



PURPOSE

Participants will be able to:

- Understand the importance of physical activity in daily life.
- Identify different types of physical activities.
- Learn that physical fitness can be fun.

TYPES OF EXERCISE

- **Aerobic Activity:** This type of exercise gets the heart rate up and includes excises like brisk walking, jogging, and cycling,
- **Muscle Strengthening Activity:** This type of exercise improves your over all strength and helps with coordination and movement. Exercise and activities that strengthen muscles include gymnastics, push-ups, playing on the monkey bars, and climbing trees.
- **Bone Strengthening Activity:** Our bones are our foundation. Exercises that strengthen our bones will help us with posture and mobility. Activities like jumping rope, hop scotch, and weight lifting are examples to help build our bones.



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

One on One	15 minute
Group	30-45 minute

EDUCATION

Being active is an important part of our health. When we are active, we work our muscles, including our heart muscle, which helps our body to stay strong and fit.

- **How often should kids exercise?** Kids should exercise every day! Exercise can occur indoors or outdoors. The choice is yours! Just find something fun that gets you off the couch and moving!
- **How long should kids exercise each day?** The recommendation is that kids should exercise 60 minutes a day. Exercise should get the heart rate up and work your muscles.
- **What are some reasons why kids (and adults) need to exercise?**

Feel less stressed

Feel better about themselves

Feel more ready to learn in school or be productive at work

Keep a healthy weight

Build and keep healthy bones, muscles and joints

Sleep better at night

- Review the types of exercises on page one (aerobic, muscle strength and bone strength activity). **Discuss different activities beyond the examples provided to generate a list of fun things kids can do to get in 60 minutes of exercise each day.** Make a list on newsprint or a chalkboard.
- **How many of you spend 2 or more hours a day in front of the television, playing video games, or on the computer?** Instead of staying indoors and doing these activities, find something you can do for at least 60 minutes that will fit into one of the types of exercises we discussed! Another option is to choose video games that get you up and moving! There are lots of those on the market today! The goal is to decrease "screen time" and increase physical activity! If you aren't sure how much time you spend doing these sedentary activities, keep a log and track it! Then adjust your habits to include more physical activity.



GET FIT 4 LIFE STATION

The station for Move It Or Lose It comes from the Recreation activity, Roll On With Fitness. Set up all the equipment listed to the right on a table. Everything except the CD and CD Player are in the Get Fit 4 Life Equipment/Supplies Kit. Make sure you have plenty of space for participants to exercise. Copy the station instructions for the option you choose to use on page 5 or 6 and place on the table (a laminated copy is in the kit). If space allows you may want to put out materials for both options! If you have a teen or adult who can man this station, they can run the music and stopwatch.

RECREATION

Roll On With Fitness

Equipment/Supplies:

- 1 set of 2 large die (one with numbers, the other with activities)
- 1 large die
- 1 Jump rope
- 1 hula hoop
- 2 cans of food
- 1 stopwatch
- Move it Or Lose It mini-poster with list of exercise and corresponding dice numbers (included with lesson)
- 1 music CD (optional)
- 1 CD Player (optional)

NOTE: Before beginning physical activity, it is recommended that participants stretch to be sure their muscles are warmed up to avoid injury. Refer to the lesson, "What's Up With The Label" for stretching exercises.



Instructions — Option 1:

This option works well for large groups.

1. Have participants roll the set of die — one with numbers, one with activities.
2. Participants will perform that activity rolled on the activity die for the number of repetitions rolled on the number die.
3. Rotate rolling until all participants have had a chance to roll.
4. Play upbeat music while participants are exercising.

RECREATION - continued

Instructions — Option 2:

This option can be used with individuals or small groups.

1. Using the single die, a participant rolls the single die with numbers.
2. Participant refers to the Move It Or Lose It mini-poster of exercises and performs that activity for one minute while instructor times with the stopwatch.
3. If conducting as a group activity, you will need enough jump ropes, hula hoops, and cans of food for each person in the group! The whole group will do the same activity.
4. Rotate the die and continue with a new exercise.

PROCESS/EVALUATION

Question you might ask...

- Do you exercise at least 60 minutes a day?
- What can your family do together that will help you toward achieving your 60 minutes a day of exercise?
- What fitness activity would you like to try/learn?

REFERENCES

Get Moving, Get Healthy developed by 4-H Youth Development, Rutgers Cooperative Extension, 2011.

MedlinePlus, U.S. National Library of Medicine and National Institutes of Health

<http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html>

How much physical activity do children need?

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

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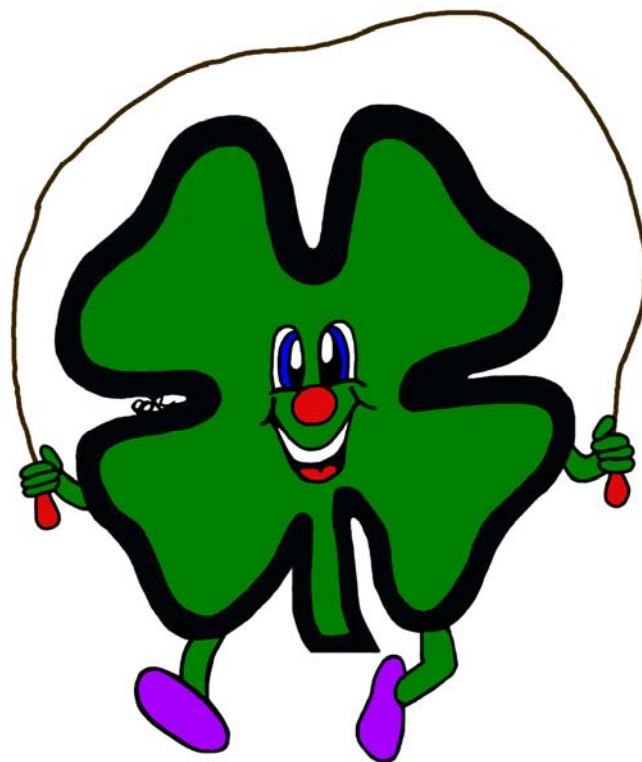
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MOVE IT OR LOSE IT

- ROLL THE PAIR OF DIE WITH THE NUMBERS AND EXERCISES ON THEM.
- PERFORM THE EXERCISE ROLLED FOR THE NUMBER OF TIMES ON THE NUMBER DIE.
- PASS TO THE NEXT PERSON AND ROLL AGAIN!



MOVE IT OR LOSE IT

- ROLL THE DIE AND SELECT THE CORRESPONDING EXERCISE BELOW.
- PERFORM THAT EXERCISE FOR ONE MINUTE!

- ⇒ 1 = CAN LIFT
- ⇒ 2 = STRETCH
- ⇒ 3 = DANCE
- ⇒ 4 = JUMP ROPE
- ⇒ 5 = HULA HOOP
- ⇒ 6 = JUMPING JACKS

