

Let's Get Active!

Key Concepts:

- Learn the benefits of being physically active for youth and adults.
- Learn the recommendations for minutes of physical activity for youth and adults.
- Learn the difference between moderate-intense activity and vigorously-intense activity.
- Learn the main types of physical activity.
- Learn ways to promote physical activity for the entire family.

Materials/Equipment Needed:

- One jump rope
- One stopwatch
- Two - 1 pound cans of food or Hand weights + strength training activity handout
- 2 quart bottle filled with water
- Twister Hopscotch game
- Cosmic Hopper
- Stretch Bands + Activities for Elastic Bands Handout
- OrganWise Guys Wheel of Health and easel (optional)
- Lesson Plan
- Educational fact sheets
- Mounted Posters for Exhibit – Step Up and Stay Active Poster and 50 Ways to Put Physical Activity into Your Life Poster
- 2 tables with tablecloths

Advanced Preparation:

- Check number of fact sheets to make sure you have enough copies; make copies if needed
- Review activity instructions
- Set up hopscotch game on floor and put other equipment around table
- Fill bottle with water

Talking Points on Exhibit:

- **Physical Activity Has Many Benefits**
 - Everyone should be physically active on a regular basis to improve overall health and fitness and to prevent adverse health outcomes.
 - Benefits for Children:
 - Improved cardio-respiratory and muscular fitness
 - Improved bone health
 - Favorable body composition
 - Benefits for Adults:
 - Lower risk of early death
 - Lower risk of heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, color and breast cancer
 - Prevention of weight gain
 - Weight loss when combined with reduced caloric intake
 - Improved cardio-respiratory and muscular fitness
 - Prevention of falls
 - Reduced depression
 - Better cognitive function
- **Exercise = physical activity but physical activity ≠ exercise**
 - Exercise is a form of physical activity that is planned, structured, repetitive and performed with the goal of improving health or fitness. Physical activity is any movement of the body that uses energy. There are three main kinds of physical activity: aerobic, muscle strengthening and bone strengthening.
- **How much do you need?**
 - Children – 60 minutes or more of physical activity daily
 - Should include aerobic activities as well as muscle and bone strengthening activities
 - Adults – 150 minutes of more of moderate-intense aerobic activity a week (at least 10 minutes at a time)
 - Muscle strengthening activities at least 2 days a week
 - Spread activity throughout the week and be active at least 3 days a week
- **Moderate vs. Vigorous Activity**
 - **Moderate – I can talk while I do them, but I can't sing**
 - Examples of moderate activities
 - Ballroom or Line dancing

- Biking on level ground
 - General gardening (raking, trimming shrubs)
 - Sports where you catch and throw (baseball, volleyball, softball)
 - Tennis (doubles)
 - Walking briskly
 - Water aerobics
- **Vigorous – I can only say a few words without stopping to catch my breath**
 - Examples of vigorous activities
 - Aerobic dance
 - Biking faster than 10 miles per hour
 - Heaving gardening (digging, hoeing)
 - Jumping rope
 - Martial arts
 - Jogging, running
 - Sports with lots of running (basketball, hockey, soccer)
 - Swimming fast or swimming laps
 - Tennis (singles)
- **Muscle Strengthening Activities**
 - Games such as tug of war
 - Modified push-ups
 - Resistance exercises
 - Rope or tree climbing
 - Sit-ups or crunches
 - Swinging on playground equipment
 - Pull-ups
 - Climbing wall
- **Bone Strengthening Activities**
 - Hopscotch
 - Hopping, skipping, jumping
 - Running
 - Sports (gymnastics, basketball, volleyball, tennis)

- **Meeting the Guidelines**
 - Start slowly – initial amounts of activity at a light or moderate intensity for short periods of time, with sessions spread throughout the week
 - Gradually increase number of days and time spent
 - Increase level of intensity as activity gets easier to do
 - Add muscle strengthening activities starting at 1 day a week and then going to two days
 - Increase the level of intensity slightly each week until it becomes moderate to high

- **Don't forget to Warm and Cool Down**
 - Involves doing an activity at a slower speed or lower intensity
 - Include stretches to warm up bones and muscles in the beginning and to relax them after activity

- **Keep hydrated**
 - Drink plenty of water before, during and after exercising
 - 2 cups or more before exercising
 - ½ cup every 15 minutes while exercising
 - 2 cups of cold water after exercising

- **Set Personal Goals for Individual and Family**
 - Be realistic and keep things simple in the beginning
 - Set short term goals that can be easily reached with in a shorter amount of time
 - Consider a variety of activities, both indoor and outdoor
 - Plan for both structured and unstructured activity for the entire family
 - Provide positive feedback to family members

Activity:

Have participants select an activity of their choice and be physically active for approximately five minutes.

Activities to choose from include: elastic band activities, hopscotch, jumping rope, cosmic hopper, health wheel activities, strength activities

Summary:

Tips to Get the Family Moving

- Help everyone find something active that makes them feel successful
- Use physical activity rather than food as a reward
- Spend as much time outdoors as possible
- Encourage your school board to make physical education a priority

- If it's possible and safe walk instead of drive to and from school, the grocery store, a park, etc.
- Learn what free and low-cost activity areas are located near your home (i.e. bike trails, parks, tennis courts)
- Take the family pet for a walk
- Play twister or other indoor active games

References	“2008 Physical Activity Guidelines for Americans” by U.S. Department of Health and Human Services http://www.health.gov/paguidelines
Background Resources (Sources of Additional Information for the Presenter if Needed)	Smart Choices Adult Fact Sheet Eating and Exercising for Good Health (LSU AgCenter Publication #2962)
	Smart Choices Youth Fact Sheet Exercise is Fun (LSU AgCenter Publication #2678)
	Smart Choices Adult Fact Sheet Eat and Exercise for Health – Walking (LSU AgCenter Publication #2679)
	Smart Choices Youth Fact Sheet It’s Time to Play! (LSU AgCenter Publication #2961)
	“Get Them Moving...Physical Activity for Children and Teens” by North Carolina Cooperative Extension
	“Physical Activity Pyramid for Young Children” by North Carolina Color Me Healthy

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