barriers? What were the barriers? How were they busted? • What barriers were hardest to bust? 	Limit Screen Time Month	Move, jump, dance, or _____ after 30 minutes of screen time.
MAY	<ul style="list-style-type: none"> • Check progress on April's plan. • Did you talk with your family about limiting screen time? • How did you limit screen time? 	Walking Month	Walk with a friend or family member every week.
JUNE	<ul style="list-style-type: none"> • Check progress on May's plan. • Who did you walk with? • Do you plan to keep walking this month? 	Healthy Weight Month	Get enough exercise to use up what you eat and drink.
JULY	<ul style="list-style-type: none"> • Check progress on June's plan. • What physical activities helped you use up what you ate? • Did you eat healthier foods and drinks? 	Safe on Wheels Month	Always wear protective gear when on wheels.
AUGUST	<ul style="list-style-type: none"> • Check progress on July's plan. • With what activities do you wear with a helmet? • Do you think it's important to set a safety example for others? 	Water First Month	Drink 6 or more cups of water a day.
SEPTEMBER	<ul style="list-style-type: none"> • Check progress on August's plan. • What was the average amount of water you drank each day? • What was the most unique situation in which you drank water? 	Lifetime Activities Month	Pick 1 lifetime activity and practice it.



USE THIS CHART TO HELP YOU PLAN MEETINGS. START BY FILLING IN THE FIRST COLUMN WITH A DATE, TIME, AND PLACE. THEN, REVIEW HEALTH ACTIVITIES. WORK WITH OTHERS TO PLAN ACTIVITIES FOR EACH MONTHLY CLUB MEETING.

<i>4-H Health Planner Support: Helping Members Write "My Plan"</i>	<i>Roll Call</i>	<i>Instant Activity</i>	<i>Family Handout</i>	<i>Nutritious Snack</i>
<ul style="list-style-type: none"> • Introduce the <i>4-H Health Planner</i>. • Help 4-H'ers write January's plan. • Talk about benefits of physical activity. When and how will you fit in 60 minutes every day? 	Each member acts out a physical activity he or she would like to learn.	• The First Day of Fitness	• 60: Play Every Day Any Way	Unbuttered popcorn Orange slices Low-fat milk hot chocolate
<ul style="list-style-type: none"> • Help 4-H'ers write February's plan. • Talk about a big goal that would improve health. What small steps will help you reach the goal? 	Each member jumps up and makes a goal signal (raise arms straight up).	• Small Steps to Success	• Small Steps to Success	Nuts Veggies and low-fat dip 100% fruit juice
<ul style="list-style-type: none"> • Help 4-H'ers write March's plan. • What barriers keep you from being more active? How can you bust this barrier? 	Each member acts out 1 thing that keeps him or her from being active.	• Movement Makeover	• Barrier Busters to Being Active	Dried fruit String/low-fat cheese cubes Low-fat milk
<ul style="list-style-type: none"> • Help 4-H'ers write April's plan. • When do you have screen time? • After every 30 minutes of screen time, what can you do for a physical activity break? 	All hop in place. Each names 1 way people had fun before TV or computers.	• Make a Commercial	• Turn It Off! Real Tips for Real Families	Cereal mix Carrots Water
<ul style="list-style-type: none"> • Help 4-H'ers write May's plan. • Whom would you like to walk with? • When can you fit in a walk? • Where will you walk? 	All walk in place. Each names a favorite place to walk.	• Walk Like the Animals	• A Walk a Day	Baked tortilla chips & salsa Fresh fruit 100% fruit juice
<ul style="list-style-type: none"> • Help 4-H'ers write June's plan. • How will you keep calories in balance? • What activity will you do to get enough activity or energy out? 	All keep the ball or balloon in the air. Each names a favorite family outing.	• Balance Tag	• Balance Food and Fun	Low-fat yogurt & toppings or frozen bananas with grapes Water
<ul style="list-style-type: none"> • Help 4-H'ers write July's plan. • What kinds of wheels do you use? • What equipment can protect you in an accident? 	All sit in chairs and move legs as if riding a bike. Each says a favorite place to ride a bike.	• Egghead Experiment	• Be Safe on Wheels	Melon chunks Graham crackers or granola bars Milkshake or smoothie
<ul style="list-style-type: none"> • Help 4-H'ers write August's plan. • When can you drink water instead of soda? • Name ways to remember to drink water. • Next month, remember to bring your planner and <i>Health H Champion Certificate</i>. 	All "swim" in place. Each says how many cups of water he or she usually drinks a day.	• How Much Water?	• Healthy Hydration	Fruit pizza Celery & peanut butter/ nonfat cheese Water
<ul style="list-style-type: none"> • Help 4-H'ers write September's plan. • Celebrate accomplishments in meeting the monthly health challenges this year. Sign <i>4-H Health Champion</i> certificates! 	All do jumping jacks. Each names someone he or she admires who has a healthy lifestyle.	• Dance Off	• Lifetime Activity Pyramid	Apple slices & peanut butter Sunflower/ pumpkin seeds Water



JANUARY



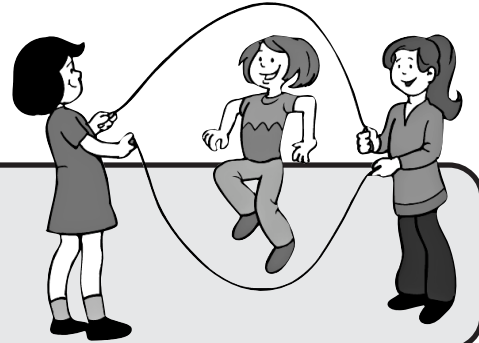
4-H CLUB HEALTH ACTIVITIES AT A GLANCE

CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
Mark this on the End-of-year Record Form in the back of the guide.

INTRODUCE THE HEALTH H AND HEALTH PLANNER

1. Tell 4-H members about your new role as 4-H Club Health Officer.
2. Introduce the *4-H Health Planner* (use the steps under "Introducing the Health H and Health Planner Step by Step" on page 11).



MOVE MORE MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

Move more whenever you can for a healthy body and mind.

HEALTH CHALLENGE

Get at least 60 minutes of physical activity each day.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet January's Health Challenge:
Get at least 60 minutes of physical activity every day.

1. Which days are you most physically active? Which days are you least active? Mark on your planner the days you plan to get 60 minutes of activity.
2. Decide on the types of moderate or vigorous activities you will do to add up 60 minutes.
3. Track your minutes of physical activity every day on your planner.
4. Use the *4-H Health Planner* to note other healthy activities you do during the month.

ROLL CALL

Each member acts out a physical activity he or she would like to learn.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")
The First Day of Fitness

DISTRIBUTE FAMILY HANDOUT

"60: Play Every Day Any Way"

NUTRITIOUS SNACK

Unbuttered popcorn, orange slices, low-fat milk hot chocolate.



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from January's Challenge Check.



GETTING READY

- **Note to the 4-H Health Officer: This is a very important meeting!** For the first time, you will introduce and explain the following to your club members:
 - Your 4-H Health Officer Job
 - The *4-H Health Planner*
 - The 4-H Club Health Activities
- Before your meeting, learn each section in the *4-H Health Planner*. Read “Introducing the 4-H Health H Program Step by Step.”
- Make sure you have enough *4-H Health Planners* to give 1 to each member.
- Have a Family Handout for each 4-H family.

INTRODUCING THE HEALTH H AND 4-H HEALTH PLANNER STEP BY STEP

Hi! I’m _____, your 4-H Health Officer. This year we are going to add the Health H and some fun into every club meeting!

One of the most important ways to add the Health H into our meetings, and our lives, is by using the *4-H Health Planner*.

(Give each member a planner. Look through it with them and explain its features).

THE 4-H HEALTH PLANNER

Let’s take a look at what’s inside your *Health Planner*. (Talk about each section.)

Introduction

The purpose of the *Health Planner* is to help each of us focus, think about, and plan for health in our life – the Health H in 4-H.

How to Use the *Health Planner*

(Be sure to read each point – emphasize the following.)

- Bring your planner to each club meeting.
- Share each month’s topic and facts with your family.
- Commit to the health challenge each month. Do it “your own way” by making and recording your personal plan.

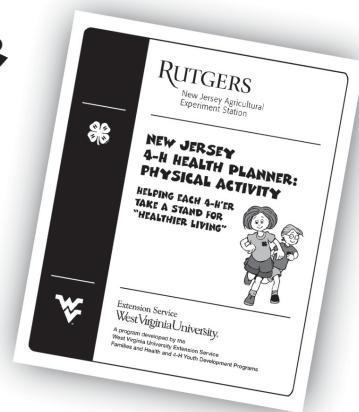
Healthy Activities List

Record in the planner other healthy activities you do each month. Use the Health Activities list on the next page and any other healthy habits you practice.

Months

Each month has a different health topic. Let’s turn to January.

- *Tips*: These can help you meet the monthly health challenge.
- *Facts*: These are fun to learn and you can share with others.
- *Activity*: A brain teaser or other activity for you to try at home.
- *Health Challenge*: This is the goal you will be working toward each month.
- *My Plan*: A personal plan to try the health challenge “your own way.”



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THE 4-H HEALTH PLANNER (CONTINUED)

Days of the Month

The date squares are blank, so you can record your plan and record additional healthy activities during the month. In the top left corner is a blank to record information related to the challenge. For example, in January, put the number of days you will be physically active for at least 60 minutes.

Reminder!!!

- Write your name in the planner.
- Note in your planner when you successfully complete your personal plan.
- Use the planner throughout the month.
- Bring it to every meeting. We will use it and talk about it at every meeting.
- Show your planner to your parents and family members.



FAMILY HANDOUT

Please make enough copies of the Family Handout to give to each club member. Ask your club leader if you need help.

The Family Handout will be given to each club member to take home. It has information about the month's health topic. Ask members to share this with their parents. Let parents know what we discovered about health at our 4-H meeting.

4-H CLUB HEALTH ACTIVITIES

We'll begin our meetings with a **Challenge Check**: Each month, I will ask you how you did on the challenge from the month before.

I will ask:

- Who tried the challenge for that month by making a personal plan?
- Would you share what your plans were?
- Who practiced their personal plan?
- Were you successful in meeting your plan?

Health H Hint: This little tip names and summarizes the main point of the *Health Planner* topic for that month. This introduces the topic and lets you know right away what our focus is for the month.

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4-H CLUB HEALTH ACTIVITIES (CONTINUED)

Roll Call: During Roll Call, you will be asked to tell something about yourself related to the topic, like naming one of your favorite fruits or vegetables. This is easy and another way to get to know a little about each other.

Instant Activity: This might be a game or a learning activity. It takes about 5 minutes and gets us moving around and reinforces the message of the monthly topic.

Health Challenge and My Plan: Each month, we will talk about the monthly Health Challenge and ways we can make a personal plan to try the monthly challenge “your way.”

Nutritious Snack: Another way to practice the Health H is having a nutritious snack. Check the snack listed under Nutritious Snack in the Guide-At-A-Glance on page 9.

CONCLUSION

THE HEALTH H IS AN IMPORTANT PART OF YOUR LIFESTYLE. USE YOUR PLANNER TO SHOW YOU ARE LIVING THE HEALTH H.

**DOES ANYBODY
HAVE ANY QUESTIONS?
LET'S MOVE ON TO OUR
FIRST MONTH, JANUARY!**



GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Write words to “The First Day of Fitness” on large paper or chalkboard.
- Arrange meeting space so there is enough room for physical activity.

INSTANT ACTIVITY STEP BY STEP

THE FIRST DAY OF FITNESS

- *Introduce the topic.*
 - Is physical activity important to the Health H? Why?
 - Being active is FUN! There are more good reasons to be physically active. Can you name them?
 - Reduces heart disease, some cancers, diabetes, and other diseases
 - Keeps a healthy body weight
 - Improves fitness level
 - Improves self-esteem and mood
 - Reduces stress and sleeping
 - Helps concentration and learning
 - Prevents accidents by better balance, coordination, and strength
- *Have Fun – The First Day of Fitness*
 - Sing this song to the tune of “The Twelve Days of Christmas.” Act out all the motions.

“On the first day of fitness, my trainer showed to me . . .”

- 1 stork stand	- 7 jumping jacks
- 2 toe touches	- 8 jog in place
- 3 muscle pumps	- 9 side stretches
- 4 jumping ropes	- 10 knee lifts
- F-i-v-e touch the sky	- 11 raise the roofs
- 6 front kicks	- 12 bunny hops
- *Talk About It*
 - Did you have fun? Fun is the most important thing about being active!
 - Everyone can find activities they like and can do by themselves or with friends and family.
 - Being active does not take a lot of time or equipment.

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SUMMARIZE THE MAIN POINTS

1. Remember, get 60 minutes of physical activity a day. You can do this all at once, or you can add up your active minutes throughout the day.
2. Every day, think of all the benefits of being active.
3. Now is the best time to start healthy habits. You'll keep these habits for the rest of your life.





CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

1. The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
2. _____ the number of 4-H'ers who made a plan to meet January's Health Challenge to get at least 60 minutes of physical activity each day.
3. Ask some members to share their plans.
4. _____ the number of 4-H'ers who tried or practiced their plan.
5. _____ the number who were successful in meeting their plan.

Discussion: What was the most difficult part of the challenge? Was it difficult to get this much exercise? What helped you succeed?



SMALL STEPS TO SUCCESS MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

Where do you want to go with your personal health? Make a plan with big goals and small steps. How will you reach them?

HEALTH CHALLENGE

Write 1 physical activity goal and 4 small steps to reach it.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet February's Health Challenge: Write 1 big goal and 4 small steps to reach it.

1. Choose a big goal that will help you be more physically active.
2. What are some small steps to help you reach this goal?
Week 1 Step – _____
Week 2 Step – _____
Week 3 Step – _____
Week 4 Step – _____
3. Note on your planner when each small step is completed.
4. Note other healthy activities you do during the month.

ROLL CALL

Each member jump up and make a goal signal (raise arms straight up).

INSTANT ACTIVITIES

(SEE "STEP BY STEP")
Small Steps to Success

DISTRIBUTE FAMILY HANDOUT

"Small Steps to Success"

NUTRITIOUS SNACK

Nuts, veggies and low-fat dip,
100% fruit juice



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from February's Challenge Check.





GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Make a big sign that says “BIG GOAL – Get 60 Minutes of Physical Activity Every Day.”
 - Place the sign on a trash can.
 - Put the trash can at one end of the room.
- Write 4 small goals, each on a separate piece of paper.
 - Small Step #1 – I will jog/walk for 20 minutes
 - Small Step #2 – I will stretch for 10 minutes, and then walk/jog for 20 minutes
 - Small Step #3 – I will stretch for 10 minutes and the walk/jog with a friend who encourages me for 40 minutes
 - Small Step #4 – I will stretch for 10 minutes, walk/jog with a friend for 45 minutes, then walk to cool down for 5 minutes! I have reached my 60-minute goal!!!

INSTANT ACTIVITY STEP BY STEP

SMALL STEPS TO SUCCESS

- *Introduce the topic.*
 - Do you have goals? What are they?
 - A goal can be something BIG we want to do in our lifetime or something SMALL we can do today.
 - What goals could help us live a healthy lifestyle? Get 60 minutes of physical activity every day. How will you reach that goal? Are there small, daily steps to help you reach it.
- *Have Fun – Small Steps to Success*
 - We will practice setting a big goal and steps to reach it. The trash can has a sign “BIG GOAL – Get 60 Minutes of Physical Activity Every Day.” What can you do to reach this goal?
 - Ask a volunteer to take 20 steps away from the trash can.
 - Show members the paper with Small Step #1. Wad it up. The volunteer will try to throw it into the trash can.
 - Show members Small Step #2. Ask the volunteer to take a giant step forward. Try to throw it into the trash can.
 - Take another step forward. Repeat with Small Step #3.
 - For Small Step #4, the volunteer should be near enough to the trash can to make an easy slam dunk.
- *Talk About It*
 - Small steps lead to success in reaching a big goal.
 - What is a big goal that you want to reach this month?
 - What small steps will help you reach your big goal?



SUMMARIZE THE MAIN POINTS

1. Turn your goal to be healthy into reality by making goals and small steps.
2. What would you tell a friend who wants to improve his or her health?
 - Pick realistic goals to match your abilities!
 - Make a plan. Write it down.
 - Keep it interesting. Make different goals each week.
 - Put pictures up in your room or make notes on your planner as goal reminders.
 - Ask family and friends for help.
 - Keep trying. Don't give up!
 - Pat yourself on the back. Take credit for each success.



MARCH



4-H CLUB HEALTH ACTIVITIES AT A GLANCE

CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

1. The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
2. _____ the number of 4-H'ers who made a plan to meet February's Health Challenge to make 1 physical activity goal and 4 small steps to reach it.
3. Ask some members to share their plans.
4. _____ the number of 4-H'ers who tried or practiced their plan.
5. _____ the number who were successful in meeting their plan.

Discussion: What was the most difficult part of the challenge? Was it difficult to make a goal? What helped you succeed?



BARRIER BUSTER MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

Don't let barriers keep you inactive. Plan ways to bust the barriers of time, energy, equipment, money, safety, place, and support.

HEALTH CHALLENGE

Find a personal barrier to physical activity and try 1 way to bust it.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet March's Health Challenge: Find a personal barrier to physical activity and try 1 way to bust it.

1. What barriers keep you from being more active? Examples: time, social support, energy, skills, cost, fears, willpower. Write in your planner the 1 barrier you want to bust.
2. How can you bust this barrier this month? Examples: find a friend to exercise with, borrow a library video, plan a special time every day, etc. Write this in your planner.
3. Check every day you overcome the barrier.
4. Use the *4-H Health Planner* to note other healthy activities you do during the month.

ROLL CALL

Each member act out one thing that keeps you from being active.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Movement Makeover

DISTRIBUTE FAMILY HANDOUT

"Barrier Busters to Being Active"

NUTRITIOUS SNACK

Dried fruit, string/low-fat cheese cubes, low-fat milk



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from March's Challenge Check.





GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- In the meeting area, arrange chairs in a large circle.

INSTANT ACTIVITY STEP BY STEP

MOVEMENT MAKEOVER

- *Introduce the topic.*
 - Last month we learned about how to set and achieve goals.
 - Did anything stand in the way of reaching your goal? If yes, this is called a barrier.
 - What barriers might keep us from being more physically active? Examples: Time, energy, equipment, money, safety, place to be physically active, lack of social support from friends or family.
- *Have Fun – Movement Makeover*
 - Divide into groups of 2 or 3. Ask each group to decide on a fun way to move around the room. Examples: dance, hop, run in place, jumping jacks.
 - Do each group’s activity for 1 to 2 minutes.
 - Have fun and be creative.
- *Talk About It*
 - Ask members:
 - How did moving make you feel?
 - Are activities more fun when everyone else is doing them?
 - Is it easier to be active when you make the time to do it – during club meetings, school time, family time?
 - Doing different activities can add up to 60 minutes or more every day.



SUMMARIZE THE MAIN POINTS

1. We each need to understand our own personal barriers to physical activity. “What are *your* barriers?”
2. Once we know what our barriers to being physically active are, we can make a plan to bust them. “What are some ideas you have for busting a barrier?”
3. Remember that goal setting and taking small steps can help you bust barriers. This will help you achieve your physical activity goals.



CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

1. The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
2. _____ the number of 4-H'ers who made a plan to meet March's Health Challenge to find a personal barrier to physical activity and try 1 way to bust it.
3. Ask some members to share their plans.
4. _____ the number of 4-H'ers who tried or practiced their plan.
5. _____ the number who were successful in meeting their plan.

Discussion: What was the most difficult part of the challenge? Was it difficult to bust a barrier? What helped you succeed?



LIMIT SCREEN TIME MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

When you turn off TV, you turn on a healthier lifestyle.

HEALTH CHALLENGE

Move, jump, dance, or _____ after 30 minutes of screen time.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet April's Health Challenge: take an activity break after 30 minutes of TV or screen time.

1. When during the day do you spend time on TV, computer, and electronic games?
2. After every 30 minutes of screen time, what can you do for a physical activity break? List these in your planner.
3. During April, track all the healthy ways you used your time after you turned off the TV and computer!
4. Use the *4-H Health Planner* to note other healthy activities you do during the month.

ROLL CALL

All hop in place. Each name 1 way people had fun before TV or computers.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Make a Commerical

DISTRIBUTE FAMILY HANDOUT

"Turn It Off! Real Tips for Real Families"

NUTRITIOUS SNACK

Cereal mix, carrots, water



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from April's Challenge Check.



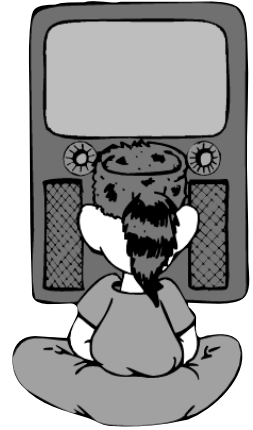
GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Make a big sign “Applause.”

INSTANT ACTIVITY STEP BY STEP

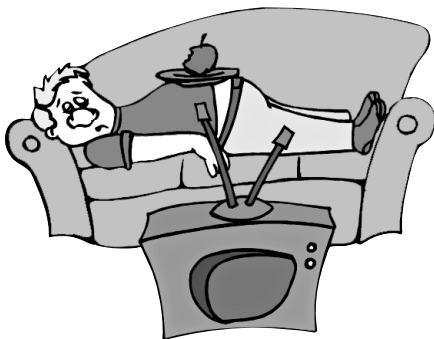
MAKE A COMMERCIAL

- *Introduce the topic.*
 - Screen time . . . what do you think that is?
 - Because time watching TV, being on the computer, and playing electronic games takes time that we can be physically active, it can be a problem. What problems can happen with too much screen time?
- *Have Fun – Make a Commercial*
 - Divide members into groups of 2 or 3.
 - Ask each group to create a TV or radio commercial that encourages kids to limit screen time and do healthier activities instead.
 - Groups act out their commercials.
 - Applause!
- *Talk About It*
 - What should children your age know about screen time?
 - Did the commercials help communicate important information?
 - Do you think they would convince youth to limit screen time and be active?



SUMMARIZE THE MAIN POINTS

1. Too much TV and screen time is not healthy.
2. How does screen time affect *your* health?
 - It takes away time for exercising, being with family, reading, doing school work, or participating in a youth group activity.
 - Commercials may encourage eating and eating the wrong foods.
 - Some games and shows have violent and bad behaviors.
3. What are ways you can be sure screen time is not affecting your health?
 - Make a plan for the monthly health challenge. Take a physical activity break after 30 minutes of TV or screen time.
 - What will you do during your physical activity break?
 - How can you remind yourself to take a physical activity break?
Examples: Put a sign on your TV or computer, set a timer, put a jump rope, foot bags, weights, or other fun stuff in a box by the TV or computer.





CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

1. The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
2. _____ the number of 4-H'ers who made a plan to meet April's Health Challenge to move, jump, dance, or do something else after 30 minutes of screen time.
3. Ask some members to share their plans.
4. _____ the number of 4-H'ers who tried or practiced their plan.
5. _____ the number who were successful in meeting their plan.

Discussion: What was the most difficult part of the challenge? Did other family members try the challenge? What helped you succeed?



WALKING MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

Walking is fun, easy, and free – you can do it almost anywhere.

HEALTH CHALLENGE

Walk with a friend or family member every week.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet May's Health Challenge: walk with a friend or family member every week.

1. Whom would you like to walk with? List them in your planner.
2. Mark which days this week you will walk with your "buddy."
3. Mark on your planner the number of walking minutes or steps (if you have a pedometer).
4. Use the *4-H Health Planner* to note other healthy activities you do during the month.

ROLL CALL

All walk in place. Each names a favorite place to walk.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Walk Like the Animals

DISTRIBUTE FAMILY HANDOUT

"A Walk a Day"

NUTRITIOUS SNACK

Baked tortilla chips and salsa, fresh fruit, 100% fruit juice



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from May's Challenge Check.



GETTING READY

- Read through the “Step By Step” before presenting the program.
- Have a copy of the 4-H Family Handout for each family.
- Write animal names on small pieces of paper. (Examples: lion, gorilla, peacock, kangaroo, penguin, snake, etc.) Have enough animal names for each club member. Put names in a paper bag or hat.

INSTANT ACTIVITY STEP BY STEP

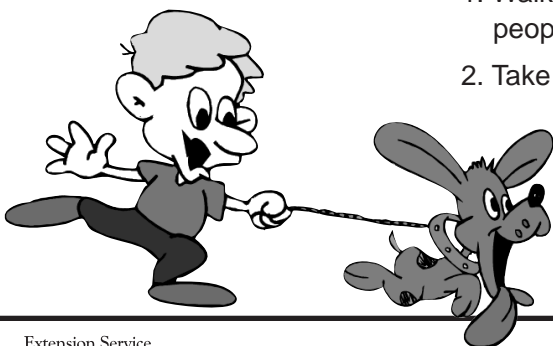
WALK LIKE THE ANIMALS

- *Introduce the topic.*
 - All animals have unique ways to get from 1 place to another. Walking is human’s mode of transportation.
 - Walking is an easy way to get to where you want to be. It can also be an effective way of getting the physical activity you need each day.
- *Have Fun – Walk Like the Animals*
 - Divide group into 2 or 3 smaller groups.
 - Each group sends a member to pick an animal name from the bag.
 - They pretend to walk like that animal. How many animals can each group guess?
- *Talk About It*
 - Playing silly games is fun. It is also a great way to get your 60 minutes a day.
 - Can you guess how many steps the average person should get in a day? 10,000 steps
 - Can you guess how many calories an average 150-pound person uses up when walking 2,000 steps or 1 mile? 120 calories
 - Brainstorm:
 - Who: Can you walk with others?
 - What: Can you think of things to do while walking to make it even more fun? Examples: talk with a friend, listen to music, walk the dog, watch and listen for birds, collect natural objects.
 - When: What times of the day are best for you to walk?
 - Where: Name all the places you can walk.
 - How: What do you need to get started walking more often?



SUMMARIZE THE MAIN POINTS

1. Walking is one of the best physical activities you can do. Most people can walk, either alone or with a friend or family member.
2. Take extra steps every day.

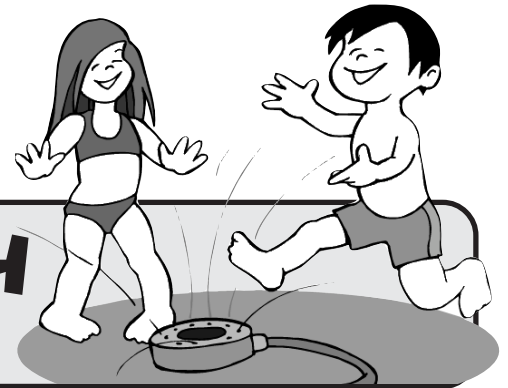




CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

1. The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
2. _____ the number of 4-H'ers who made a plan to meet May's Health Challenge to walk with a friend or family member every week.
3. Ask some members to share their plans.
4. _____ the number of 4-H'ers who tried or practiced their plan.
5. _____ the number who were successful in meeting their plan.

Discussion: Whom did you walk with? Where did you go?



HEALTHY WEIGHT MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

Keep a healthy weight. Balance food (calories in) and fun activity (calories out.)

HEALTH CHALLENGE

Get enough exercise to use up what you eat and drink.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet June's Health Challenge: get enough exercise to use up what you eat and drink.

1. To keep a healthy weight, we need to balance food and fun activity. How will you balance your energy or calorie intake? Examples: smaller portions, drink water instead of soda pop, say "no thanks" to biggie size fries, etc. Write in your planner at least 1 way to keep calories in balance.
2. What activity will you do to get enough activity or energy out? Write this in your planner, too.
3. Use the *4-H Health Planner* to note other healthy activities you do during the month.

ROLL CALL

All keep the ball or balloon in the air. Each name a favorite family outing.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Balance Tag

DISTRIBUTE FAMILY HANDOUT

"Balance Food and Fun"

NUTRITIOUS SNACK

Low-fat yogurt and toppings or frozen bananas with grapes, water



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from June's Challenge Check.



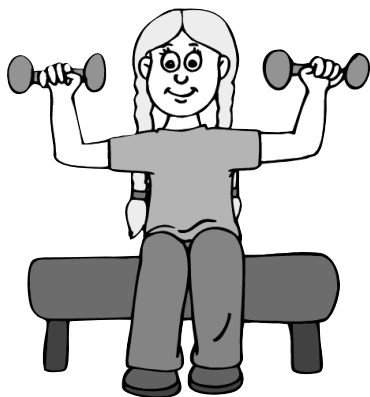
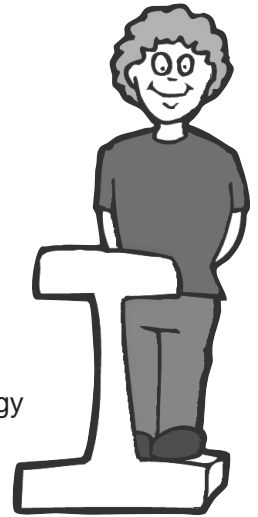
GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Bring these items:
 - ball or balloon for Roll Call
 - a large apple or a small banana
- Be sure there is a large area to play Balance Tag. Set boundaries so members can safely run around.

INSTANT ACTIVITY STEP BY STEP

BALANCE TAG

- *Introduce the topic.*
 - All day and even when you sleep, your body needs energy. Your body gets energy – or calories – when you eat or drink anything.
 - When your body has a perfect energy balance, energy in (the food and drinks you eat) equals energy out (energy burned in daily activities). You will keep the same weight.
 - How many calories are in this piece of fruit? About 100. How might you use up these calories? Examples: 15 minutes dancing, 10 minutes of swimming, 10 minutes of jumping rope. Energy in (banana or apple) has to equal the energy out (activity) to balance. If you drank juice with the fruit, you would add calories. You would need to move more to burn those calories.
 - Think about your body’s energy balance. Hard, vigorous activities such as running burn more calories than moderate activities like walking.
- *Have Fun – Balance Tag*
 - Ask a volunteer to be “It.” Everyone tries to run away from “It.”
 - When tagged, a person balances on 1 foot until someone taps their shoulder to free him or her.
 - If a tagged person loses balance, he or she must do 10 jumping jacks. After 10 jumping jacks, that person is a new “It.”
 - Play Balance Tag for 10 minutes.
- *Talk About It*
 - Balancing your body can be tricky. Balancing calories can be difficult, too.
 - What causes weight *gain*? Eating more calories than your body needs without using up the calories.
 - What causes weight *loss*? Using up more calories than you eat.
 - Guess how many extra calories it takes to gain 1 pound. 3,500 calories



SUMMARIZE THE MAIN POINTS

1. Keep a healthy weight to prevent lifelong health problems.
2. Americans today weigh more than ever. Why? We eat more and move less.
3. Can you name ways to balance your energy and have a healthy weight?



CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

1. The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
2. _____ the number of 4-H'ers who made a plan to meet June's Health Challenge to get enough exercise to use up what they eat and drink.
3. Ask some members to share their plans.
4. _____ the number of 4-H'ers who tried or practiced their plan.
5. _____ the number who were successful in meeting their plan.

Discussion: What was the most difficult part of the challenge? Was it difficult to balance calories **in**? How did you balance calories **out**?



SAFE ON WHEELS MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

Be safe every time you ride a bike or ATV. Know safety rules. Wear a helmet.

HEALTH CHALLENGE

Always wear protective gear when on wheels.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet July's Health Challenge: always wear protective gear when on wheels.

1. What kinds of wheels do you use? Examples: skateboard, rollerblades, skates, bike, ATV, scooter. List them in the planner.
2. What equipment can protect you in an accident? Examples: mouthguard, helmet, pads, goggles, gloves, boots, etc. List in the planner.
3. Mark on your planner days you plan to be "on wheels." During the month, check the days you use protective gear.
4. Use the *4-H Health Planner* to note other healthy activities you do during the month.

ROLL CALL

All sit in chairs and move legs as if riding a bike. Each says a favorite place to ride a bike.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")
Egghead Experiment

DISTRIBUTE FAMILY HANDOUT

"Be Safe On Wheels"

NUTRITIOUS SNACK

Melon chunks, graham crackers or granola bars, milkshake or smoothie



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from July's Challenge Check.



GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Bring a bicycle or ATV helmet and the following items for the Egghead Experiment:
 - raw eggs
 - colored markers
 - plastic containers with tight-fitting lids for the eggs (from margarine, cottage cheese, or yogurt)
 - paper towels, tissues, or other padding
- Talk to your leader about the best outside area for the Egghead Experiment. Example: the top of a safe set of stairs.



INSTANT ACTIVITY STEP BY STEP

EGGHEAD EXPERIMENT

- *Introduce the topic.*
 - Riding bikes, skateboards, and other wheels is a lot of fun.
 - Accidents are not fun. Every year, kids like you and me get hurt or killed on wheels. Why? List possible reasons: not wearing proper equipment, not following rules, riding in unsafe area, etc.
 - Your head is the most important thing you must protect when on wheels. Show the helmet. The hard plastic shell and inside padding on a helmet protects your brain. We will do an experiment to show how a protective cover and padding can protect something delicate.
- *Have Fun – Egghead Experiment*
 - Divide into small groups of 2 to 4.
 - Give each small group 1 egg, markers, a container, and padding.
 - Groups draw facial features on their “eggheads.”
 - Wrap eggs in padding. Put enough padding around the egghead so it fits snugly. A real helmet should fit snugly, too.
 - Place eggs in containers and seal.
 - Each group drops their container, then opens it to see if the container protected the egghead from injury.
- *Talk About It*
 - Helmets should be worn every time and all the time you are on wheels.
 - Show how a helmet should fit:
 - Straight:** Sits flat on your head – level, not tilted. The front of the helmet should be about 2 finger widths above your eyebrows.
 - Snug:** Straps on each side form a “Y” over the ears. Buckle chinstrap snugly so the helmet does not move up, down, or side to side.
 - Snapped:** Only 1 finger should fit between the strap and chin.
 - If you are in a crash, get a new helmet because it may be cracked or damaged.



SUMMARIZE THE MAIN POINTS

1. Protecting your brain with a helmet may save your life!
2. What are reasons kids may not wear a helmet every time, all the time? Examples: they don't have a helmet, they think it's uncomfortable or not cool, friends don't wear one.
3. What would you tell a friend to encourage them to be safe on wheels?

AUGUST



4-H CLUB HEALTH ACTIVITIES AT A GLANCE

CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

1. The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
2. _____ the number of 4-H'ers who made a plan to meet July's Health Challenge to always wear protective gear when on wheels.
3. Ask some members to share their plans.
4. _____ the number of 4-H'ers who tried or practiced their plan.
5. _____ the number who were successful in meeting their plan.

Discussion: What was the most difficult part of the challenge? What kinds of wheel sports did you do? What protective gear did you wear?



WATER FIRST MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

Drink before, during, and after any physical activity. It keeps your body hydrated, energized, and cool.

HEALTH CHALLENGE

Drink 6 or more cups of water a day.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet August's Health Challenge: drink at least 6 cups of water per day

1. Write in your planner how many cups of water you plan to drink.
2. Each day you achieve your goal, mark with a check or star.
3. Use the *4-H Health Planner* to note other healthy activities you do during the month.

ROLL CALL

All "swim" in place. Each says how many cups of water he or she usually drinks a day.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

How Much Water?

DISTRIBUTE FAMILY HANDOUT

"Healthy Hydration"

NUTRITIOUS SNACK

Fruit pizza, celery and peanut butter/nonfat cheese, water



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from August's Challenge Check.





GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Bring these materials:
 - chalkboard, dry erase board, or large paper
 - calculator
 - 1 cup measuring cup with ounce markings
 - 1 gallon of water
 - Large clear container or pitcher

INSTANT ACTIVITY STEP BY STEP

HOW MUCH WATER?

- *Introduce the topic.*
 - How much water do you need for good health?
 - Does everyone need the same amount of water?
No, how much water your body needs depends on:
 - (1) your body size
 - (2) your activity level
 - (3) foods you eat and drinks you drink
 - (4) weather – temperature and humidity (moisture in the air)
- *Have Fun – How Much Water?*
 - Find out how much water you need. Start with your weight. Example: Write “120 lbs.” on the chalkboard or large paper for the group to see.
 - Divide the weight by 2. Write “60 ounces.”
 - This is the number of ounces a 120-pound person needs every day.
 - Let’s see how much that is . . . Pour water into a 1-cup (8 ounce) measuring cup. Ask the group to count with you the number of ounces to add up to 60 (or 7½ cups). Pour into a clear pitcher or container.
- *Talk About It*
 - Ask “How much water do *you* need?” Figure the number of ounces based on your weight. Measure it out at home. Show your family.
 - Does this look like a lot of water? Do you drink this much in a day?
 - When can you drink an extra cup of water during the day?



SUMMARIZE THE MAIN POINTS

1. You need water every day. Why? Water hydrates us, moves nutrients to body cells, and keeps us cool and balanced (not dizzy).
2. Is it OK to get water from other drinks? Some drinks such as tea, coffee, and soda pop can actually dehydrate you. Low-fat milk and 100% juices are nutritious drinks. The very best way is to drink plain water.
3. How can you be sure to get enough water? Track how much you drink. What tricks will remind you to drink enough?
 - Fill a clean milk jug with the amount of water you need. Keep in the refrigerator and use up each day.
 - Carry a water bottle.
 - Avoid drinks such as soda pop.
 - Drink water before, during, and after exercising. Drink even more when it’s hot out.
 - Drink water with every meal and snack.





CHALLENGE CHECK: BY SHOW OF HANDS, COUNT AND RECORD.

1. The number attending: _____ 4-H youths _____ adult leaders _____ 4-H family members.
2. _____ the number of 4-H'ers who made a plan to meet August's Health Challenge to drink 6 or more cups of water a day.
3. Ask some members to share their plans.
4. _____ the number of 4-H'ers who tried or practiced their plan.
5. _____ the number who were successful in meeting their plan.

Discussion: What was the most difficult part of the challenge? Did you drink more water? How did you remind yourself of the challenge?



LIFETIME ACTIVITIES MONTH

(CHECK ITEMS YOU PLAN TO COVER AT YOUR MEETING)

HEALTH H HINT

Being active will keep you healthy the rest of your life.
Find physical activities that fit your personality and interests.

HEALTH CHALLENGE

Pick 1 lifetime activity and practice it.

"MY PLAN" TIPS

Help 4-H'ers write a plan to meet September's Health Challenge: pick 1 lifetime activity and practice it.

1. Choose 1 new lifetime activity to try this month.
2. Practice this activity 1 day each week. Mark on your planner the days you practice this lifetime activity.
3. Use the *4-H Health Planner* to note other healthy activities you do during the month.

ROLL CALL

All do jumping jacks. Each names someone he or she admires who has a healthy lifestyle.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Dance Off

DISTRIBUTE FAMILY HANDOUT

"Lifetime Activity Pyramid"

NUTRITIOUS SNACK

Apple slices and peanut butter, sunflower/pumpkin seeds, water



REMEMBER TO REPORT!

Fill out the End-of-year Record Form with the information from September's Challenge Check.





GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Bring your favorite music and a CD or tape player.

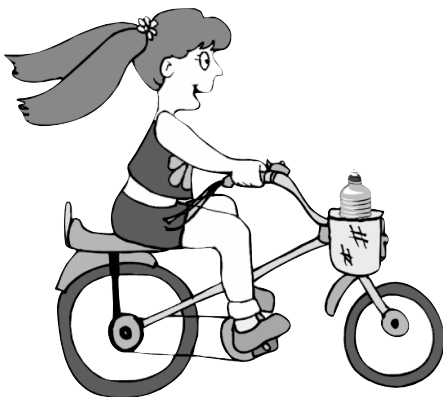
INSTANT ACTIVITY STEP BY STEP DANCE OFF

- *Introduce the topic.*
 - We’ve talked this year about getting 60 minutes of physical activity a day. It is a health habit you need to do the rest of your life!
 - Are the physical activities you’re doing now things you can do when you’re 30 years old or 50 years old? Basketball may be difficult to do without a team. You can always shoot hoops by yourself. What other activities can you do by yourself at any age and with little equipment? (See list in the *4-H Health Planner*.) These are called “lifetime activities.”
- *Have Fun – Dance Off*
 - Dancing is a fun lifetime activity. Start with your favorite music and create your own dance moves.
 - Let’s have a “Dance Off.” Get in a circle. Start the music.
 - The first person shows a dance move. Everyone repeats the dance move. The next person adds a second move. All members repeat the moves in order. Keep adding and repeating dance moves until all have added their own move. This is a good “mental exercise,” too!
- *Talk About It*
 - To find lifetime activities that fit you, what should you think about? Think of your personality, likes, abilities, equipment, etc.
 - Can you name activities you will probably do the rest of your life?



SUMMARIZE THE MAIN POINTS

- The fun factor is most important. If it’s fun, you will want to do it more.
- Be creative. Make up your own lifetime activities.





JANUARY HEALTH BACKGROUND INFO

BE IN THE KNOW

BEING READY

Review this information to help you conduct this month's health activities.

MOVING MORE

ACTIVITY BENEFITS

Persons who are active:

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- are less likely to become overweight
- have less risk of developing type 2 diabetes
- may have lower blood pressure and blood cholesterol levels
- have a better attitude
- sleep better
- are better able to deal with normal daily challenges – running to catch a bus, bending to tie a shoe, or studying for a test.



3 ELEMENTS OF FITNESS ARE IMPORTANT

1. **Endurance** is developed by regular aerobic activity (aerobic means “with air”). During aerobic exercise, the heart beats faster, and a person breathes harder. The heart gets stronger. The body gets oxygen to all its cells better. Examples of aerobic activities are:
 - basketball
 - soccer
 - rowing a boat
 - biking
 - swimming
 - jogging
 - ice-skating
 - tennis
 - running
 - in-line skating
 - walking
2. Improving **strength** doesn't have to mean lifting weights. Push-ups, stomach crunches, pull-ups, and other exercises tone and strengthen muscles. Play-time activities such as climbing, handstands, and monkey bars strengthen the body and muscles.
3. Stretching exercises improve **flexibility**. Muscles and joints bend and move easily. Stretch every day – reach for things on the top shelf, practice a split, or do flips.

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

All children 2 years and older need **60 minutes** of moderate to vigorous exercise on most, preferably all, days of the week. Moving 60 minutes every day is a great goal. If it seems like too much at a time, do 10-minute moves several times a day. School-age children should not sit for long periods of time – no more than 2 hours.





FEBRUARY HEALTH BACKGROUND INFO

BE IN THE KNOW

BEING READY

Review this information to help you conduct this month's health activities.

SMALL STEPS TO SUCCESS

Goals are more than scribbled down ideas. Goals need to be complete, like a plan. Make sure the goal you are working for is something you really want, not just something that sounds good. Write your goal in the positive ("I will dance for 30 minutes while I listen to music at home.") instead of the negative ("I will not sit and listen to music.") Write your goal out in complete detail. This will help you think through how you'll reach your goal. Details make your chances of success better.

You need BIG and SMALL goals in all areas of life (family, money, school, job, and health).

Goals for a healthy lifestyle may be BIG and GENERAL such as:

- Have strong muscles.
- Get 60 minutes of physical activity every day.
- Have a healthy weight.
- Do well on the school fitness tests.

Goals may be SMALL and SPECIFIC such as:

- Get a pedometer to log daily steps.
- Play your favorite CD and dance 20 minutes.
- Go skating on Friday with friends.
- Jump rope during every TV commercial.
- Drink a glass of water before every meal.
- Turn off the TV or computer at 8:00 pm.

Make your own plan for success. Write down your big goal and many small, specific steps to help you reach it.

Ask adults you know about their goals for a healthy lifestyle. What are their big goals? What are their small goals? What is their plan to accomplish big goals?



**"DO IT, MOVE IT, MAKE IT HAPPEN.
NO ONE EVER SAT THEIR WAY TO SUCCESS."
— UNKNOWN**



MARCH HEALTH BACKGROUND INFO

BE IN THE KNOW

BEING READY

Review this information to help you conduct this month's health activities.



"IF YOU CAN FIND A PATH WITH NO OBSTACLES, IT PROBABLY DOESN'T LEAD ANYWHERE."

—ANONYMOUS

BARRIER BUSTER

Why are 60 percent of Americans not getting enough exercise?

Try these ideas to bust physical activity barriers:

MAKE TIME

- Track daily activities for a week. Find at least 1 time in the day or week when you can fit in more activity.
- Add physical activity to your daily routine. (Examples: walk or ride bike to school, store, or friend's house; organize a school event for physical activity; walk the dog; exercise during TV; park farther away from your destination.)
- Fit in physical activity. (Examples: walk at lunch, take fitness breaks during commercials, do something active after dinner.)

MAKE IT SOCIAL

- Tell friends and family you want to have fun being more active. Ask them to join you.
- Plan active social activities. (Examples: tag, ball, dance.)
- Make new friends who like to be physically active.

ENERGIZE YOURSELF

- Find times in the day or week you feel most energetic.
- Tell yourself that physical activity will increase your energy level. Then try it.

STAY MOTIVATED

- Plan ahead. Make physical activity part of your family's daily or weekly schedule.
- Invite a friend or family member to exercise with you often. Put it on your calendar.

BUILD NEW SKILLS

- Find a friend who can teach you some new skills.
- Take a class such as gymnastics, tennis, or martial arts or join a sports team.

USE COMMUNITY RESOURCES

- Choose activities that don't need facilities or equipment. (Examples: walk, jog, jump rope, stretching and strengthening movements.)
- Find no-cost community resources such as parks, recreation, and school programs.

MAKE THE MOST OF IT

- Keep activities handy. (Examples: indoor cycling, dance music, stretch bands, and weights, jump rope, and games.)
- Think of outdoor activities (skiing, sledding, swimming, tennis) as "bonus activities."





APRIL HEALTH BACKGROUND INFO

BE IN THE KNOW

BEING READY

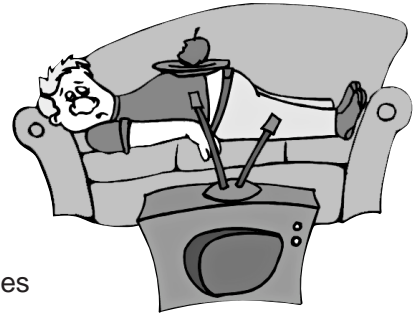
Review this information to help you conduct this month's health activities.

LIMIT SCREEN TIME

WHAT IS THE BIG DEAL ABOUT TV AND SCREEN TIME?

Everyone watches TV, uses a computer, and has fun playing electronic games. Why is this a big deal? Too much screen time is unhealthy. When a person spends more time with TV or other screens:

- They eat more
- They eat less healthy foods
- They weigh more
- They are less physically active
- They read less
- They make lower grades in school
- They are likely to act out violence they see
- They have less time to spend in family activities
- They are more likely to buy advertised products



TV-Turnoff Week is the last week of April each year. For information, visit www.tvturnoff.org.

STUDIES SHOW HOW SCREEN TIME AFFECTS EDUCATION

- One study involved nearly 400 3rd-graders. Those with TVs in their bedrooms scored about 8 points lower on tests than children without TVs in their rooms.
- A study of nearly 1,000 adults found lower education levels among those who watched lots of TV as children.

Your habits are important. How do you use screen time?

1. When are the TV and computer on? Don't have them on all the time.
2. Are there certain TV programs you **really** want to watch? Watch only 1 or 2 favorite shows a day.
3. Where are the TVs and computers? Put them in family areas, not bedrooms.
4. Do homework and family time come first before screen time?

Health professionals recommend children under 2 years watch **no** TV. For children over 2, limit screen time to 1 to 2 hours a day.



MAY HEALTH BACKGROUND INFO BE IN THE KNOW

BEING READY

Review this information to help you conduct this month's health activities.

WALKING

HOW MANY STEPS DO YOU TAKE EVERY DAY?

It's good for kids your age to take 10,000 steps or more every day. 10,000 steps – that is about 5 miles of walking. Can you imagine counting all of those steps? Yikes!

ABOUT STEP COUNTERS

A pedometer or step counter is an easy way to measure how many steps you take. Find one at a store with sporting goods. The step counter doesn't have to be fancy or cost much. Step counters work when you attach them to the waistband of your clothes. They count how often your hips move up and down as you walk – and that equals the number of steps you take.



KEEPING TRACK

It's fun to use a step counter. To track your progress, wear your step counter all day. Then, before you go to bed, write down the number of steps shown on your step counter. Are you close to 10,000? It's OK if you're way under 10,000 steps to start with – lots of people are! Take a few more steps each day.

EASY WAYS TO SNEAK IN EXTRA STEPS

Remember, aim for 60 minutes a day of moderate to vigorous activity.

- Get up and walk around during TV breaks
- Get up to change the channel
- If you walk to or from school, take a longer route (if it's OK with your parent)
- Take the stairs often
- Become a part-time pet walker
- If you go shopping, have your parent park farther away from the store
- Walk around while you're brushing your teeth or on the phone
- If you're on the computer, set a timer to get up every 30 minutes and walk around

WHAT ARE YOUR IDEAS TO HELP GET MORE STEPS?





JUNE HEALTH BACKGROUND INFO BE IN THE KNOW

BEING READY

Review this information to help you conduct this month's health activities.

HEALTHY WEIGHT

What is Energy Balance? Energy is another word for "calories." What you eat and drink is energy IN. What you burn through physical activity is energy OUT.

You burn some calories just by breathing and digesting. A big person burns more calories every day than a small person. You also burn calories doing daily activities, such as studying, playing, eating, and sleeping. Active people burn more calories than those who are not active.

- To maintain your current weight: Keep the amount of energy you take in equal to the amount you burn off in daily activity.
- To lose weight, take in less calories than you burn off.
- To gain weight, eat more calories than you burn off in daily activities.

Energy IN and OUT does not have to balance exactly every day. It's the balance over several days or weeks that matters.

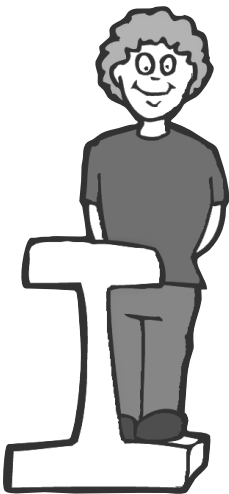
ENERGY IN:

Choose foods that give you the calories and nutrients you need. Eat proper portion sizes. Start with small amounts. Eat slowly. Have seconds only if you're still hungry.

ENERGY OUT:

Find easy activities that help burn calories below. The chart shows activities and the calories burned in 30 minutes by a 150-pound person. A lighter person will burn less calories; a heavier person burns more. Try these activities.

<i>Activity</i>	<i>Calories Burned In 30 minutes</i>
Walking (Leisurely), 2 miles per hour	85
Walking (Fast), 4 miles per hour	170
Raking Leaves	145
Dancing	190
Bicycling (Leisurely) 10 miles per hour	205
Running, 5 miles per hour	275





JULY HEALTH BACKGROUND INFO

BE IN THE KNOW

BEING READY

Review this information to help you conduct this month's health activities.

SAFE ON WHEELS

When on wheels, wear protective gear all the time and every time. Goggles, gloves, knee guards, mouthguards, and other equipment are important. But a helmet is the most important protective gear for all types of wheel sports. Helmets protect the head and brain – your most important body part!

Get a helmet to match the type of sport you do. Since biking is a common wheel sport, here are questions and answers about bike helmets.

WHAT'S THE BEST BIKE HELMET?

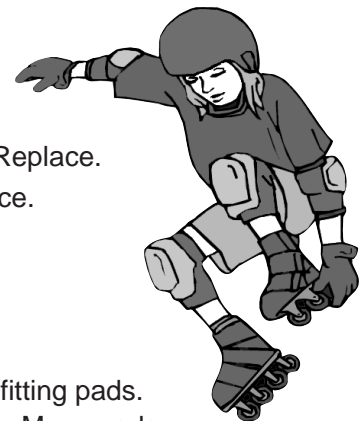
A helmet must fit well, be round and smooth on the outside, and have a sticker to show that it meets safety standards – CPSC, ASTM and Snell B-90.

IS A CHEAP HELMET AS SAFE AS AN EXPENSIVE ONE?

If the more expensive helmet fits your head best, then it is worth it. Buy the helmet that fits best. If you want a certain helmet color or design, decorate it yourself.

WHEN DO I NEED TO GET A NEW HELMET?

- Did you crash it? Replace!
- Is the outside just foam or cloth instead of plastic? Replace.
- Does it lack a CPSC, ASTM or Snell sticker? Replace.
- Can you adjust it to fit correctly? If not, replace!
- Do you hate it and don't like to wear it? Replace.



HOW SHOULD I FIT A HELMET?

1. **Adjust pads.** Most helmets come with extra foam fitting pads. Use thicker pads on the side if your head is narrow. Move pads around to touch your head evenly all around. To adjust a "one size fits all" model, tighten the ring.
2. **Adjust straps.** Put the helmet level on your head. Adjust rear straps and then front straps. The "Y" fits right under your ear. Slide straps across the top of the helmet to even them up. Adjust the chin strap so it is comfortably snug. Adjust the rear stabilizer if it has one.
3. **Check the fit.** Shake your head. Does the helmet move more than an inch up or down or from side to side? Tighten straps. Your helmet should be level, feel solid on your head, and be comfortable.





AUGUST HEALTH BACKGROUND INFO

BE IN THE KNOW

BEING READY

Review this information to help you conduct this month's health activities.

WATER FIRST

Water – we cannot live without it for more than about 100 hours.

Your body is about 70% water.

WHAT DOES WATER DO FOR THE BODY?

Water carries nutrients to cells. It gets rid of waste products. It lubricates limbs and joints. When it is hot or cold outside, it helps regulate heat. Water makes mucous and saliva. Water is a protective shock absorber for the brain and organs.

Water has no calories, artificial colors or flavors, or sodium. About 75% of Americans do not drink enough water. It is best to drink water throughout the day. Drink water first thing in the morning. This is a time when the blood is thickest and strokes happen most often. Also drink before, during, and after exercise.

Do you know about different types of drinking water?

Tap water	Tap water can be from any source. It has to be treated to meet legal and quality standards. Americans drink more than a billion glasses a day. The chemical chlorine is often added to kill organisms and prevent diseases. Fluoride may be added to water to reduce cavities.
Drinking water	Bottled water labeled as "drinking water" is not necessarily better for health than tap water.
Natural mineral water	Water from a spring, artesian well, or well with natural minerals. It may be carbonated.
Spring water	Water from an underground aquifer, collected as it flows and bottled at the source.
Processed water with health claims	Bottled waters may claim to have health benefits, such as faster hydration, better disease immunity, and even cures for AIDS and cancer. No scientific studies have proven these claims.
"Sports" drinks	Sports drinks are made to reduce fluid, mineral, and energy loss from vigorous exercise. Some sports drinks have "power" ingredients such as caffeine or taurine. There is little evidence of any benefit from these drinks. They are usually promoted by athletes or sports teams.





SEPTEMBER HEALTH BACKGROUND INFO BE IN THE KNOW

BEING READY

Review this information to help you conduct this month's health activities.

LIFETIME ACTIVITIES

BUILDING GOOD HABITS

Just knowing physical activity is good for us does not mean we will easily make it part of our daily routines. It can be difficult to change habits. Remember, just start slowly and work your way up to a higher level of activity.

HAVE FUN

Being active is fun, especially when you can play with friends and family. Many children get less and less active as they become teens and young adults. Start now to fit activity into your routine. You will be a healthier teen and adult.

CLUBS THAT PLAY TOGETHER WILL STAY TOGETHER

As this year's 4-H Health Officer, you are helping other youths improve their "Health H" and move more. Fun club activities also will encourage members to stay active in 4-H and in their own lives.

Ideas to keep fun health activities in 4-H club meetings:

- Have club members draw a community map with all the free or low-cost places to play and exercise. Sometimes we forget what is right under our noses.
- Hold club meetings at different public places. Try a local park, pool, or playground.
- Do community service activities with a lot of moving – gardening, home repair, or yardwork for elderly neighbors and community beautification projects.
- Keep local hiking and biking trails in shape. Visit www.wvrtc.org for information.
- For club fundraisers, plan active ones: car wash, skate night, bike-athon.
- Check to see how your community rates in walkability and bikeability. Make a map of a walking or bike trip at www.walkinginfo.org.

Add your own ideas to keep members moving: _____





4-H CLUB PHYSICAL ACTIVITY GUIDE FOR MORE HELP AND INFORMATION

www.MyPyramid.gov/kids/ has nutrition information and activities for all audiences. Personalized plans for food and activity can be created with interactive tools.

www.getmovinggetthehealthynj.rutgers.edu is a New Jersey site for youths, parents, and teachers to learn more about food and fitness.

How many miles of state trails are there? www.nj.gov/dep/parksandforests helps you find New Jersey hiking trails near you.

www.americaonthemove.org will get you moving with free online tracking to improve physical activity and eating. Join as an individual or start a group.

www.bam.gov for kids is about fitness, food, the body, safety, and diseases. It features a game room and a make-your-own fitness calendar.

www.kidshealth.org is an educational site for youths, parents, and teachers. The site has kid-friendly, interactive games and activities on lots of health topics.

www.tvturnoff.org challenges children and parents to turn off TV and turn on a healthier lifestyle. Understand why limiting screentime benefits everyone and get practical tips on how to do it.

www.kidnetic.com has animated games, quizzes, message boards, amazing recipes, and games invented by kids. Parents will like the Kidnector and Bright Papers.





FAMILY HEALTH HANDOUTS: PHYSICAL ACTIVITY

**4-H FAMILIES
ARE AWESOME -
THEY WILL LOVE
THE MONTHLY 4-H
FAMILY HANDOUTS!**

As part of your responsibilities as a 4-H Health Officer, give each member or 4-H family a 4-H Family Handout. Club members need support from their families to learn about and try new dental health habits.

The following pages have copy-ready 4-H Family Handouts. Follow these easy steps:

- First, talk with your 4-H club leader.
Ask the leader how he or she wants to get copies ready for your club meetings:
 - The 4-H club leader may have a copier to use.
 - Your county RCE Extension office can make copies upon request. Call several days before your meeting date.
 - Your RCE Extension agent is _____, and the phone number is _____.
 - Ask a 4-H parent to volunteer to make copies and bring to each meeting.
- Next, count how many copies you need. Make 1 for each 4-H family. The number of 4-H families in your club is: _____.
- Look over the 4-H Family Handouts. You will want to be familiar with them because they are all about the monthly health themes. They can help your members be successful in their monthly health challenges.
- If your club does not plan to meet during a month, it is still important to give members the monthly 4-H Family Handout. Give handouts to members the month before or after your missed monthly meeting.



**BE SURE
TO GIVE OUT
A 4-H FAMILY
HANDOUT AS
PART OF EVERY
MEETING.**



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY

60: PLAY EVERY DAY ANY WAY



JANUARY HEALTH CHALLENGE

Get at least 60 minutes of physical activity every day!

GET 60!

PLAY your way to a healthier family! 60 minutes of activity every day is all it takes. PLAY can happen anytime and anywhere. 10 minutes here or 20 minutes there – active time adds fun to family time, friends, and school. Try these great ideas!

- Pick a family member to be “coach of the day.” He or she chooses a game the family will play that day (ideas: kickball, hoops, a dance-a-thon, or a made-up game.)
- Don’t forget fun at a playground – climb, slide, run around, and laugh.
- Call a few friends for an active family game night. Twister, relays, sack races, and flag football are good choices.
- Snowy outside? Build a snowman, fort, or make snow angels.
- For family outings, replace movies with parks, museums, and trails.
- Celebrate special occasions at the skating rink, bowling alley, playground or swimming pool.
- Instead of driving a car, walk or bike as often as you can.
- Always take the stairs instead of the elevator or escalator.
- When a TV commercial comes on, crank up the music and dance!
- Turn off the TV and make time to play.



What physical activity can do!

- Boost self-confidence
- Improve school achievement
- Lower stress
- Help kids sleep better
- Give them more energy
- Teach good leadership and teamwork
- Improve social skills
- Lower chances of type 2 diabetes
- Maintain a healthy weight
- Lead to more positive attitudes
- Start a healthy habit for life

CUT HERE



4-H FAMILIES ONLINE

Families can find more great ideas at www.VERBnow.com. There is a Game Generator, sports tips from celebrities, and virtual reality characters powered by kids’ physical activity.



**STICK IT UP!
REMINDE
YOURSELF
TO PLAY EVERY
DAY ANY WAY -
PUT THIS ON THE
REFRIGERATOR.**



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY SMALL STEPS TO SUCCESS



Tips for Family Success:

- Be realistic.
- Work on small steps one at a time.
- Make goals to fit your schedule and personalities.
- Write down your plan.
- Talk about your family goal and small steps every day.
- Track your progress. Help your 4-H'er complete the *4-H Health Planner*.
- Don't expect perfection.
- Celebrate successes with a fun family outing.



FEBRUARY HEALTH CHALLENGE

Write 1 big physical activity goal and 4 small steps to help reach it.

Making changes to be more physically active takes time. Try 3 easy goal-setting steps to find a goal that the whole family can work toward.

1. Talk with family members about what is important.

Here are some ideas:

- Having fun
- Being together
- Enjoying the outdoors
- Helping your community
- Learning something new

What is important to your family? _____

2. Decide on 1 big goal. Write it down. Example:

- Spend 60 minutes every week enjoying the outdoors.

Your Family's Big Goal: _____

3. Decide on small steps to help reach this goal. Examples:

- Week 1 Small Step – take turns walking the dog an extra 10 minutes a day
- Week 2 Small Step – take 15-minute after-dinner walks every Sunday

Your Family's Small Steps:

- Week 1 Small Step – _____
- Week 2 Small Step – _____
- Week 3 Small Step – _____
- Week 4 Small Step – _____

4-H FAMILIES ONLINE

Go to www.kidnetic.com for animated games, quizzes, and family activity ideas.

CUT HERE



**DON'T FORGET!
KEEP YOUR FAMILY'S BIG PHYSICAL ACTIVITY GOAL AND SMALL STEPS ON THE REFRIGERATOR.**



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY BARRIER BUSTERS TO BEING ACTIVE

CUT HERE

WHAT ARE YOUR FAMILY'S BARRIERS?

- A. Ask family members these questions.
- B. Talk about the answers.
- C. Think up other solutions to these barriers.

A. ASK EACH BARRIER-BUSTER QUESTION:

TIME:
Our family is too busy to fit physical activity into our schedule.

B. CIRCLE YOUR FAMILY'S ANSWERS:

True or false?

C. TRY BARRIER-BUSTING SOLUTIONS. ADD YOUR FAMILY'S IDEAS TO THE LIST.

1. Decide on 1 active thing the family will do together and write it on your calendar.
- 2.

FAMILY & FRIENDS:
Our usual activities with family or friends do not include physical activity.

True or false?

1. Keep these handy – balls, flying disk, chalk for sidewalk hopping games, badminton, etc.
- 2.

ENERGY:
We are too pooped to exercise.

True or false?

1. Take a quick walk in the morning or during lunch.
- 2.

WILLPOWER:
Our family just can't get started being active.

True or false?

1. Make a list of all the good reasons to exercise.
- 2.

SAFETY:
It is not safe to go out and walk or ride a bike.

True or false?

1. Put on the music and dance or simply jump.
- 2.

SKILLS:
Our family is not very athletic and does not know how to play many sports.

True or false?

1. Walking is easy and fun for all ages.
- 2.

RESOURCES:
Our community doesn't have trails, swimming pools, or bike paths. It's costly to join classes or gyms or buy equipment.

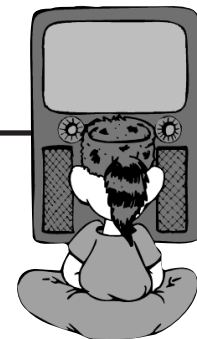
True or false?

1. Jump ropes, balls, stretch bands, and community classes do not cost a lot.
- 2.

MARCH HEALTH CHALLENGE

Find a personal barrier to physical activity and try one way to bust it.

PICK 1 SOLUTION TO TRY EACH WEEK. POST THIS PAGE BY YOUR CALENDAR.



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY

TURN IT OFF! REAL TIPS FOR REAL FAMILIES



APRIL HEALTH CHALLENGE

Move, jump, dance, or ___?___ after each 30 minutes of screen time.

Is the computer mouse the most active object in your house? Step up to healthier living – cut back on TV, computer, and inactive games. Here are some realistic tips for a healthier lifestyle.

1. Pinpoint your family's screentime habits:
 - Where are the TVs, computers, and games in your home?
 - When are they used?
 - How much screentime does each person have in a typical day?
2. Talk about how screentime affects each family member:
 - Are the TV and computer taking the place of family conversation? School work? Physical activity? Social time with friends? Hobbies? Reading? Sleeping? Outdoor fun?
 - Does screentime affect family members' moods, buying habits (toys, foods), eating habits, or language?
3. Ask family members, "If we had more time in a day, what would you want to do?" List ideas: _____
4. Decide the best way for your family to control screentime:
 - Make a family commitment to cut back on TV, computer, and game time.
 - Rearrange the furniture to be more family focused. Take TV and computers out of bedrooms.
 - Change your mindset. Have screen-free nights. Play fun games.
 - Plan ahead. Keep a list of favorite family activities handy.

QUOTES FROM REAL FAMILIES . . .

"By turning TV off during dinner, we have a lot of fun just talking about what happened to each of us during the day."

"We plan shows we want to watch instead of watching anything."

"Our family decided during every commercial, we would get up and run in place. It feels silly, but it is a blast."

"We taped a list of fun activities on the TV. Every time someone wanted to watch TV, they had to do one of the activities. This was so much fun!"

CUT HERE



4-H FAMILIES ONLINE

For information on screentime and a screentime log, go to National Institutes of Health at wecan.nhlbi.nih.gov or call 1-866-35-WECAN; TV-Turnoff Network (www.tvturnoff.org or 202-333-9220).



**THE
AMERICAN
ACADEMY OF
PEDIATRICS
RECOMMENDS**

**1 TO 2 HOURS OF TV A
DAY FOR CHILDREN OVER
AGE 2. ADULTS SHOULD
WATCH LESS THAN
10 HOURS PER WEEK.**



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY A WALK A DAY



MAY HEALTH CHALLENGE

Walk with a friend
or family member
every week.

WALKING WORKS

- Walking is a simple, safe, and effective way to get exercise.
- Walking has proven health benefits:
 - controls weight
 - conditions heart and lungs
 - strengthens bones
 - relieves back pain
 - improves mood
 - lowers risk of heart attack, blood clots, type 2 diabetes

START WALKING TODAY

- Start by taking a short stroll.
- Forget about speed.
- Swing your arms and breathe deeply.
- Be sure you can talk while walking. If you can't talk, you're walking too fast.

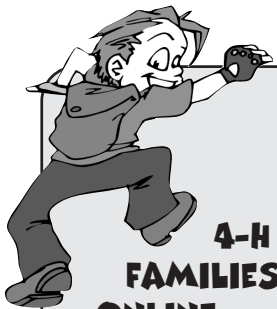
MAKE IT FUN

- Listen to lively music.
- Walk with a friend or family member.
- Explore new routes – around the neighborhood, an outdoor track, mall, hiking trails, and stairs.
- Each day try walking more steps and more minutes.
- A pedometer and walking log can add some motivation.

MAKE IT CONVENIENT

- Keep walking shoes handy – by the door or in the car.
- Fit walking into your everyday routine.
- Park farther away and walk to your destination.
- Take the stairs when you can.
- While waiting – walk around the field during your child's sports game or practice.
- Walk in place while you chat on the phone.
- Instead of sitting and talking, invite family members to talk while you walk!

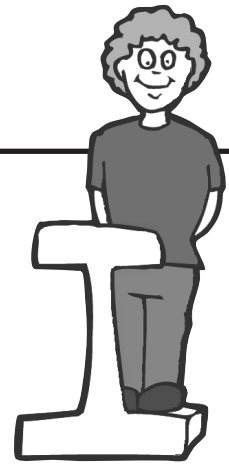
CUT HERE



4-H FAMILIES ONLINE

www.americaonthemove.org
will get you
moving with
a free online
walking log.

To find West
Virginia hiking
trails near you,
check the
Web (www.wvtrails.com).



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY BALANCE FOOD AND FUN



JUNE HEALTH CHALLENGE

Get enough exercise to use up what you eat and drink.

DOES YOUR FAMILY MAKE THE RIGHT CHOICES TO BALANCE FOOD AND FUN?

Summertime is the perfect time to start having nutritious foods and drinks and being more active.

Try these ideas for a healthy summer:

BALANCE ENERGY "IN" . . .

- Have easy, quick, and nutritious snacks on hand.
 - Fresh fruits and vegetables
 - Chilled water
 - 100% juice
 - Low-fat yogurt
 - Whole grain crackers and bread
 - Nuts and seeds
- Keep portions small. Compare the recommended servings with what you eat.
- Eat family meals at regular times and limit snacks.

WITH ENERGY "OUT" . . .

- Aim for 60 minutes of active time every day.
- Take a quick walk after dinner.
- Turn off the TV, computer, and videogames in favor of active play.
- Have family active time one night a week. Kids and parents take turns choosing what to do – bike, play tag, hopscotch tournament, etc.
- Invite neighbors and friends over for play time.
- Check out an exercise video from the library.
- On rainy days, play music and dance.
- Turn your yard into a gym. Set up a silly obstacle course, bike rodeo, kickball game, or jump rope challenge.

CHOOSE "EXTRA ACTIVITIES" TO USE UP EXTRA CALORIES

Having a second serving of dinner? Going out for ice cream? If you eat more, you need to move more.

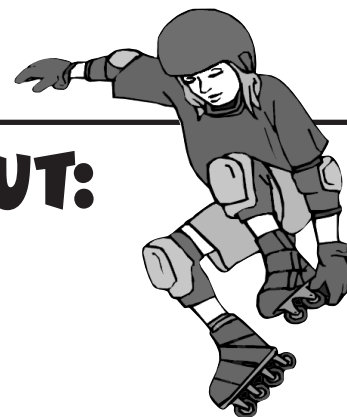
Be prepared. List physical activities family members like.



4-H FAMILIES ONLINE

Go to www.actionforhealthykids.org/WhatsIncluded.php to print out your "Energy In – Energy Out" tracker and posters with football players.

CUT HERE



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY

BE SAFE ON WHEELS



JULY HEALTH CHALLENGE

Always wear protective gear
when on wheels EVERY
time and ALL the time.

WEAR A HELMET EVERY TIME AND ALL THE TIME YOU ARE ON WHEELS!

Riding bikes, skateboards, and other wheels is a lot of fun.
But accidents are no fun at all. Every year, West Virginians are
hurt or killed on wheels. Do everything you can to protect your
family members.

WEAR A HELMET WITH THE CORRECT FIT

How should a helmet fit? Work together to break the code for
a message on three ways a helmet should fit.

On each line, write the alphabet letter that comes before the one
below that line. The first three words have been done for you.

A H E L M E T F I T S _____, _____ AND _____
B I F M N F U G J U T T U S B J H I U T O V H T O B Q Q F E

PARENT SAFETY TIPS FOR HELMETS

- 1. Show & tell –**
Children learn best by watching parents. Wear a helmet
every time you are on wheels.
- 2. Start a helmet habit early –**
As soon as children begin riding bikes, get a helmet that
fits them.
- 3. Talk about safety –**
Share the facts! It's true they can get hurt by not wearing
a helmet.
Bikes and other vehicles are not toys. Wear helmets every
time, all the time.
- 4. Be consistent –**
Never let anyone get on wheels without a helmet. If children
are sometimes allowed to ride without a helmet, they won't
think it's important.

CUT HERE



4-H FAMILIES ONLINE

Go to www.atvsafety.org
or call 800-887-2887 to
learn about ATV safety,
courses, and materials

Get tips on buying and fitting
helmets at www.helmets.org

Print out a cool bike poster
from [www.rtis.com/reg/bcs/
org/bvcweb/bvc-tips.htm](http://www.rtis.com/reg/bcs/org/bvcweb/bvc-tips.htm)

Kids have fun with www.bam.gov
safety activities



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY HEALTHY HYDRATION



AUGUST HEALTH CHALLENGE

Drink 6 or more cups of water a day.



**STICK IT UP!
PUT THIS
ON YOUR
REFRIGERATOR
TO REMIND YOU TO
THINK WATER FIRST!**

CUT HERE

WATER . . . IT IS IMPORTANT FOR DAILY HEALTH!

The best way to keep your body hydrated is to drink water. Other drinks are OK, but remember to **drink water first for your thirst**.

Water helps maintain normal body temperature. Water helps put back fluids lost through perspiration.

How much water do you need? It depends on your body size, your activity level, foods you eat, drinks you drink, and the weather.

Find out how much water each family member needs.

Do the math:

_____ lbs. ÷ 2 = _____ number of ounces of water
(Your Weight) you need on an average day

Add more ounces if you're exercising or if it's hot weather.

Try this: Measure the ounces you drink in a day to see if you drink the amount you need.

MORE ABOUT WATER

- Call your county health department to find out about your local water supply.
- Call EPA's safe drinking water hotline at 1-800-426-4791 for information on water quality in the United States.
- Try NSF consumer hotline at 1-877-867-3435 or e-mail info@nsf.org.

FAMILY TIPS

- Keep a pitcher of ice cold water ready in the refrigerator for quick drinks or snacks. Choose water first before you choose other drinks.
- Kids dragging? Pick them back up with fluids!
- Always carry water! Try water bottles, thermoses, sports containers, or coolers.
- Don't wait until you feel thirsty to drink water! Take sips all day long.
- Get extra fluid and nutrients your body needs during summer sports or heavy play. Fresh fruit and juice are great. Fresh fruit or 100% fruit juice contains natural sugar along with many healthful nutrients. Bananas give you potassium. Pretzels or crackers have salt.
- Try frozen fruit smoothies: In a blender, mix frozen whole fruit (any favorite fruit – berries, melons, peaches). Add low-fat milk until it is the thickness you want. Slurp it up!



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY

LIFETIME ACTIVITY PYRAMID



SEPTEMBER HEALTH CHALLENGE

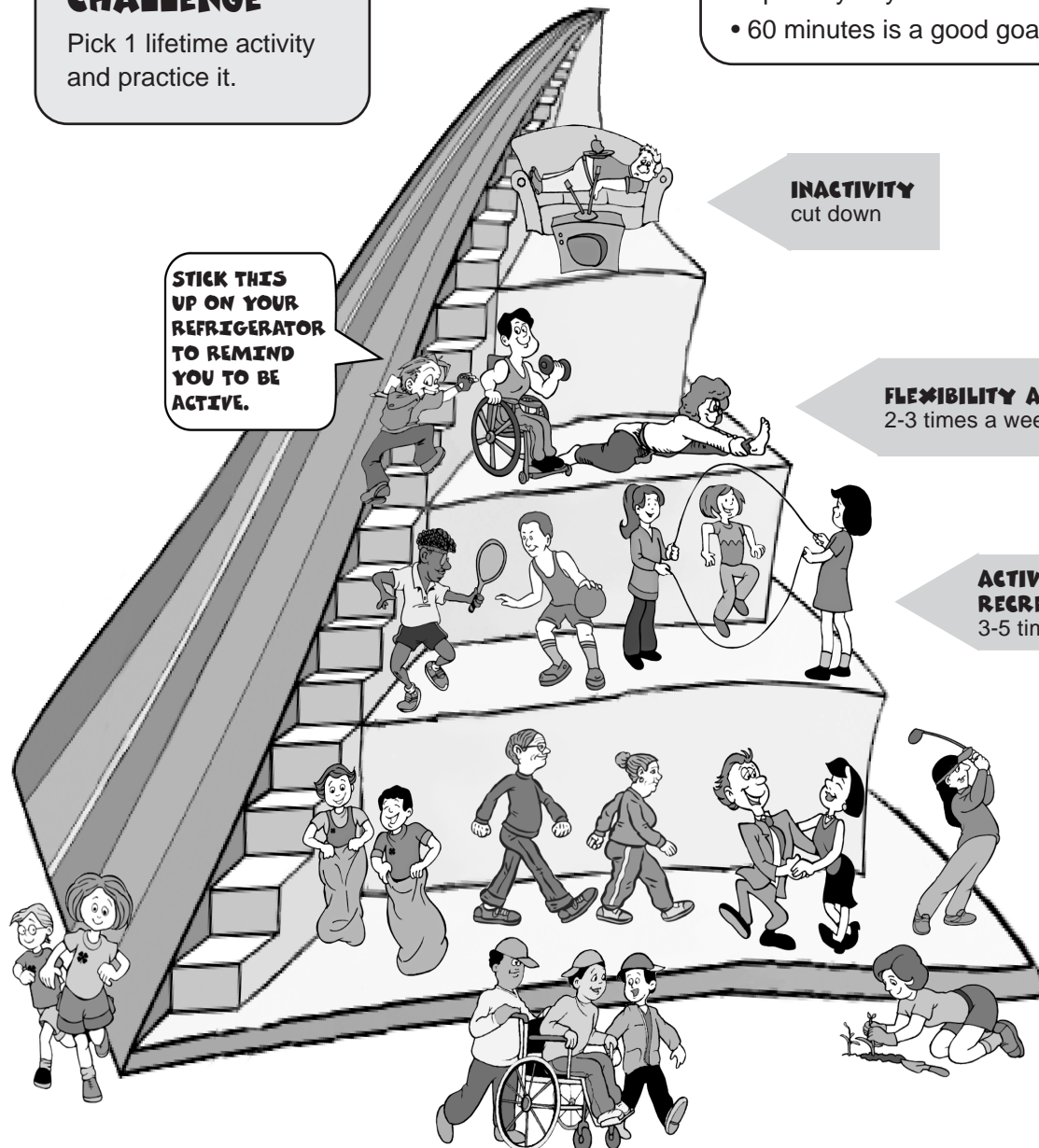
Pick 1 lifetime activity
and practice it.

EVERY ACTIVITY COUNTS!

- How many activity minutes can you count up every day?
- 60 minutes is a good goal for everyone!

CUT HERE

STICK THIS
UP ON YOUR
REFRIGERATOR
TO REMIND
YOU TO BE
ACTIVE.



INACTIVITY
cut down

FLEXIBILITY AND STRENGTH
2-3 times a week

**ACTIVE AEROBICS AND
RECREATIONAL ACTIVITIES**
3-5 times a week

**EVERYDAY
ACTIVITIES**
as often as
possible



**4-H CLUB HEALTH ACTIVITY GUIDE: PHYSICAL ACTIVITY
END-OF-YEAR RECORD FORM**

HELP US TRACK OUR PROGRESS WITH THE RCE 4-H HEALTH H PROGRAM

Please complete the information each month. At the end of the club year, cut out the form and put it in an envelope. **Mail it by October 1, 2011, to: Annette Devitt, 51 Cheney Rd., Suite 1, Woodstown, NJ 08098.**

4-H Health Officer Name: _____ Date: _____

County: _____ Club Name: _____

At each monthly club meeting, fill in the information below. Also, please send us comments about the 4-H Health Officer role, *4-H Club Health Activity Guide*, *4-H Health Planner*, and Family Handouts.

CUT HERE

Meeting date	✓ Check activities you did each month	Number of 4-H members	Number of 4-H adult leaders	Number of 4-H family members (parents, siblings)	Number of 4-H'ers who made a plan	Number of 4-H'ers who practiced their plan	Number of 4-H'ers who were successful
JAN. Move More	<input type="checkbox"/> Introducing the Health Planner <input type="checkbox"/> Be in the Know <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						
FEB. Small Steps to Success	<input type="checkbox"/> Be in the Know <input type="checkbox"/> Challenge Check <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						
MAR. Barrier Buster	<input type="checkbox"/> Be in the Know <input type="checkbox"/> Challenge Check <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						

CUT HERE



Meeting date	✓ Check activities you did each month	Number of 4-H members	Number of 4-H adult leaders	Number of 4-H family members (parents, siblings)	Number of 4-H'ers who made a plan	Number of 4-H'ers who practiced their plan	Number of 4-H'ers who were successful
APRIL Limit Screen Time	<input type="checkbox"/> Be in the Know <input type="checkbox"/> Challenge Check <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						
MAY Walking	<input type="checkbox"/> Be in the Know <input type="checkbox"/> Challenge Check <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						
JUNE Healthy Weight	<input type="checkbox"/> Be in the Know <input type="checkbox"/> Challenge Check <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						
JULY Safe on Wheels	<input type="checkbox"/> Be in the Know <input type="checkbox"/> Challenge Check <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						
AUG. Water First	<input type="checkbox"/> Be in the Know <input type="checkbox"/> Challenge Check <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						
SEPT. Lifetime Activities	<input type="checkbox"/> Be in the Know <input type="checkbox"/> Challenge Check <input type="checkbox"/> Health H Hint <input type="checkbox"/> Roll Call <input type="checkbox"/> Instant Activity <input type="checkbox"/> My Plan Tips <input type="checkbox"/> Nutritious Snack <input type="checkbox"/> Family Handout						