



OVERVIEW

Get Fit 4 Life was developed for Oklahoma 4-H through the Walmart Youth Voice: Youth Choice Grant. A variety of resources were used to create the content and activities, including a program from New Jersey called *Get Moving Get Healthy*.

The **objectives** of the Get Fit 4 Life curriculum are to:

- Educate youth on MyPlate and components of a healthy diet.
- Empower youth with skills to help them in eating a more healthy diet including reading labels, appropriate serving sizes, and how to identify sugars and fats in ingredient lists.
- Motivate youth to exercise 60 minutes each day through exposing them to a variety of activities that promote physical fitness.

UNIT SECTIONS

Each unit (or lesson) contains the following sections which provide all of the content you need to teach the topic.

- **Purpose** — Objectives for the unit
- **Supplies/Equipment Needed** — A list of everything you will need to teach content and do all activities
- **Education** — Content information to cover in the

GET FIT 4 LIFE

UNITS

- FIT FOR LIFE
- IS YOUR PLATE LOADED
- HOW MUCH IS TOO MUCH
- WHAT'S UP WITH THE LABEL
- IS THE GLASS 1/2 FULL OR 1/2 EMPTY
- MOVE IT OR LOSE IT
- DUMP THE PLUMP
- A WALKING WATER BOTTLE
- GAME ON! FITNESS ACTIVITY SUPPLEMENT

TIME NEEDED

Units/Group Setting	30-45 minutes per unit
Get Fit 4 Life Stations	10-15 minutes or at own pace

WHERE CAN I FIND GET FIT 4 LIFE?

All of the units can be found on the Oklahoma 4-H Literature Online website under the Family & Consumer Science Section.

<http://oklahoma4h.okstate.edu/litol/>



UNIT SECTIONS...CONTINUED

lesson with a group. This section may also include an activity that will reinforce the learning.

- **Recreation** — A physical fitness activity that relates to the unit objectives to play with a group.
- **Get Fit 4 Life Station** — This box provides information on setting up an activity station that participants can rotate through on their own or in small groups. Instructions are provided on the activity and tabletop sign(s) are also included in the unit to place on the table with the equipment/supplies needed for the activity.
- **Process/Evaluation** — This section provides a list of debriefing questions that can be asked of youth in a group setting to wrap up the unit.
- **References** — List of resources used to prepare the unit.
- **Handouts, Activity Sheets, and Station Signs** are also included in each unit.

SUMMARY OF UNITS

Unit 1: Fit For Life

- Identify parts of *MyPlate*.
- Understand the calorie level and *MyPlate* Equivalents for their age and activity level.
- Relate the *MyPlate* Equivalents to the foods they eat and the amount they should eat.
- **The Get Fit 4 Life Station** focuses on teaching youth to read the "Choose *MyPlate* Food Intake Range Chart" to determine the number of calories they need each day based on their activity level, and gender. They will keep their card with them as they rotate through the other stations.

Unit 2: Is Your Plate Loaded?

- Identify the foods in each of the *MyPlate* food groups.

SUMMARY OF UNITS...CONTINUED

- Relate the *MyPlate* food equivalents to how they should look on a plate for a meal.
- *The Get Fit 4 Life Station* teaches youth to identify the food group in which foods belong and learn nutritional information about each food through a game called Food Follies Turnover.

Unit 3: How Much Is Too Much

- Associate a serving size with common household items.
- Determine their own ability to accurately measure amounts of food.
- *The Get Fit 4 Life Station* focuses on matching food models with the appropriate household item that simulates serving sizes. Youth will also learn about measuring ingredients — cereal and juice — to compare what they would normally eat and drink to what an actual serving size is.

Unit 4: What's Up With The Label

- Read Nutrition Facts labels to be aware of the volume of food, food energy (or calories) and nutrition in the foods they choose to eat.
- Use food labels to make informed and healthy food choices.
- *The Get Fit 4 Life Station* provides an opportunity to view food labels and complete a worksheet to help them learn where to find the information on a label.

Unit 5: Is The Glass Half Full Or Half Empty

- Read Nutrition Fact labels to be aware of the volume of nutrition, food energy (or calories), sugar, and other substances in liquids they choose to eat.
- Use food labels to make informed and healthy food choices.
- Determine the amount of sugar in common beverages.
- *The Get Fit 4 Life Station* explores the amount of sugar in a variety of sugary drinks. Youth choose a drink and review the label to complete a worksheet. Test tubes and drink contain-



SUMMARY OF UNITS...CONTINUED

ers with the actual amount of sugar are provided so youth can actually see the amount in each drink.

Unit 6: Move It Or Lose it

- Understand the importance of physical activity in daily life.
- Identify different types of physical activities.
- Learn that physical fitness can be fun.
- *The Get Fit 4 Life Station* utilizes fitness dice in which youth roll and perform the exercise for the specified number of repetitions.

Unit 7: Dump The Plump

- Make smart food choices lower in solid or hydrogenated fats.
- Understand that the body needs "good" fats to function.
- Understand what the term "high fat" means.
- Understand the long-term negative impact of eating too many "bad" fats in our daily diet.
- *The Get Fit 4 Life Station* teaches youth about the quantity of fat that is in a variety of foods. Youth estimate the amount of fat from reading the label and measure out shortening. Youth then compare their estimates to the actual amounts of fat in each food by observing test tubes filled with shortening.

Unit 8: Walking Water Bottle

- Recall the functions of water in the body.
- Understand how much we need to drink each day.
- Define and recognize dehydration.
- *The Get Fit 4 Life Station* provides an opportunity for youth to learn the "Water Bottle Rap," a group activity that challenges their hand-eye coordination and requires teamwork.

Game On! Physical Fitness Activity Supplement

- This supplement provides eight additional physical fitness activities that can be used at any time throughout the program. These activities help to reinforce the principles of teamwork, communication, problem-solving and more while learning about nutrition and health.



DELIVERY METHODS

There are several ways in which *Get Fit 4 Life* can be presented. The amount of time available, the setting, the goals for the audience, and other factors will impact your choice for the best way to expose participants to the program. Below are a number of examples of how *Get Fit 4 Life* can be delivered to clientele.



- **Classroom/School Enrichment or After-school Programs** — The 8 units in *Get Fit 4 Life* can be taught as a series. The units can be spread out over 2 weeks up to 8 weeks. The instructor could determine how many units to teach each week.
- **4-H Club/4-H Project Group** — A 4-H Club might focus on Nutrition and Health at each monthly club meeting by teaching one lesson each month. A Nutrition or Health Project group could use the lessons for their meetings as well. Using the Physical Fitness Supplement could serve as the resource for Recreation for the meetings.
- **Day Camp or Overnight Camp** — The *Get Fit 4 Life* program could be used in a variety of ways at day or overnight camps. Use *Get Fit 4 Life* as the camp theme and create workshops around the units. Another option would be to set up a manned station at each meal time for youth to interact with while they are waiting in line or before beginning the meal service. Utilize the physical fitness supplement for some of the recreation activities.
- **Manned Stations** — This would be a great opportunity to provide some teen leadership opportunities. Train teens on the lessons and how to facilitate each station. Assign one or two teens to each station and have participants rotate through the stations to complete the activities.



DELIVERY METHODS...CONTINUED

- **Stand Alone Lessons** — If there is a need for just a one time, one topic presentation, these units could be used as a stand alone lesson for youth or adult audiences. Teens looking for leadership opportunities might teach a lesson to their peers at school, to elementary classrooms, or for 4-H club meetings.
- **Stand Alone Stations** — The stations could also be used as stand alone exhibits, either manned or unmanned. Some stations might need a little more printed instruction provided at the station if they are unmanned.
- Examples of places where the manned or unmanned stations could be used:
 - ⇒ Community health fair
 - ⇒ Family fair
 - ⇒ School open house
 - ⇒ Grocery stores
 - ⇒ Other local businesses
 - ⇒ County Courthouse
 - ⇒ County fair or stock show
 - ⇒ 4-H Enrollment Night
 - ⇒ Or any event of your choice!



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