

The West Virginia 4-H Health Initiative Curriculum was developed at West Virginia University Extension Service and we thank them for giving their permission to use these materials to further health education for youth.

The 4-H health curriculum materials were planned, written, and designed by faculty and staff of the West Virginia University Extension Service, with input from volunteer leaders, parents, and 4-H members throughout the state.

The 4-H Health Activity Guide provides materials for the 4-H health officers to use with their club members. Individual 4-H members use the 4-H Planner as they learn healthy life-style skills. Any adaptations to this publication are made with the permission of West Virginia University Extension Service.

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RUTGERS

New Jersey Agricultural
Experiment Station



NEW JERSEY 4-H HEALTH PLANNER: PHYSICAL ACTIVITY

HELPING EACH 4-H'ER
TAKE A STAND FOR
"HEALTHIER LIVING"



Extension Service
West Virginia University®

A program developed by the
West Virginia University Extension Service
Families and Health and 4-H Youth Development Programs



I PLEDGE MY HEALTH FOR BETTER LIVING

This health planner belongs to:

My club is: _____

My county is: _____



ACKNOWLEDGMENTS

The *4-H Health Activity Guide* and *4-H Health Planner* were created because of interest in the Health H by 4-H youths, volunteers, WVU Extension faculty and staff, and partnering organizations. Many individuals contribute time and talent to this collaborative effort.

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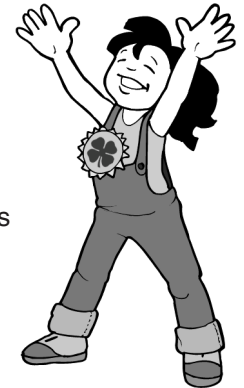


Provided
by Rutgers
Cooperative
Extension
Department
of 4-H Youth
Development

INTRODUCTION

This planner is a part of an initiative that supports one of the important components of 4-H – the Health H.

The goal is to help 4-H'ers and families learn about and try new health habits and improve others. This program shows 4-H'ers ways to have a healthy lifestyle and reinforces positive habits they already practice.



The *4-H Health Planner* encourages 4-H members to think about how activities, eating habits, and hygiene impact well-being and health. The planner provides:

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

The planner will help 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 4-H Health Officer uses the *Health Planner* together with the *4-H Club Health Activity Guide* to call attention to the monthly health theme. 4-H youths and their families are encouraged to work together on the monthly Health Challenge.

Used with permission by:





Practice the Health H every day. The challenges are easy, fun, and – most of all – good for everyone!

HOW TO USE THE 4-H HEALTH PLANNER: PHYSICAL ACTIVITY

Use the *Health Planner* to make **Health for Better Living** a reality!

1. Bring your *Health Planner* to each club meeting.
2. Read tips and facts for each month's health topic. Share interesting facts with your friends and family.
3. Try to solve the month's fun activity.
4. Think about the monthly health topic or challenge. Do you already practice this behavior regularly?
5. Make a personal plan each month to try the challenge.
6. Mark in your planner the dates and times you will practice your personal health plan each month.
7. Note each time you practice and accomplish this behavior.
8. Record other healthy activities as you accomplish them (see Healthy Activities List for ideas).
9. If your club has a September or year-end health meeting, bring your completed planner. Have your Health H Champion certificate ready to be signed.
10. At the end of the planner year, "review" what you recorded. Congratulate yourself – you put the Health "H" into your life!



When the planner is complete, bring it to your September meeting. Show your club and leader that you're a Health H Champion and have your certificate signed. (Cut along dashed line to frame or hang.)

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HEALTH H CHAMPION 2011



YOUR NAME _____

HAS SUCCESSFULLY COMPLETED THE 4-H HEALTH PLANNER: PHYSICAL ACTIVITY AND ACCOMPLISHED ____ MONTHLY HEALTH CHALLENGES.

HEALTH OFFICER _____

DATE _____

CLUB PRESIDENT _____

4-H LEADER _____





CHECK IT OUT!

www.getmovinggethealthynj.rutgers.edu is a New Jersey site for youths, parents, and teachers.

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.

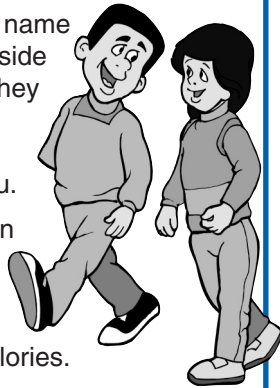
www.kidnetic.com has animated games, quizzes, message boards, amazing recipes, and games invented by kids. Parents will like the Kidnector and Bright Papers.

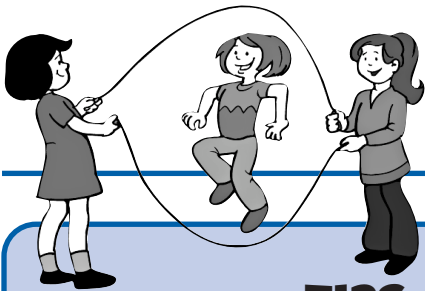


Which of these healthy activities do you practice? Try them all! Use your planner to note all your healthy activities.

HEALTHY ACTIVITIES LIST

- When you feel bored, create a new exercise of your own.
- Make it a goal every day to do something active.
- Learn to take your pulse before and after exercise.
- Drink water before, during, and after activities.
- Use a pedometer to track the number of steps you take in a day.
- Set a goal to take more steps in your day.
- Turn off TV during mealtimes.
- Take an ATV safety course.
- Keep a box of equipment handy to help you have fun (balls, jump rope, weights, foot bags, etc.)
- Turn up the music and dance.
- Time yourself to see how long it takes to do 10 sit-ups or climb a set of steps. See if you can do it again in less time.
- Going on vacation? Plan lots of active time such as hiking, swimming, or biking.
- Put reflectors on your bike and helmet for added safety.
- Make sure your helmet's label says it meets Snell or ANSI safety standards.
- Make a list of physical activities you have never tried. Decide which you would like to do next!
- Call a friend and ask him or her to take a walk with you.
- Ask adults to name a favorite outside game when they were a child. Ask them to teach it to you.
- Read Nutrition Facts on food labels to know the number of calories.
- Wear a mouthguard when playing sports.
- Eat small portions of high-calorie foods
- Avoid sugar-added drinks.
- Use family time for fun and active games.
- Don't let cold weather keep you from being active. Dress appropriately and go outside for some fun like sledding or building snow forts.
- Check your helmet to be sure it fits just right.
- Stretch your muscles before you do any vigorous activity.





JANUARY

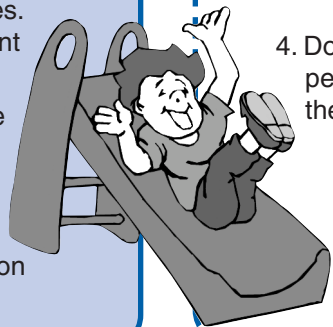
MOVE MORE MONTH

TIPS

- Be active with others – play games (Frisbee, tag, etc.) take a walk, play team sports.
- Do things you enjoy by yourself (ideas: foot bags, dance, Dance Dance Revolution, jogging/walking, skateboarding, jumping rope, shooting hoops).
- Make physical activity a priority! Plan time for it each day!
- Sit less! Reduce TV and computer time.
- Add more fun – use “cool tools” like pedometers, active video games, radio, or any music players.

EXERCISE YOUR RIGHT TO MOVE

- Every day, your heart pumps enough blood to fill 150 bathtubs. The heart beats more than 4 million times per year.
- You have about 60,000 miles of blood vessels, enough to stretch 2½ times around the earth.
- You have about 206 bones and 639 muscles. When you walk, you strengthen 200 different muscles. Your bones get stronger, too.
- Nearly 17 percent of all deaths per year are linked to poor diet and physical inactivity.
- Physical inactivity costs Americans \$117 billion a year!
- If 10% of people walked regularly, \$5.6 billion in heart disease costs would be saved!



DARE TO COMPARE

1. Do you play on a sports team or take swimming, dancing, or other activity lessons?

___ Yes ___ No

• *More than half of American youth play on a sports team.*

2. How much time do you spend being physically active each day?

___ 0 ___ 30 ___ 60 ___ more

• *You need at least 60 minutes of physical activity daily. Gather 60 minutes doing different activities like sports, dance, biking, running, walking, raking leaves, and vacuuming.*

3. Are you enrolled in physical education class (P.E.) in school?

___ Yes ___ No

• *A study in 2000 found that only 8 percent of elementary schools, 6.4 percent of middle/junior high schools and 5.8 percent of high schools had daily P.E.*

4. Do you get a recess period sometime during the school day?

___ Yes ___ No

• *40 percent of schools have eliminated recess.*



CHALLENGE



Be healthy for the rest of your life. Find an activity you can do at any age and in many places. Check ones you have tried:

- Shooting hoops
- Biking
- Walking
- Foot bags
- Running
- Rope jumping
- Gardening
- Hiking
- Yoga
- Weight training
- Dancing

Choose 1 new lifetime activity to try this month.

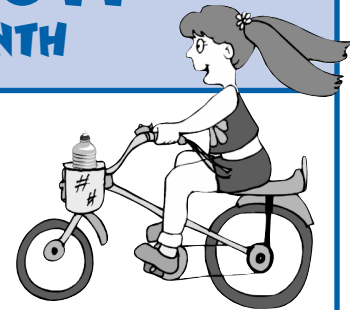
Practice this activity 1 day each week.

Mark on your planner the days you practice this lifetime activity.

Star when you practiced it.

SEPTEMBER 2011

LIFETIME ACTIVITIES MONTH

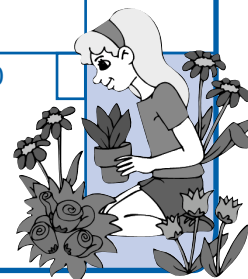


PICK 1 LIFETIME ACTIVITY AND PRACTICE IT.

You're never too old to move for health.

– Lynn Swann,
former Pittsburgh Steeler,
sports broadcaster

You're never too old to move for health.							1	2	3
– Lynn Swann, former Pittsburgh Steeler, sports broadcaster									
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30				





SEPTEMBER

LIFETIME ACTIVITIES MONTH

TIPS

- Find lifetime activities that fit your personality. If you like to do things on your own, pick solo activities. If you like to be around people, choose activities you can do with others.
- Learn more about an activity that interests you. Choose a hero that is good at this activity (Example: Tiger Woods and golf). Try practicing that activity in the same way like your hero.
- Build muscles with pushups, pull-ups, running, biking, and skating.
- Improve flexibility with dance, ballet, gymnastics, and martial arts.

HEALTH IN MOTION

- When you are physically active, your brain makes chemicals called endorphins. They may make you feel happier.
- Physically active kids make better grades.
- Why does your face get red when you run and play? Capillaries widen so more blood can reach the skin's surface to help cool you down.

HUSTLE - BUSTLE MYSTERY

T R N S Y N S E E H W A C T X
 I V E I C T K T H I I L W O B
 E S D T O I A C E K I B B Y P
 F I R N D K T A L E I K O O F
 N E A T S O E S I M C G O E O
 F O G G C O B O A I A H K D H
 F E T S A T O P K N A L L T H
 Q L P N N Z A J I L M Q A O H
 Z O O U I E R R U N H Y W R B
 H V H G M M D H O M G S G L U
 D A N C E G D F O M P P I M L
 W E I G H T S A I K C R O F M
 E O N A C I O W B Q U P O N A
 E V X B L K S W I J V Y O P G
 S K Y T U S S I N N E T C A E

- | | | |
|------------|-----------|------------|
| BADMINTON | BIKE | BOWL |
| CANOE | DANCE | FISH |
| GARDEN | GOLF | GYMNASTICS |
| HIKE | HOPSCOTCH | HULAHOOP |
| HUNT | JUMPROPE | KICKBOX |
| PINGPONG | RUN | SKATE |
| SKATEBOARD | SKI | SWIM |
| TENNIS | WALK | WEIGHTS |



CHALLENGE



Use your planner to plan events and occasions when you can be active.

I will be physically active so that my total time adds up to *at least* 60 minutes for (number) days.

Mark on the calendar which days you plan to get 60 minutes of activity.

Record how many minutes of physical activity you accumulated in the upper right corner of the date squares.

Record your other healthy activities for this month on the planner.



JANUARY 2011

MOVE MORE MONTH

GET AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY.



1										
2		3		4		5		6	7	8
9		10		11		12		13	14	15
16		17		18		19		20	21	22
23		24		25		26		27	28	29
30		31								

A journey of 1,000 miles must first begin with 1 step.





FEBRUARY

SMALL STEPS TO SUCCESS MONTH

TIPS

Making a plan helps – here is how.

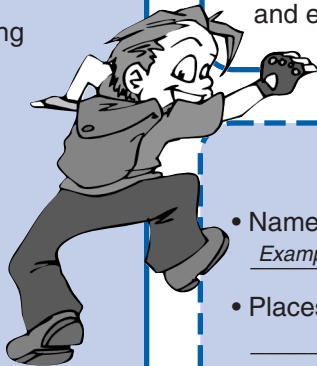
1. Choose 10 or more fun activities to add more minutes of physical activity in your day.
2. List activities for each of these ways in order:
 - from easiest to hardest
 - most interesting to boring
 - most health benefits to fewest health benefits
 - most realistic to least realistic
3. Choose 1 activity you can make into your goal.
4. Write a step for what you can and want to do for at least 10 minutes a day to reach your goal.

I will _____
(specific action)

when _____
(time of day)

for _____
(Number of minutes and/or days)

5. Track your progress on your 4-H Health Planner.
6. Tell your friends about your goal and success!



KEEP YOUR EYE ON THE PRIZE

- People who can picture their goal in their mind are more successful.
- Reading your goal aloud at least 2 times a day helps it stick in your mind.
- According to the dictionary, other words for goal are: aim, target, purpose, aspiration, object, intention, and end.

MAGIC MOVERS!

- Name new ways to move more every day.
Example: hopping, _____, _____.
- Places you can walk more often: Example: mall, _____, _____, _____.
- Where do you climb stairs: _____, _____, _____.
 Which of these places can you climb *more* stairs more often: _____.
- Where do you *listen* to or dance to music: _____, _____, _____.
- Where can you *dance* to the music: _____.
 List 2 more ways you like to move: (Examples: walk the dog, wash the car, weed the garden) _____, _____.
- Double Up – List ways to move when you . . .
 talk on the phone: _____, _____, _____.
 watch TV: _____, _____, _____.



CHALLENGE



I will drink at least _____ cups of water per day for at least _____ days.

Ways I plan to remind myself to drink water during the day:

1. _____

2. _____

3. _____

(Example: carry a water bottle.)

In each day's box of the planner, write how many cups of water you plan to drink. Each day you achieve your goal, mark with a check or star.

AUGUST 2011

WATER FIRST MONTH



DRINK 6 OR MORE CUPS OF WATER A DAY.

	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31	Drinking water helps to cool your body on hot summer days.			





AUGUST

WATER FIRST MONTH

TIPS

- Drink water often so you don't get thirsty.
- Choose drinks with no caffeine. Sodas, tea, and coffee with caffeine may cause your body to lose water.
- Keep water bottles in the refrigerator or freezer and grab one each time you get ready for an activity.
- Sports drinks may help if you are an athlete who exercises hard for several hours.

THIRST QUENCHERS

Pretend you are packing a picnic lunch. Circle foods or drinks that are good sources of your daily water needs. Cross out foods or drinks that are dehydrating:

- | | |
|------------|----------|
| Watermelon | Soda pop |
| Chocolate | Tomatoes |
| Cucumbers | Coffee |
| Iced tea | Cookies |



WATER, WATER EVERYWHERE

- Water is the most common substance on earth.
- We can survive up to a month without food, but less than a week without water.
- If you don't drink enough water, it can make you cranky and weak. Early symptoms of mild dehydration are: thirst, dry mouth, throat, and skin, weakness, and sudden weight loss. When you first feel thirsty, you are already 2 cups low on water.



- Nearly 97% of the world's water is salty and undrinkable. Another 2% is locked in ice caps and glaciers. That leaves just 1% for all of our needs.
- Water brings nutrients to parts of the body, helps with the body's chemical reactions, regulates body temperature, gets rid of wastes, and lubricates joints.



FEBRUARY 2011

SMALL STEPS TO SUCCESS MONTH



CHALLENGE



WRITE 1 PHYSICAL ACTIVITY GOAL AND 4 SMALL STEPS TO HELP YOU REACH YOUR GOAL.

Small steps will lead to success.

My physical activity goal is

(example: 60 minutes of physical activity a day).

My small steps to help me reach my goal are:

Week 1 Step –

Week 2 Step –

Week 3 Step –

Week 4 Step –

I will note on my planner when I complete each small step.

		1		2		3		4		5	
6		7		8		9		10		11	
13		14		15		16		17		18	
20		21		22		23		24		25	
27		28									

Learn from others – who do you know who can teach you a new physical activity?

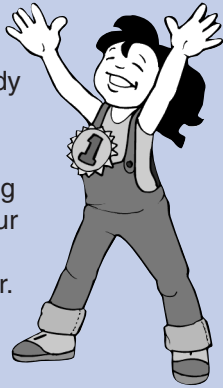


MARCH

BARRIER BUSTER MONTH

TIPS

- Tell your family and friends about your plans for doing more activities.
- Invite friends and family members to do the activities with you.
- Pick 3 each week.
- Choose activities with things you already have like balls, jump ropes, and music.
- Tell yourself that being more active helps your brain, muscles, and entire body feel better.



BARRIER BUSTER HEROES

- **Jackie Joyner-Kersey** is the first woman to win back-to-back gold medals in the heptathlon (7 events). She did this although she has asthma and experienced many family tragedies.
- **Apolo Anton Ohno** was nicknamed “Chunky” as a child. At age 13, he started inline skating. He now has Olympic gold and silver medals for speed skating.
- One of the world’s best figure skater, **Scott Hamilton**, had a childhood illness and cancer. He says his positive attitude and willpower were barrier busters for him.
- Basketball great **Cynthia Cooper** led the Houston Comets to four championships. Time and energy are not barriers for her! This author and poet speaks Italian and raises funds for cancer research.

BARRIER BUSTING IDEAS

Why are some kids couch potatoes? Match each exercise barrier with one barrier buster:

Barriers

- ___ “I’m embarrassed to exercise.”
- ___ “Exercise hurts and makes me tired.”
- ___ “I’m not allowed outside. My parents worry about my safety.”
- ___ “I don’t have much time to exercise because of school and other activities.”

Barrier Busting Ideas

- A. Choose an inside activity. Movement anywhere is better than sitting still.
- B. Plan time each day to be active. Turn off the TV or computer. When sitting, get up and move.
- C. Pick an activity you can do by yourself. Walking is a good exercise that most people can do.
- D. Stretch before activities. Start slowly. Every day, increase the amount of time you exercise.

Answers: C, D, A, B



JULY 2011

SAFE ON WHEELS MONTH

CHALLENGE



I will wear protective gear all the time and every time I am on wheels.

Check the types of wheel sports you do:

- Skateboard
- Rollerblades
- Rollerskates
- Bike
- ATV
- Scooter

Mark on your planner days when you will be “on wheels.” Star the days you use protective gear (helmet, knee pads, elbow pads, chest protector, mouthguard, etc.)

ALWAYS WEAR PROTECTIVE GEAR WHEN ON WHEELS.

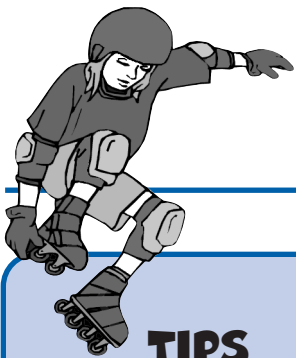


								1	2
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			

Important!

All ATV riders need to take a safety course before riding. To find a course, call toll-free 1-800-887-2887 or go to www.atvsafety.org. Put it on your planner.





JULY

SAFE ON WHEELS MONTH

TIPS

- The best riders know that anything can happen and always put on helmets. Helmets save lives!
- Stay off public roads when on any kind of wheels.
- Be safe. Do not ride with a passenger.
- Fit it right.
 - A helmet sits flat on your head.
 - It is level and not tilted back or forward.
 - The front of the helmet should be about 2 finger widths above your eyebrows to protect your forehead.
 - Straps on each side of your head should form a “Y” over your ears, with 1 part of the strap in front of your ear, and 1 behind – just below your earlobes.
 - Buckle the chinstrap securely so the helmet feels snug and does not move up and down or from side to side.

DON'T GO BUMP IN THE NIGHT OR DAY

- 5.6 million youths and adults ride ATVs each year.
- More than 700 bicyclists are killed each year.
- Boys have more injuries than girls. For example, boys have 78 percent of all bike accidents.



HELMETS . . . FACT OR FICTION?

FICTION: “Helmets aren’t cool.”

FACT: Who says helmets can't be cool? If you're shopping for a helmet, there are lots of options. Pick your favorite color. Or decorate your helmet with stickers and reflectors to show your personal style. Helmets help prevent injuries to your head. A serious fall or crash can cause permanent brain damage or death.

FICTION: “Helmets just aren’t comfortable.”

FACT: Today's helmets are lightweight, ventilated, and well padded. Try on your helmet to make sure it fits and is comfortable.

FICTION: “Really good riders don’t need to wear helmets.”

FACT: Accidents can happen at any time to anyone. Even professional bike racers get in serious wrecks. Wear your helmet **all the time, every time.**



MARCH 2011

BARRIER BUSTER MONTH



CHALLENGE



FIND A PERSONAL BARRIER TO PHYSICAL ACTIVITY AND TRY ONE WAY TO BUST IT.

I will overcome a barrier to healthy activity.
(Check all barriers that apply.)

- too busy (time)
- family and friends are not active (social support)
- not enough energy (energy)
- don't know how (skills)
- don't have the equipment or place (resources)
- costs too much (resources)
- afraid I will hurt myself (fear)
- don't get around to doing it (willpower)

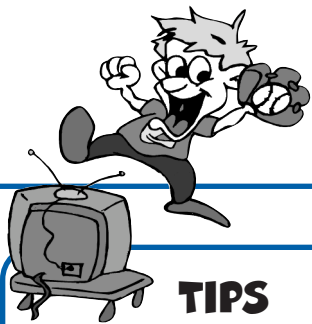
Circle 1 physical activity barrier you plan to bust.

Ways I will bust this barrier this month:

	1	2	3	4	5
6	7	8	9	10	11
12	13	14	15	16	17
18	19	20	21	22	23
24	25	26	27	28	29
30	31				

Did you know there are 1,440 minutes in a day? Use 60 of those for physical activity.





APRIL LIMIT SCREEN TIME MONTH

TIPS

- Plan ahead. List activities you like to do that take about 30 minutes. Put the list by the TV to remind you of other things to do.
- Make 1 day each week a "TV-free day."
- Put the TV remote control away for a few days.
- Keep a jump rope, foot bag, or plastic hoop beside the TV. Every time a commercial comes on, take an activity break.

TAKE A BYTE OUT OF SCREEN TIME

- There are 3 million library items and 6 million videos checked out daily in the United States.
- There are 248 million TVs for 275 million people in the United States.
- More than 98% of American households have a TV.
- If you add up the number of TV hours an average American watches, it would be 70 days a year. (That would be nonstop TV from January 1 to March 11!)
- Watching TV 10 or more hours a week brings down school grades.
- Half of children live in a home where the TV is on all the time, even with no one watching it.

"DAYS OF OUR LIVES" INTERVIEW

Ask each of your family members:

Name	Favorite TV show	Day it's on	Favorite family activity

Check the day(s) your family can have as a "screen-free day." Circle the day(s) you will try.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



CHALLENGE



To balance my energy equation, I will be active for 60 minutes a day by doing

(name activity)

for days.

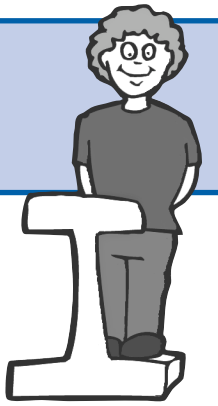
Mark the days on your planner you plan to get 60 minutes of this activity. Star the date each time you succeed.

A food that I eat in large portions is

I will eat smaller servings of this food for days.

Mark the days on your planner that you will eat smaller portions of this food. Star the date when you succeed.

JUNE 2011 HEALTHY WEIGHT MONTH



GET ENOUGH EXERCISE TO USE UP WHAT YOU EAT AND DRINK

Balance Fun and Food:
Balance energy in with energy out for a healthy weight. Calories we eat and drink (energy in) fuel our bodies for everyday activities and physical activities (energy out).

1	2	3	4	
5	6	7	8	9
10	11			
12	13	14	15	16
17	18			
19	20	21	22	23
24	25			
26	27	28	29	30



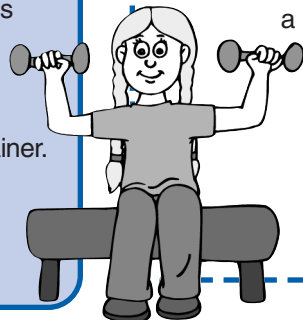


JUNE

HEALTHY WEIGHT MONTH

TIPS

- Eating proper portion sizes helps in energy balance. Ask for a small serving (not super size!) at home, school, and restaurants.
- Aim for 60 minutes of physical activity on most days. Physical activity adds up during the day. It does not need to be done all at once.
- Foods high in fat can add extra calories that turn into body fat. Fruits and vegetables are low in fat and are packed with nutrients your body needs to grow.
- Pick foods and drinks with less sugars listed on the Nutrition Facts label.
- Pay attention to the numbers of servings per container. A 20-ounce soda has 2½ servings!



WEIGHT MYTHS BUSTED!

MYTH: "You should not worry if you are overweight as a child, because most people outgrow it."

- 80 percent of overweight adolescents become overweight adults. Girls seem to be more at risk of carrying weight problems into adulthood.

MYTH: "Eating late at night makes you gain weight."

- Time of eating is not a factor in weight gain. Energy balance – balancing energy in (calories) with energy out (exercise) – controls weight.

MYTH: "Ignoring hunger is the best way to lose weight."

- Your body and mind need calories and nutrients to grow. Eat when you are hungry. Choose foods like fruits, vegetables, whole grains, low-fat milk, lean meats, and nuts.

THE CALORIE BURN

(CIRCLE THE CORRECT ANSWER)

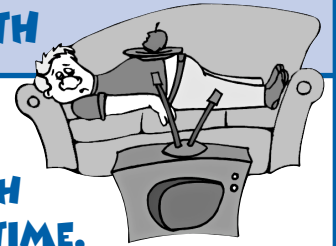
1. The average size bagel has 350 calories. How long do you think you would have to rake leaves to burn off 1 bagel?
a. 25 minutes b. 50 minutes c. 1 hour, 25 minutes d. 3 hours
2. Lifting weights for 1 hour and 30 minutes burns 250 calories. How many hours would you have to lift weights to burn off a cup of spaghetti with 2 meatballs?
a. 30 minutes b. 1 hour c. 2 hours d. 3 hours
3. How many calories are in the average restaurant portion of french fries?
a. 200 calories b. 350 calories c. 500 calories d. 625 calories

Answers: 1. c 2. c 3. d



APRIL 2011

LIMIT SCREEN TIME MONTH



CHALLENGE



**MOVE, JUMP, DANCE, OR
? AFTER EACH
30 MINUTES OF SCREEN TIME.**

Challenge: I will limit screen time this month. The time I spend on TV, computer, and electronic games is:

I will stop after every 30 minutes of screen time and take a physical activity break. For my break, I plan to

(list physical activities you will do).

How many different ways can you move more during your screen-free breaks? Record on the planner all healthy ways you used your time after you turned off the TV and computer!

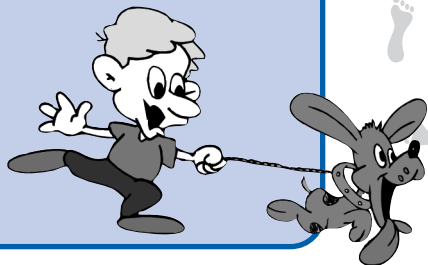
Remember screen time includes: TV, videos and DVDs, video games, handheld video games, and computer games.		Remember to take time to stretch.		1	2
3	4	5	6	7	8
9	10	11	12	13	14
15	16	17	18	19	20
21	22	23	24	25	26
27	28	29	30		



MAY WALKING MONTH

TIPS

- Wear comfortable clothes and cushioned, flat-soled shoes.
- Drink water before you walk. Take a water bottle to stay hydrated.
- Avoid walking right after meals.
- Walk smoothly. Put energy into each step. Let your hands hang down to the side. Pick it up a little, pumping your arms.
- If breathing is not comfortable, slow your pace down a little bit.
- Take a friend or family member with you when you walk. It's more fun and safer!



WALKING THE LINE

- For every minute of walking, you can live 1½ to 2 minutes longer over your lifetime.
- To burn off 1 plain M&M candy, you need to walk the full length of a football field.
- Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year.
- Longer daily walks are best for losing weight. Try 40 to 60 minutes at a medium pace.
- Shorter, faster walks are best for your heart and lungs. Try 20 to 25 minutes at a quick pace.



FINDING YOUR PATH

Unscramble the letters to find good places to walk:

dgohnihoboero _____

rilta _____

laml _____

ktacr _____

lsekiwda _____

akpr _____

Answers: neighborhood, trail, mall, track, sidewalk, park



CHALLENGE



Each week during May, I will find a walking buddy: *(friend, family, pet)*

1. _____
2. _____
3. _____
4. _____
5. _____

I will take a walk with my buddy 2 or more days a week.

On the planner, mark the days you plan to walk each week.

After your walk, note on your planner the number of walking minutes or steps (if you have a pedometer) you took for each walk.

MAY 2011 WALKING MONTH



WALK WITH A FRIEND OR FAMILY MEMBER EVERY WEEK.

1		2		3		4		5		6		7	
8		9		10		11		12		13		14	
15		16		17		18		19		20		21	
22		23		24		25		26		27		28	
29		30		31									