

Activity Guide for Leaders



Physical health is an interesting topic to discuss with your 4-H members, especially at an age when they are constantly learning and growing. By building good physical health routines, they may benefit from these habits for years to come. The key is getting your members started now, so that these formed habits will carry them into adulthood, after they leave 4-H or graduate from the program.



This Activity Guide is split up into four sections:

1. Physical Health, Physical Activity and 4-H Meetings

2. Activities on Physical Health

3. Ways to Get Active

4. Handy Definitions to Know

1. Physical Health, Physical Activity and 4-H Meetings

Why incorporate physical health into your meetings

Incorporating physical health and physical activity into your 4-H meetings may help:

- ✓ stay happy and active;
- ✓ make new friends and build stronger relationships;
- ✓ see many health benefits (physical and mental);
- ✓ improve your 4-H members' ability to learn and think. The topics they learn at the meetings may be more easily remembered;
- ✓ reduce stress and tension that your 4-H members may experience due to school or other aspects of their lives;
- ✓ release endorphins that make your 4-H members feel good;
- ✓ improve self-esteem, self-worth and confidence!

How to incorporate physical health into your meetings

- ✓ Facilitate a 4-H club that focuses on physical activity or physical health – for example, Discover Fitness/ Body Works can be found on 4-H LEARNS.
- ✓ Have your 4-H members lead a 10-minute exercise routine at the start of every meeting.
- ✓ Have your 4-H members set a goal at each 4-H meeting, and report at the next meeting how they did, and how they felt about it.
- ✓ Try out one of the activities in the following sections of this guide.

Tips on talking about physical health

- ✓ Focus on the importance of physical activity and talk about how it can benefit your 4-H'ers in the long run.
- ✓ Speak to how physical activity can positively impact mental health and stress management.
- ✓ Make talking about physical health fun, whether it's through an activity or having your members talk about their favourite one.
- ✓ Mention activities that may not be thought of as 'exercise'. Check out section three of this guide for a list of activities.
- ✓ Try not to connect physical activity to weight loss. Being physically active goes beyond that, and is beneficial to all our systems inside our body.

2. Activities for Physical Health

ACTIVITY

Self-assessment: how active are you?

Purpose: Before you start building a plan on how to get physically active, it's important to determine your current level of activity.

Age: 10 and up

Time: 15 minutes a day

Materials: Weekly Physical Activity Log worksheet and a writing utensil

Instructions:

- As a club, decide how many weeks your 4-H members will fill out the Weekly Physical Activity Log.
- Discuss the meaning of the following key words (you can find definitions and examples of these words in Section 4: Handy Definitions to Know):
 - > physical activity
 - > exercise
 - > aerobic
 - > strength training
 - > flexibility
 - > Moderate Physical Activity (MPA)
 - > Vigorous Physical Activity (VPA)
- Have your 4-H members fill out the worksheet at the end of each day or activity they complete. Record the date, activity, type of activity, time spent on the activity and the intensity.
- At the end of the week, your 4-H members will add up the numbers.
- Discuss how this worksheet can be a tool to help your 4-H members improve their physical health.

Discussion points:

- Here are some questions that you can discuss your 4-H members:
 - > How physically active do you think you are?
 - > How many minutes of moderate to vigorous physical activity do you need a day? Why?
 - > How do you think this exercise will go?
- Discuss with your 4-H members what the 24-hour Movement Guidelines are and their recommendations. You can find the guidelines at participaction.com or at csepguidelines.ca.
- The following points can be discussed after everyone has completed their Weekly Physical Activity Log:
 - > Did you reach the recommended daily physical activity levels? Why or why not?
 - > What types of activities did you do that are considered to be moderate to vigorous intensity?
 - > Do you think you did more physical activity than usual because you were keeping track?

This activity called "Self-Assessment: how active are you?" has been adapted from Lam, Elya. "On the Move Activity Guide." May, 2013.

Template – Weekly Physical Activity Log

WEEKLY PHYSICAL ACTIVITY LOG				
Week of:		Name:		
Date	Activity	Type of activity	Time spent	Intensity
				<input type="checkbox"/> low <input type="checkbox"/> moderate <input type="checkbox"/> high
				<input type="checkbox"/> low <input type="checkbox"/> moderate <input type="checkbox"/> high
				<input type="checkbox"/> low <input type="checkbox"/> moderate <input type="checkbox"/> high
				<input type="checkbox"/> low <input type="checkbox"/> moderate <input type="checkbox"/> high
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				<input type="checkbox"/> low <input type="checkbox"/> moderate <input type="checkbox"/> high

ACTIVITY

Let's get motivated!

Purpose: We all need motivation to stay active, but sometimes that motivation dims, and you forget why you started getting active in the first place. The purpose of this activity is to help your 4-H members find what motivates them to get active, and to maintain this level of motivation.

Age: 10 and up

Time: 20 to 30 minutes

Materials: Goal and Motivation Creation worksheet, paper, writing utensils

Instructions:

- To get started, discuss with your 4-H members what their goals are and how to make them SMART goals.
 - > **S** – specific
 - > **M** – measurable
 - > **A** – achievable
 - > **R** – relevant
 - > **T** – time specific

Check out this article by ParticipACTION on SMART Goal Setting: <https://www.participaction.com/en-ca/blog/take-goal-setting-to-the-next-level--make-it-s-m-a-r-t>

- Next, have each of your 4-H members write down their goal and reason why they want to get active. Try to avoid using prompts but if your 4-H members are really stuck, try the prompts below.
- Using the following questions, you can either have a discussion with your 4-H members or let them write down their answers if they do not feel like sharing:
 - > Why is this goal important to you?
 - > Why does it matter?
 - > Why now?
- Next, have your 4-H members insert their SMART goal and reason into the following sentence:
 - > I want to _____ because _____.
- After they've completed this, have your 4-H members insert the reason into the first part of the sentence and finish the sentence. Have them repeat this process at least three more times.
- By completing this process, you and your 4-H members will get to the root of their motivation. Sometimes this root is unrelated to physical activity and that is completely okay. The goal is for them to learn that being physically active is a way to achieve their ultimate goal.
- After everyone has come up with their goals, brainstorm a list of ways to keep their motivation last as a group. Work together to come up with 10 different ways.

Discussion Points:

- If your members are having a hard time coming up with their initial goal, here are some potential prompts:
 - > What will people say at your 80th birthday party?
 - > Who do you want to be?
 - > If one sentence were to define your life, what would that sentence be?
 - > What gets you out of bed in the morning?
- If your 4-H members are having a hard time coming up with ways to keep their motivation going, here are a couple of suggestions from ParticipACTION:
 - > Focus on consistency over intensity: change does not happen overnight; it is important to start small and grow overtime.
 - > Don't compare yourself to others: everyone moves at a different pace. Social media only shows what people want others to see. Focus on yourself and your goals, and you will get to where you want to go.
 - > Have fun: when you enjoy what you are doing, your motivation is going to push you forward.

This activity "Let's get motivated" is adapted from ParticipACTION. "5 questions you must ask to find your why, pursue your passion and unleash your deepest motivations." ParticipACTION (blog) January 2, 2018 participaction.com/en-ca/blog/5-questions-you-must-ask and ParticipACTION. "7 tips for making motivation last." ParticipACTION (blog) January 5, 2018. participaction.com/en-ca/blog/7-tips-for-making-motivation-last.



Template – Goal and Motivation Creation!

Name:

Step 1: Initial goal and reason

Initial goal:

Reason:

Step 2: Fill in the blanks...part 1

Take your initial goal and put it here

Take your reason and put it here

I want to because

Step 3: Fill in the blanks...part 2

Take the reason of your new sentence and put it in the first part of the sentence.

I want to because

Answer the reason for the new goal.

Step 4: Fill in the blanks...part 3

I want to because

I want to because

I want to because

List three ways to keep your motivation last:

1.
.....
.....
2.
.....
.....
3.
.....
.....

ACTIVITY

Create a Physical Activity Plan

Purpose: The purpose of this activity is to help your 4-H members realize how they can fit in 60 minutes of physical activity every day, and experience the benefits.

Age: 10 and up

Time: 30 to 45 minutes

Materials: For this activity, your 4-H members will need a writing utensil and the workout template, which can be found at the end of these instructions and ParticipACTION's Movement Log.

Things to keep in mind:

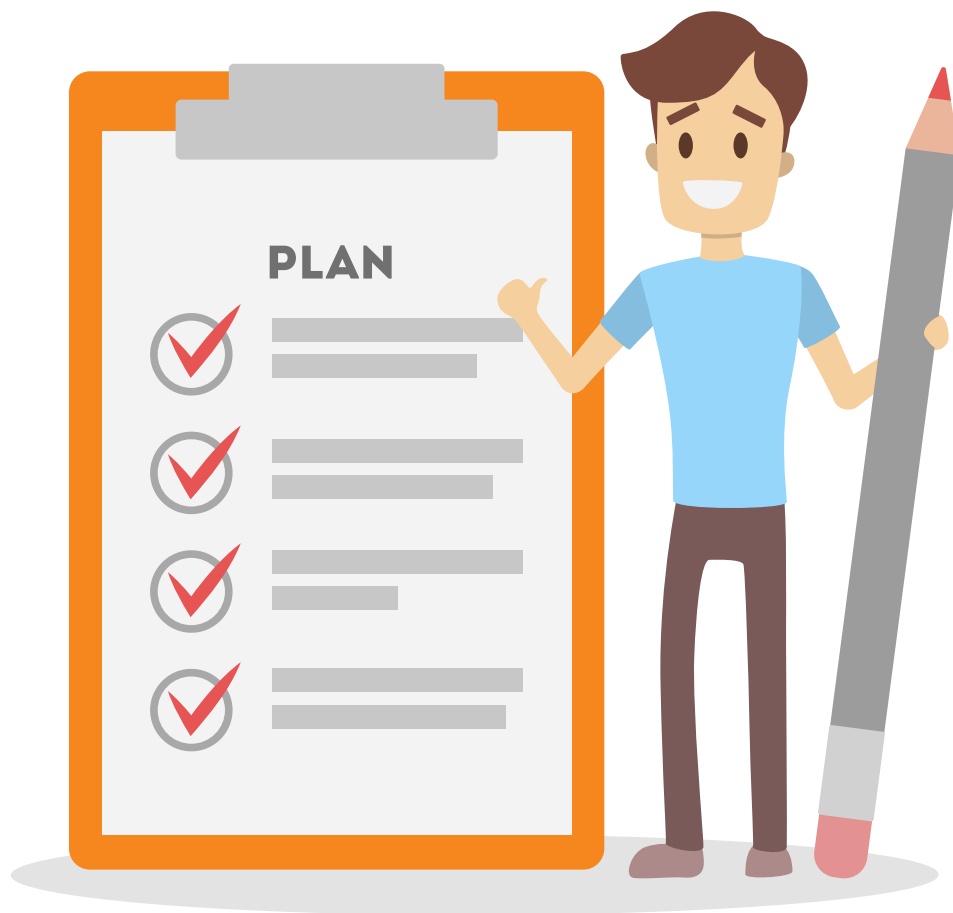
- Workout and exercise plans come in all different types. What a 4-H member uses will depend on their goals and the level of physical fitness they are at. For example, if you have a 4-H member who does not participate in regular physical activity, it would not make sense for them to begin exercising four times a week.
- The 24-Hour Movement Guidelines for Children and Youth recommends that youth between the ages of 5 and 17 get a minimum of 60 minutes of heart-pumping physical activity per day. For youth 18 and older, it is recommended that they get 150 minutes of heart-pumping physical activity per week.

Instructions:








- Before your members begin making their exercise plan, ask them how they get physically active. By doing this, your 4-H members can start building a list of potential activities to incorporate into their plans.
- Discuss with your 4-H members how they warm up before exercising, and how they cool down when they are finished. Warm up and cool down exercises/routines are an important part of each exercise plan.
- Have your 4-H members create an exercise plan using the workout template. Be sure they go into as much detail as possible. The plan should include equipment, time needed to complete each activity, and whether they are using the activity to train for something. They can also include the amount of reps and sets that need to be done to reach their goal.
- Have your members also track their progress. Hand out ParticipACTION's Movement log found at participaction.cdn.prismic.io/participaction%2Fdbf893b2-b5d0-4966-b50f-cd710b240374_get+started+activity+tracking+log+english.pdf. Before they start with their physical activity plan, have them write their goal at the top of the Movement log sheet. Have your 4-H members fill out the Movement log each day, and answer the reflection questions at the end of the week.
- Then as a club, set a length of time for your 4-H members to work on their exercise plans. When that time is up, have everyone give a little presentation to the club or to a small group on how they did.








Discussion points:

- Have your 4-H members share their program with others so that they can receive feedback on their plan, and pick up other ideas for activities they can do to switch it up.
- Ask your 4-H members the following questions:
 - > How can participating in physical activity make you feel?
 - > Why it is important to keep track of your results? Check out five ways tracking progress helps you reach your goals participation.com/en-ca/blog/two-steps-you-must-take-to-tackle-any-challenge-life-throws-your-way.
 - > Why is it important to reflect back on the week?



Template – Physical Activity Plan

Week 1							
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Saturday					
Activity							
When you will do it							
Where							
Length of time							
Warm-up							
Cool down							
Notes							

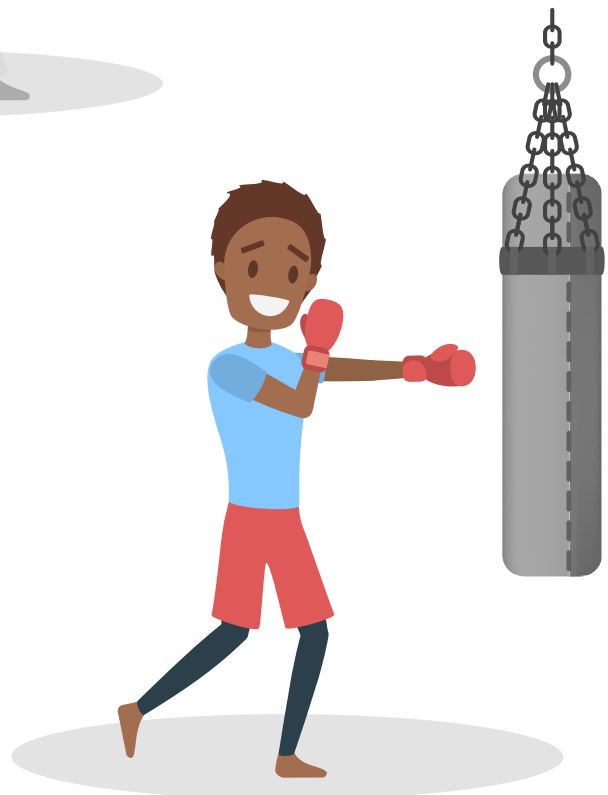
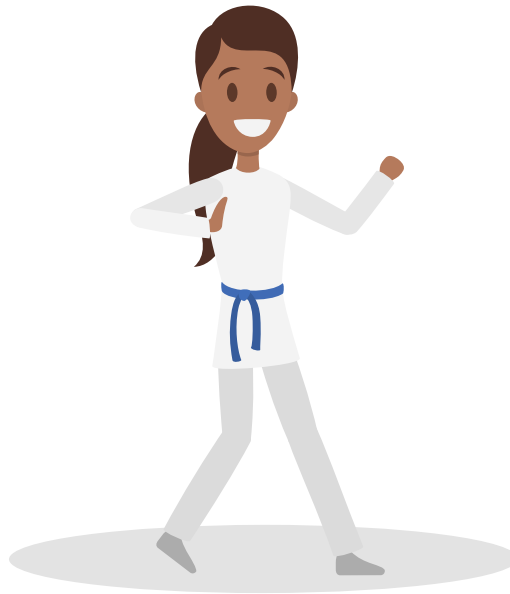
Week 2							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity 							
When you will do it 							
Where 							
Length of time 							
Warm-up 							
Cool down 							
Notes 							

3. Fun Ways to Get Active

Here is a list of fun ways to get physically active. This list is by no means exhaustive; it is recommended that you and your 4-H members keep adding to the list when new activities come up.

**** Tip:** The more fun and enjoyable it is, the more your 4-H members will want to keep coming back!

- Canoeing
- Cycling
- Swimming
- Pilates
- Soccer
- Golf
- Volleyball
- Walking
- Hockey
- Yoga
- Gardening
- Housework
- Dancing
- Running
- Dog walking and agility
- Tai Chi
- Fitness activities
- Basketball
- Hiking
- Aqua fit
- Weightlifting
- Obstacles course
- Downhill skiing
- Pickleball
- Mini putt
- Kayaking
- Ladder toss
- 5-pin bowling
- Tennis
- Badminton
- Boxing
- Snowboarding
- Cross-country skiing
- Snowshoeing
- Farm chores
- Folk/cultural dancing – ex: Highland dancing
- Mountain biking
- Working with your 4-H animal
- Piloxing



4. Handy Definitions to Know

Aerobic physical activities

Dynamic activities that involve large muscle groups and result in substantial increases in heart rate and energy expenditure. Also known as endurance activities. *Examples: rowing, dancing, running, bicycling*

csep.ca/en/guidelines/glossary-2017

Bone-strengthening activity

Physical activity that increases the strength of specific sites in bones that comprise the skeleton. *Examples: jumping rope, running, lifting weights*

csep.ca/en/guidelines/glossary-2017

Dopamine

Neurotransmitter that helps the brain to process emotional responses and enhance our experience of pleasure.

hms.harvard.edu/sites/default/files/HMS_OTB_Spring10_Vol16_No2.pdf

Endorphins

Hormone that helps regulate pain and stress and to induce euphoria.

hms.harvard.edu/sites/default/files/HMS_OTB_Spring10_Vol16_No2.pdf

Exercise

Physical activity that is purposeful with the goal of improving components of physical fitness such as flexibility, endurance and muscular strength.

csep.ca/en/guidelines/glossary-2017

Flexibility

The range of motion of joints or the ability to move freely.

participation.com/en-ca/content/glossary

Light (Low) Physical Activity (LPA)

Does not result in sweat production or shortness of breath. *Examples: slow walking, stretching, playing with animals.*

csep.ca/en/guidelines/glossary-2017

Moderate-Intensity Physical Activity (MPA)

Is intense enough to increase the heart rate and elevate body temperature. During MVPA, a person can talk but not sing. *Examples: hiking, cycling, pushing a lawn mower, gardening*

csep.ca/en/guidelines/glossary-2017

Muscle strengthening activity

Physical activity that increases skeletal muscle strength, power, endurance or mass. *Examples: push-ups, sit-ups, swinging, lifting weights, heavy gardening*

csep.ca/en/guidelines/glossary-2017

Physical activity

Physical activity is the umbrella term and is any bodily movement produced by skeletal muscles that results in energy expenditure, and increases heart rate and breathing.

csep.ca/en/guidelines/glossary-2017

Serotonin

Neurotransmitter that mediates satisfaction, happiness and optimism.

ncbi.nlm.nih.gov/pmc/articles/PMC4449495/pdf/IJPH-43-1468.pdf

Vigorous-Intensity Physical Activity (VPA)

Results in substantial heart rate increase and quick body temperature elevation; the person cannot say more than a few words without pausing for a breath. *Examples: running, cross-country skiing, jumping rope and martial arts*

csep.ca/en/guidelines/glossary-2017



4-H Canada has partnered with ParticipACTION to develop this resource
participACTION.com

Notes