



Get Up & Move!

Leader Activity Guide

Series 3: March

Aerobic Activity

There are four health-related parts of physical fitness. These include cardiovascular (aerobic) endurance, muscular strength and endurance, muscular flexibility, and body composition. This month, youth will learn about one of these important aspects of fitness— aerobic endurance.

According to MyPyramid, children should get 60 minutes of physical activity per day. Much of that activity should be aerobic in nature. Walking, jogging, bicycling, and swimming are just a few kid-friendly activities that provide aerobic exercise!

Aerobic exercise involves the whole body and gets the heart pumping. This type of exercise is very beneficial to the body. With regular aerobic workouts, the heart becomes stronger and better at delivering oxygen to all parts of the body. And because aerobic exercise involves moving the entire body, all major muscle groups are given a workout as well.

The word aerobic means “with air,” so aerobic activity is an activity that requires oxygen through breathing. When you are engaged in aerobic activity, breathing often quickens because the body needs more oxygen. Another way to tell if a person is getting aerobic exercise is to check his or her pulse, or heart rate. In this month’s physical activity, members will learn how to check his or her pulse to determine how hard his or her body is working during exercise.

(Sources: www.kidshealth.org, USDA, American Heart Association)

Club Roll Call: What is the last thing you did that got your heart pumping?

Physical Activity Calendars

Collect the **February Physical Activity Calendar** 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 his/her activity for the past month. Have each individual look closely at his or her calendar to see how his or her activity matches the advice from the **Physical Activity Pyramid**.

Reflection Questions:

Did you see an increase of physical activity over days in February?

What types of physical activity are you looking forward to doing in the warmer weather?

Are you getting at least 30 minutes per day of moderate activity?

Pass out the **March Physical Activity Calendar**.

Educational Activity

This month's physical activity is **The Pulse Game**. Members will learn about aerobic activity and how to use their pulse to determine their level of aerobic activity. They will also engage in four activities and assess their heart rates after each.

Recipes/Snacks

This month's recipe is for **Trail Mix Bars**, made with oats, nuts, sunflower seeds, and raisins or cherries. This snack can be made before your March 4-H meeting and served as a snack.

Family Activity

This month, members' families are challenged to take a family walk every evening. This is a great way for families to spend time together and get aerobic exercise at the same time. Be sure that members log their walking time on their **Physical Activity Calendars**.

Community Activity

One common aerobic activity is walking. Members can help people in their communities by volunteering to take their dogs for a walk! Another activity members can do is interview a local postal worker to discuss his/her job and how it impacts his or her health. Inviting a senior to take a walk is another option for members to choose. They can ask a senior citizen to take a short, leisurely walk to enjoy the spring weather!

Ties to 4-H Projects

There are many projects that involve aerobic activity! Members interested in bicycling, a common aerobic activity, can enroll in **Bicycle Adventures** to learn about the parts of a bicycle, safety rules, and bicycle maintenance. In **Outdoor Adventures**, members will explore hiking, another activity that gets the heart pumping. In **Dog** projects, pet grooming, obedience, and related topics will be explored. Members might want to walk to explore nature! They can do so in **Forestry** projects and **Natural Resources** projects. Sports are a popular way to get aerobic activity. In **Sports Nutrition**, members can learn about eating healthy while involved in sports.

All **Get Up and Move** materials can be found on the State 4-H website at <http://www.4-h.uiuc.edu/opps/move>.

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