

Ohio 4-H Cloverbud Kit

A teaching tool for Ohio 4-H Volunteers

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4-H Cloverbuds

OHIO STATE UNIVERSITY EXTENSION

Fitness is Fun

Ohio 4-H Cloverbud Kit

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 - written by Bobbie Grawemeyer (from the Ohio 4-H Cloverbud Curriculum Series I)
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Lead Contributors:

- Janine Yeske, Extension Educator,
 4-H Youth Development, Jefferson County, Ohio
- Bruce Zimmer, Extension Educator,
 4-H Youth Development, Monroe County, Ohio

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Keith L. Smith, Associate Vice President for Agricultural Administration and Director, OSU Extension.

Fitness is Fun Kit Contents

When you return the kit to the Extension Office, please make sure the following items are in the kit for the next 4-H Volunteer.

- Teacher's Notebook with Fitness is Fun curriculum and activity lessons
- Get Up and Go book by Nancy Carlson
- Half-Pint Skillastics™ kit which includes two large dice (one color, one shape) and 42 cards which include playing cards (36) and instructions (6)
- Bean Bag Activities and Coordination Skills CD
- 12 Bean Bags



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Fitness is Fun Lesson

From Ohio 4-H Cloverbud Curriculum – Series 1



Section 1

Ice Breakers & Mixers



Section 2

Ice Breakers and Mixers



Looking for a fun way to start off your Fitness is Fun lesson? Try this ice breaker using the bean bags included in your kit. Ask all of your Cloverbuds to stand in a circle. Using one beanbag, introduce yourself by saying your name and a way that you keep physically fit. *For example: my name is Susan and I like to take long walks.* Next, throw the beanbag to one of your Cloverbuds and ask them to introduce themselves by saying their name and a habit that helps them stay physically fit.



Keep throwing the beanbag until everyone has had a chance to make his or her introduction.

(Tell the group to remember who threw the beanbag to them and where they threw it. As you repeat the activity, keep throwing to the same person and catching from the same person.)



Start the toss again, this time saying your name and your favorite healthy food. Go through the entire circle again letting everyone introduce themselves again and adding their favorite food.

You can repeat the circle toss as many times as you like. Examples of things you can talk about include: your pets, your favorite color, how many siblings you have, etc.



After all the Cloverbuds have introduced themselves a few times, change the exercise by throwing the beanbag and saying the name of the person you are throwing the bean bag to and one of the items they used when introducing themselves. (You may have to help Cloverbuds who don't remember names and/or other things that were shared.)

Encourage all Cloverbuds to remember as much as they can and to help each other when necessary.



Developed by:

Janine Yeske, Extension Educator, 4-H Youth Development, Jefferson County, Ohio



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Getting Started



Section 3

Getting Started



After all of your Cloverbuds have arrived and have had a chance to take part in the ice breaker, ask everyone to sit with you in a circle. Circle Time is a great opportunity to allow Cloverbuds to talk, to get to know you and each other, and to discover what they already know about the topic you are studying.

Good circle time questions about physical fitness include:



- Today, we are going to talk about physical fitness. Can anybody tell me what “physical fitness” means? (Physical fitness means a person is in a state of good health and well-being.)

- How many different ways are there to stay physically fit? (Answer: hundreds- we cannot name them all, but we can name some of our favorites.)



- Why is it important to exercise and to have healthy habits like the ones we talked about in our bean bag game? (To keep our bodies healthy.)

- Do you have any habits that keep you physically fit?

- Do you think watching television and playing on the computer are ways to keep physically fit? Why or why not?



- What are some activities/habits that you and your family could do together to help all of you stay physically fit?



Developed by:

Janine Yeske, Extension Educator, 4-H Youth Development, Jefferson County, Ohio



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Games & Activities



Section 4

Games & Activities



Fitness Games



The beanbag game ideas on this page and the Half-Pint Skillastic™ activities on the next two pages will give you and your Cloverbuds many ways to incorporate the ABC's of fitness into your lesson: Agility, Balance, and Coordination.

Agility—is the ability to change the position of the body with speed and accuracy.

Balance—is the ability to keep the body stable whether moving or standing still.

Coordination—is the ability for the body to do several things at the same time.

Beanbag Fitness Activities/Games



1. Warm-up Exercises:

- Give all Cloverbuds a beanbag and ask them to throw the bag up in the air and catch it.
- Next, clap before catching.
- Throw with one hand and catch with the other.
- Throw and catch behind back.
- Throw and kick with foot before catching again.
- Balance on one foot and try all the exercises again.

Now that you've used the beanbags and are comfortable with the way they feel, turn on the CD included in this kit and follow along with the words of the songs.



2. Beanbag Golf: Throw beanbags into empty containers such as milk jugs and juice cartons that have been cut in half.
3. Beanbag Bowling: Set up 2-liter pop bottles a distance from the Cloverbuds and have them toss the beanbags to try to knock down the bottles.
4. Beanbag Horseshoes: Similar to beanbag bowling, however in this game, Cloverbuds try to throw the beanbags into the center of a hula-hoop.
5. Beanbag Juggling: Cloverbuds take turns trying to juggle 2-3 beanbags at the same time, keeping all bags moving and off the floor.
6. Beanbag Tightrope Walk: Cloverbuds try to walk along a piece of masking tape while balancing beanbags on head, shoulders, hands, etc.



HalfPint Skillastics™ Options –

Permission granted to include in the Ohio 4-H Cloverbud Kit—Fitness is Fun 2/2008

Now Available – *Halfpint Skillastics™ Music CD – Get your children moving to the music - 36, one-minute musical segments that sound like each of the Halfpint Skillastics™ activities. For more information, go to www.skillastics.com.*

Activities to Keep Every Child Moving –

While one child is moving toward the activity cards, it's important to keep the rest of the group busy. Below are simple instant activities to keep every child engaged and active:

- Instructor toss a beanbag to the children (After the children get use to this activity, have them toss the beanbag to each other without the instructor. The child who ends up with the beanbag when their classmate gets back with the activity card is next to roll the die. If this child has already rolled the die, this child then picks a friend who has not had the opportunity).
- Use flash cards (any kind will do), to challenge kids while they are waiting.
- **“12-Sided Die”** – Roll the die and count to that number.
- **“Dots”** – Throw dots around the activity area. Children jump from one dot to another making sure their foot lands completely on the dot.
- Sing a song together (i.e. *ABC Song, Row, Row, Row Your Boat*).
- **“Shakes and Wiggles”** – Have children follow instructors example (i.e. put wiggles on one arm, then the other, then one leg, then the other). The object is to remove all the Shakes and Wiggles.
- **“Seat Walk”** – Have children sit on the floor, with legs straight out in front. From shoulder arms are straight out in front. Children will lift one side of their bottom by tilting to the side a little and pushing forward a little. Then shift and do the same on the other side.
- **“The Popcorn Maker”** – Have children sit on the floor, with hands on the floor. Begin to slowly bounce up and down like a piece of popcorn beginning to warm up. Go faster and faster as the popcorn begins to pop. When it's almost all popped, start to slow down and then stop.
- **“The Airplane”** – Have children lay on their stomach on the floor, legs straight and together. Arms are stretched out at shoulders, arms bent 90° at elbows with hands and fingers open pointing forward. Bring head, arms, chest and legs up at the same time. When tired of holding the position, “land” softly, rest and try again.
- **“The Rocking Puppy”** – Have the children get down on their hands and knees. Rock slowly back and forth.
- **“Mickey Mouse Ears”** – Place fists next to ears, squeeze, fingers open and close.

- **“Windshield Wipers”** – Arms above head, cross straight arms 10 times then put bottom arm over top hand and do 10 more.
- **“Scissor Cuts”** – Same as Windshield Wipers only arms are pointed straight down with palms up.
- **“Shoulder Shrugs”** – Palms up shoulder shrugs towards ears, release.
- **“Throw Aways”** – Elbows bent, fisted hands in front of shoulders, extend arms in a throwing motion.
- **“Alligator”** – Hands hold opposite elbows, lift in a single motion over the head, return to waist and repeat.
- **“Finger Opposition”** – Hold fingers next to ears, have child touch thumb to each finger (i.e. pointer, middle, ring, pinkie) and back again.
- **“Butterflies”** – Hold arms straight in front of body, make an X with thumbs, palms facing out, make small circles 10 times to the right and 10 times to the left.

Additional Ideas for using the Activity Game Cards –

- Preschoolers need to work on attending to the instructor in large and small group sessions. If at some point you feel you may be losing the groups attention (or a few children), keep activity cards close and have a child choose one by random. Have that child/and or the group to that particular activity. Make it fun, and then settle back into the lesson.
- Preschoolers usually rotate through various centers throughout a room each day. The instructor can choose a variety of activity cards that focus on large motor movement. Children can move that particular way to each center during the day.
- Use the animal or insect activity cards to go along with animal or insect study units. For example, talk about how an animal moves from one of the activity cards chosen. The children would imitate that particular animal movement. A great visual to get children to start thinking about animal movements.
- When specifically working on large motor skills, pull out an activity card that matches the skill being taught (i.e. balance, jumping, strength, etc...).
- Use only one whole color series of cards as a warm-up before starting a lesson.
- Instructors have found that purchasing more than one set of Halfpint Dice (we do sell the Halfpint Dice separately), allows more children to be active at one time.
- Take six different colored hula hoops and lay them in a circle with all the cards face down in the center. The children have to have at least one foot in the hula hoop. Pick a child from any of the teams. Have that child roll both dice. Whatever the child rolls, that child has to find that particular card and present it to the instructor. The instructor demonstrates that activity and then everyone does that particular activity. Option: The instructor rolls the dice. Whatever color the instructor rolls, a child from that hula hoop has to release from the hula hoop (learning to take turns), and find that particular activity card. Then again the instructor demonstrates the activity and all the children do it.

Books



Section 5

Books



The Busy Body Book by Lizzy Rockwell

A celebration of the amazing human machine and a life on the move! This book explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce around—and that’s the ultimate goal.



I.Q. Gets Fit by Mary Ann Fraser

It’s going to be an active month in I.Q.’s classroom—it’s Health Month! And when the school announces that those who pass the fitness test will get a gold ribbon, I.Q. knows right away that he wants to win one.



Spriggle’s Motivational Books for Children: Activity and Exercise by Jeff Gottlieb

Spriggle’s is the fun and exciting way to motivate children to lead healthy, active and enthusiastic lifestyles. Children will be motivated to exercise regularly, spend time creatively, and participate in a variety of activities.



Benjy and the Power of Zingies by Jean Van Leeuwen

Third-grader Benjy, tired of being small for his age, decides to build up his body by eating the breakfast cereal of sports stars.



Get Up and Go! by Nancy Carlson

(included in *Fitness is Fun* kit)

We all come in different shapes and sizes, and it doesn’t matter if you are tall, short, skinny, or round. Your body is your own, and you need to take care of it. Whether it’s a New Year’s resolution or simply time for a change, this book is the perfect catalyst to get readers moving. Vibrant, fun-filled illustrations and an encouraging text explain the many great reasons to exercise, from making new friends to going new places, or just because it’s good for your body. Nancy Carlson’s gleeful, kid-friendly story is sure to make readers young and old get up and exercise!



Guest Speakers



Section 6

Guest Speakers



Guest speakers can add a special touch to a Cloverbud meeting. Because one of the objectives of the “Fitness is Fun” lesson is “to learn a variety of ways to exercise and be healthy” this can be a great chance to involve guests.

Guests may be:



- A member from the older 4-H club who regularly exercises and knows the importance of physical fitness. This member could even lead the Cloverbuds in a few exercises to show them that the exercises they choose do not have to be difficult. They can be fun activities that just take a little bit of time every day.
- A physical education teacher could talk to your Cloverbuds about all the different opportunities in your area that can help them to be more physically fit. For example, the instructor could talk to your group about different sports and the muscle groups that are called upon when playing these sports.
- A physical therapist would be a great guest speaker: he/she could talk about his work and could lead the Cloverbuds in some exercises and tell how the muscles benefit when doing these exercises.



Here are some tips to consider when inviting a special guest to a Cloverbud meeting:

1. Tell your club’s head advisor of your plans so older 4-H club could extend an invitation to the guest to visit the older club after meeting with the Cloverbuds.
2. Stress the concepts of kindness, cooperation, and a sense of respect and understanding. Be sure Cloverbuds do not make fun of others who may not be physically active or who have a hard time keeping up with the exercises during the meeting.
3. Be sure Cloverbuds send thank you cards to the guest after the visit.



Developed by:

Janine Yeske, Extension Educator, 4-H Youth Development, Jefferson County, Ohio



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Music - CDs & Songs



Section 7

Music - CDs & Songs



Fitness Songs—These songs will get your Cloverbuds moving with the fun motions!



The Grand Old Duke of York (*Sung to tune of The Farmer in the Dell*)

The grand old duke of York (sing while sitting),
He had ten thousand men (remain seated),
He marched them up the hill (stand),
And then he marched them down again (sit back down),
And when you're up, you're up (stand up),
And when you're down, you're down (sit down),
And when you're only halfway up (stop in a position between sitting and standing),
You're neither up (stand up), nor down (sit).



Swimming

Swimming, swimming in the swimming pool (draw rectangular pool with fingers),
When days are hot (brush forehead),
When days are cold (fold arms and shiver),
In the swimming pool (draw rectangular pool with fingers),
Breaststroke (make swimming motion to front),
Sidestroke (swimming motion to side),
Fancy diving, too (make diving motion),
Oh, wouldn't it be nice if there was nothing else to do? (Clap)



Head, Shoulders, Knees and Toes

Head (point to head), Shoulders (point to shoulders),
Knees (point to knees), And toes (point to toes),
Knees (point to knees), And toes (point to toes),
Head (point to head), Shoulders (point to shoulders),
Knees (point to knees), And toes (point to toes),
Knees (point to knees), And toes (point to toes),
Eyes (point to eyes), and ears (point to ears),
And mouth (point to mouth), and nose (point to nose),
Head (point to head), Shoulders (point to shoulders),
Knees (point to knees), And toes (point to toes),
Knees (point to knees), And toes (point to toes),



The Banana Song

Bananas unite! (stand with arms above head with palms together),
Peel bananas, peel peel bananas (jiggle hands from above head down to side),
Peel bananas, peel peel bananas (jiggle hands from above head down to side),
Eat bananas, eat eat bananas (jiggle hands alternately from side to mouth),
Eat bananas, eat eat bananas (jiggle hands alternately from side to mouth),
Go bananas, go go bananas (dance and move hands in any motion you want),



Arts & Crafts



Section 8

Arts & Crafts



Sun Beads

When choosing a fitness routine that will take you and your family outside, remember sun safety and keep your entire body fit- even your skin!

Cloverbuds can become "Sun Safety Detectives" by making sun sensitive bracelets. Purchase ultraviolet (UV) detecting beads (also called pony beads) and pipe cleaners, strips of rawhide, or yarn from a craft store. If you cannot purchase the beads locally, they can be ordered by calling 1-888-991-5200. *

Ask the Cloverbuds to string several beads onto the pipe cleaner, rawhide, or yarn. Help them to secure the ends with a knot. The beads remain white indoors or when shielded from UV light but turn colors when exposed to UV light. When the bracelet turns colors the Cloverbud is being exposed to ultraviolet light and should be wearing sunscreen.

*No product endorsement is intended or implied.

Submitted by Joyce Shriner, Extension Educator, Family & Consumer Sciences and County Director, OSU Extension, Hocking County



Sun Visors

To add protection for your eyes and face, make a sun visor from craft foam. This project is simple, fun and creative and your children will love the fact that each one is unique and special. To make one, first draw a visor shape on a piece of craft foam and cut it out. (Measure 9-10 inches from temple to temple with a 3-4 -inch wide brim as a guide.)

With scissors or a craft knife, cut a small X at each temple and string shoelace from one X to the other. Measure to fit your child's head. Next is the fun part: decorate the visor with precut stick-on foam shapes (or cut your own from sticky-back foam).



Olympic Gold Medal

All you need for this craft is craft foam, markers, glitter, glue and ribbon. Cut the craft foam into a circle 2-3 inches wide. Decorate with markers and glitter. Write words on medal like "Champion", "Winner", and "Number 1." Next measure ribbon to fit around child's neck. Glue medal to ribbon and present to your Cloverbud.



Snacks



Section 9

Snacks



Honey Milk Balls



1/2 cup honey 1/2 cup peanut butter
 1 cup nonfat dry milk 1 cup uncooked quick oats (not instant or regular)
 Measure 1/2 cup honey and 1/2 cup peanut butter into a bowl. Add 1 cup nonfat dry milk and 1 cup oatmeal and stir to mix. Use spoon to divide the mixture into 24 balls on a sheet of waxed paper or a clean plate. Shape each spoonful into a round ball between your hands. Place balls on a plate to serve. Tastes great along with a cold glass of milk.

Source: Keys for Kids - Childrens' Workbook, 8 1985 by The Ohio State University.

Trail Mix



2 cups crispy cereal squares (combine flavors- corn, rice, etc...)
 1 cup "O" shaped cereal 1 cup raisins 1 cup nuts 1 cup pretzel sticks
 Put all food in a bowl. Toss until mixed. Eat and enjoy. You may add dried fruit, chocolate chips, candy coated chocolate pieces, and/or popcorn.

Source: Hoover, C. (1995) Super Youth. Ohio State University Extension, Perry and Morgan Counties.

Tortilla Sandwich



1 flour tortilla, warmed 1/4 cup refried beans, heated 2 Tbsp. grated cheddar cheese
 2 Tbsp. shredded lettuce 2 Tbsp. chopped tomato 1 Tbsp. taco sauce (optional)
 1 Tbsp. sour cream (optional)

Spread refried beans evenly over tortilla. Top with remaining ingredients. Fold tortilla in half and then roll up sideways. Makes 1 serving.

Source: Joyce Shriner, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Hocking County, Ohio

Fun Fruit Kabobs



1 apple 1 banana 1/3 cup red seedless grapes
 1/3 cup green seedless grapes 2/3 cup pineapple chunks 1 cup nonfat yogurt

Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares and peeling the bananas and cutting them into chunks. Place all the fruit on a large plate. Slide pieces of fruit onto a wooden skewer and dip in yogurt if desired. Makes 4 kabobs.

Source: Modified from- www.kidshealth.org/recipes. Online 1/2008

Apple Smoothies



2 cups applesauce 1 cup apple cider 1 cup orange juice
 2 tablespoons maple syrup 1/2 teaspoon nutmeg 1/2 teaspoon cinnamon
 Combine all ingredients in blender; blend until smooth. Pour into glasses and serve.

Source: The Market Bulletin, Fall 2002, West Virginia Department of Agriculture



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Snacks



Pumpkin Surprise

1 small can pumpkin 1 tsp. cinnamon 1 tsp. chopped pecans 4 oz. cream cheese



Warm pumpkin in a microwave safe dish. Stir in cinnamon and pecans. Add softened cream cheese and mix well. Serve with graham crackers, apple wedges or pear slices.

Modified from: Better Homes and Gardens. www.betterrecipes.com Online 1/2008

Fresh Fruit Trifle

Fresh Fruit (Strawberries, Peaches, Blueberries, or your favorite)
Fruit Flavored Low or No Fat Yogurt (Strawberry, Peach, Blueberry, or your favorite)
Angel Food Cake - cut in small cubes
Wide mouth clear plastic cups (approximately 8 ounce size)



Wash fruit. Slice the fruit, if needed. Put a layer of fresh fruit in the cup. Add a layer of angel food cake cubes. Then, add a layer of yogurt. Top with a slice of fresh fruit.

Source: Joyce Shriner, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Hocking County, Ohio

Apple Boats

6 apples 1 c. peanut butter (chunky) 1/4 c. raisins
1/2 c. peanuts, chopped 1/2 c. crisp rice cereal Cheese slices



Cut apples in half and remove cores; leave hollow for the peanut butter mixture. Mix peanut butter with peanuts, cereal and raisins. Spoon into the prepared apples. Cut into slices for small children. Make sails with triangles of cheese.

Source: Purdue University Cooperative Extension Service. HE-631, Page 84.



Orangeade Cooler

2 cups unsweetened orange juice 1 cup unsweetened pineapple juice 1 Tbsp. lemon juice
3 Tbsp. sugar 6 ice cubes

Put all ingredients in a blender. Blend for 5 seconds. Makes about 3 cups.

Source: Joyce Shriner, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Hocking County, Ohio



Snacks



Chewy Granola Bars



2 1/2 cups quick rolled oats	1/2 cup mini choc. chips	1/4 cup coconut (optional)
1/2 cup brown sugar	1/2 tsp. salt	1/2 cup butter, softened
1/2 cup crisp rice cereal	1/4 cup honey	1/2 tsp. vanilla

Add all ingredients to a large bowl and mix until combined. Press into a square 8 x 8 inch pan. Bake at 350 degrees for 18 - 20 minutes. Cool for 10 minutes and score into bars. Let completely set before cutting the bars out.

Source: Modified from— www.grouprecipes.com Online 1/2008

Strawberry Yogurt Popsicles



2 cups fresh (chopped) or frozen strawberries	2 cups lowfat vanilla yogurt
12 small paper cups	12 wooden sticks

Combine strawberries and yogurt. Mix well. Fill cups with mixture. Cover cups with plastic wrap or tin foil. Insert a stick through the plastic wrap or tin foil. Freeze popsicles until firm. Gently tear away the paper cup from the popsicle before eating. Makes 12 servings. Supervise children while eating popsicles and throw away sticks after eating.

Source: Tickle Your Appetite - A WIC/Team Nutrition Educator's Kit for Children

Quesadillas



1/2 cup Cheddar cheese grated	1/2 cup American cheese, grated
3 Large whole wheat flour tortillas	2 tsp. margarine, melted

Mix the cheeses. Cut the tortillas in half. Spoon one tablespoon of cheese mixture onto each tortilla half. Roll the tortilla like a burrito and brush it with margarine. Bake at 350 degrees Fahrenheit for five to seven minutes. Serve immediately. Makes six servings. Serving size = 1 Quesadilla

Source: Snackin' Smart, Ohio Department of Education, 1996, p. 52.

Chunky Applesauce



6 large apples	1 cup undiluted apple juice concentrate	2 tsp. cinnamon
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Peel apples, core and dice. Place in a large pan and add apple juice concentrate. Cover and cook over low heat, stirring often, until apples are soft. Mash slightly with a fork. Stir in cinnamon. Serve warm or cold. Makes 12 servings.

Source: Physicians Committee for Responsible Medicine. www.pcrm.org Online 1/2008

Compiled by:

Cheryl Goodrich, FNP Program Assistant, Monroe County, Ohio



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Take Home Information



Section 10

Take Home Information



Hello Cloverbud Parents,



Here are some ideas to incorporate fitness into your family's busy lifestyle:



- Set aside a few minutes everyday to do one exercise together. A fun way to do this is to write down several exercises on slips of paper and drop them into a coffee can or similar container. Each day, at a time that is right for your family, grab a slip of paper out of the can and do the exercise written down. Great examples for exercises include: jumping jacks, knee bends, toe touches, etc. You may want to even put on some music and dance together. Even though it may not seem like enough to make a difference, remember that every little bit helps.
- Encourage your children (or as a family), walk your dog everyday. If you don't have a dog, just pretend! Once again, it may not sound like much, but it will get your family moving and that is your goal.
- Park farther from the mall, the school, and the office each morning. Walk to the building instead of driving right up to the door.
- During your family's television time, get moving during commercials. Walk around, dance, etc. until the commercial ends and then sit down again to enjoy the show.
- Chart your family's progress. On poster board, list the names of everyone in your family. Each day, put a gold star next to those who have done some type of exercise that day. See who is able to fill up their space on the board.
- These ideas may not seem like a lot, but anything you can do to get your family moving is a great step toward better fitness.



Have fun and Get Fit!

Developed by:

Janine Yeske, Extension Educator, 4-H Youth Development, Jefferson County, Ohio



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