Leading Through Physical Activity



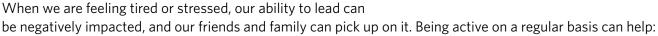


FOR LEADERS

As a 4-H leader, being a role model for your members is a huge part of your job.

During 4-H meetings, shows, fairs and everything in between, you're constantly leading by example and modelling behaviours for your members. It's also important to take some time for self-care which, in turn, will help boost your strength and energy as a leader!

Physical activity can play a huge role in helping you be a positive role model and leader.



- ✓ sleep better (check out the Importance of Sleep tip sheet)
- have more energy
- ✓ handle stress and conflict and problem solve
- ✓ experience more positive mental health (check out the Healthy Body, Healthy Mind tip sheet)

Studies show that being physically active can also help us:

- ✓ boost self-esteem¹
- ✓ increase confidence (also check out the Taking Care of Yourself tip sheet from the Mental Health Resource)
- ✓ be more creative²
- ✓ be more productive³ check out the Physical Activity and Productivity tip sheet

These factors all impact our ability to serve as a strong leader and role model for 4-H members.





Sometimes the trickiest part is getting into a routine. Try establishing a routine with your 4-H members and challenge each other to stick to it until the next 4-H meeting.

Tips to share with your 4-H members for getting into a new routine:

- ✓ Start off small and work your way up longer, faster, or on an incline.
- ✓ Set realistic goals.
- ✓ Be consistent with the day, time and place that you choose to get physically active.⁴ This will make it easier to focus on the task at hand and build it into your daily or weekly schedule.
- ✓ Do some research on developing habits and how they work.
- ✓ The more the merrier! Getting physically active with a friend or as a club can help us feel motivated to keep it up.

Always remember that some physical activity is better than none at all.

For more information, check out the Lead Better and How Long Does it Take to Form a Habit pages at participACTION.com



