



Get Up & Move!

Leader Activity Guide

Series 2: June

Summer is the Time for Increased Physical Activity

With the advent of summer vacation, many children actually get less physical activity during the summer months. With school out and no physical education classes, potentially unsafe neighborhoods, and the lack of organized physical activities in many areas, youth often choose to stay indoors and watch television, play video games or work on the computer during the warm summer months. Now is the time to try new outdoor activities and to design your own physical activity plan for the summer.

The American Red Cross offers a few tips for preventing heat-related illness. For more information check out the website - www.redcross.org/services/hss/tips/heat.html. Tips include:

- * **Dress for heat.** Wear lightweight, light-colored clothing. Wear a hat as well.
- * **Drink water.** Carry water or juice with you and drink often, even if you do not feel thirsty. Avoid caffeine.
- * **Slow down.** Avoid strenuous activity except in the coolest part of the day, which is usually in the morning before 7:00 a.m.
- * **Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. Remember, have fun, but stay cool!

June is traditionally the month that many clubs hold project tours or project displays to get constructive suggestions for improvement of fair exhibits and to practice conference judging. Often clubs will invite families to attend this meeting and have a picnic with games for all family members. Be sure to keep warm weather safety in mind as you conduct these activities. Other good suggestions are available on The National Safe Kids Campaign web site at www.safekids.org.

Physical Activity Calendars

Collect the **May 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?

Do you think you're getting more or less physical activity now that school is out?

How can you fit more regular physical activity into your summer days?

What types of physical activities might you do outdoors now that the weather is warmer?

June Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/opps/move. Please download these and make copies for your members. Please be sure to use the **Get Up and Move! Club Chart** each month to record the individual tallies.

Educational Activity

For a dairy roll call activity, you may want to print off the **Dairy Fun Facts and Trivia Sheet** found at www.4-h.uiuc.edu/opps/move and cut the statements into individual slips of paper. Each member would be handed a slip of paper prior to the business meeting and then could read their fun fact as a part of roll call.

The **Get Up and Move! Physical Activity Guide** for June features **family picnic games** including three-legged races, a watermelon seed spitting contest, and over-under game. These traditional summer favorites are fun, strengthen teamwork skills, and provide minutes of physical activity. These could be done at the June club meeting, camp, or family gatherings.

Recipes/Snacks

The June recipe is for an **Ice Cream Treat**. The recipe can be found at www.4-h.uiuc.edu/opps/move. This recipe ties in nicely with the June is Dairy Month theme and with hot weather. The recipe is a little higher in calories than some. But eaten in moderation and with 60 minutes of physical activity for the day, most individuals should be able to include this in their food choices for the day.

Ties to 4-H Projects

June is Dairy Month. There are numerous web sites that have dairy information. For a list of dairy month web sites look at <http://www.midwestdairy.com> (click on June Dairy Month Program). Your **dairy cattle, dairy goat, or foods** project members may want to take the lead in designing some dairy related activities for your June club meeting, local festival, or community event this month. Perhaps they could prepare ice cream made from goat milk.

Health project members may want to do a short presentation at your July meeting on summer safety or prepare posters about hot weather precautions to display in the local library, grocery store, or at the fair.

Evaluation

The State 4-H Office will again be collecting the **Get Up and Move! Club Charts** in August. An evaluation survey will also be posted on the web site for your feedback in July. **Get Up and Move!** is a state 4-H group project and is listed in the *Illinois Clover*. Clubs may use any of the series of materials.

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