



Get Up & Move!

Leader Activity Guide

Series 2: May

MyPyramid – Meat and Beans Group

The purple stripe on the USDA MyPyramid represents the **meat and beans group**. All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered a part of this group. Dry beans and peas are considered as a part of this group as well as a part of the vegetable group. Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils so choose these items often instead of meat and poultry. Vary your choices with more fish, beans, peas, nuts, and seeds. Girls and boys ages 9 – 13 need a five ounce equivalent of the meat and beans group daily. One ounce equivalents would be one egg, $\frac{1}{4}$ cup of cooked dry beans, $\frac{1}{2}$ ounce of nuts or seeds, 1 tablespoon of peanut butter, or 1 ounce of meat or poultry. A small lean hamburger is typically 2 – 3 ounces.

For roll call, ask each youth to name his/her favorite food from the meat and beans group.

Physical Activity Calendars

Collect the **April Physical Activity Calendars** from each participant. Record each individual's total number of activity minutes on the **Get Up and Move! Club Chart**.

Have a short discussion to review the **Physical Activity Pyramid** and reflect on their activity for the past month. Have each individual look closely at his or her calendar to see how his/her activity matches the advice from the **Physical Activity Pyramid**.

Reflection Questions:

Did you get at least 30 minutes of moderate activity each day?

Did you get at least 15 minutes of more intense activity, 3 times a week?

Have you increased your daily minutes of activity during April? Why or why not?

How can you fit more regular physical activity into your life?

What is your favorite spring time outdoor activity?

How can you increase your minutes of participation in this activity?

May Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/ops/move. Please download these and make copies for your members (and leaders). Please be sure to use the **Get Up and Move! Club Chart** each month to record the individual tallies. The **Club Charts** should be tallied in August and sent to the State 4-H Office in Champaign. Clubs, completing at least five months of activity who turn in their **Club Charts**, will receive special recognition.

Educational Activity

Run for Fun is the theme of the **May Activity Guide**. There is background information on running and stretching. There are also several group activities to get everyone involved in physical activity. Check out “Sharks and Minnows,” “Drop and Pop Race,” and the “Running Obstacle Course.”

The American Running Association has a web site that contains fitness articles on a variety of topics. They can be found at www.americanrunning.org. Some of the topics include: Anatomy of a Running Shoe, Get Straight on Shoe Shape, Getting-and Keeping-Children Active, Preventing Obesity in Children, Sending Fitness Messages to Children, and Stretching Can Be Fun! Parents and leaders might want to take the quiz in the fact sheet “Sending Fitness Messages to Children” to see how they rate as a fitness booster. The web site also contains a running shoe database for those looking for a good running shoe.

The American Running Association is sponsoring a **One-on-One, Walk and Run Program** for families, groups, or schools. The program goal is to increase the physical activity levels of youth in order to lower weight levels, encourage healthier eating habits, and create a more active populace of youth. The program provides for a regimen of daily walking and walking-running to improve physical fitness through a time-based program. 4-H clubs and/or families may want to enroll in this 12-week Walk-Run Challenge program and receive a free kit with posters and magnets. The club may also want to challenge other families in the community to participate.

Recipes/Snacks

The May recipe is for **Black Bean Dip**. The dip can be served with tortilla chips. This fits in well with the meat and bean group discussion. It is also appropriate for the Mexican celebration of Cinco de Mayo. See the May materials in Series One for more information on Cinco de Mayo. The recipe can be found at www.4-h.uiuc.edu/opp/move.

Ties to 4-H Projects

The second Sunday in May is Mother’s Day. For those of you enrolled in 4-H **horticulture** or **plant and soil science** projects, you might consider doing some gardening with/for your Mom. This might involve planting herbs in pots that you can set outside the kitchen door; planting flowers around the front entrance, patio, or deck; or planting vegetable plants in a small garden. During the rest of the summer, you will get your exercise by watering and weeding the plants on a regular basis. The average 100-pound person who spends thirty minutes gardening or weeding will expend 90 – 100 calories each time. Your reward will be in having fresh herbs, flowers, or vegetables for your family and in spending quality minutes doing physical activity outdoors.

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