



Get Up & Move!

Leader Activity Guide

Series 3: June

Sports Nutrition

Many of today's youth are involved in extracurricular sports activities. Because so many young people are athletes, this month's topic focuses on sports nutrition. All children need to eat balanced meals and have a healthy diet. Should that balance change if a child is on a sports team or working out? Maybe. Children should eat the right mix of foods to support their higher levels of activity, but that mix might not be much different from what is considered a healthy diet. Eating for sports should be an extension of healthy eating for life.

Sports nutrition is for everyone, not just those who are on a sports team. Even those not involved in rigorous activity through a sport need energy for daily activities and exercise. We all need to be concerned about having healthy bones, strong muscles, and a healthy cardiovascular system. While athletes or very active people may need more calories than less active people and more water because of the loss of water through perspiration, athletes do not need to eat a lot of extra protein or special kinds of protein. Athletes also do not need special sports drinks or pills to give them more energy.

(Sources: www.kidshealth.org, USDA, 4-H Sports Nutrition Guide)

Club Roll Call: What sports do you enjoy playing (on a team or on your own)?

Physical Activity Calendars

Collect the **May 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 May?

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

What kinds of activity are you getting?

Do you think you're getting enough physical activity? Why?

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

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

Educational Activity

In this month's physical activity, members will participate in some common drills used by athletes in various sports. Youth will practice dribbling a basketball, vertical jumping, knee lifts, and arm circles. These activities will help members to get various body parts moving and also to experience some drills that athletes use to perfect their skills.

Recipes/Snacks

This month's snack features a **high energy snack** made with oats, soy nuts or peanuts, and fruit. With 3 grams of fiber, one serving of this snack provides 12% of the daily recommended amount of fiber. Young athletes are sure to replenish their energy with this snack!

Family Activity

For this month's family activity, members are encouraged to participate in sports with their families. They can engage in a sport they already play together, such as basketball in the driveway, or they can try a new sport for the day! Possibilities for activities include playing tennis at a local court, volleyball at a local recreation center, and soccer! Before playing the sport, members are encouraged to visit the local library or use the internet to learn the rules of the sport they are interested in trying.

Community Activity

As a community activity this month, members can contact a favorite athlete to see what he or she does to keep fit and active and what he or she eats to stay healthy! These athletes can be professional athletes, local team athletes, or even high school athletes! To write to an athlete, members can use a sports magazine, game program, or the internet to find the address. Another activity a member can do is to visit a high school or college team sports practice to see what sports teams at that level are like. Members can talk to the team members or to the coaches for valuable insight about being part of a team.

Ties to 4-H Projects

A number of 4-H Projects tie into this month's topic of sports and nutrition. **Bicycle Adventures** and **Outdoor Adventures** are two project topics in which members will learn about healthy ways to exercise. In the **Food and Nutrition** projects, the groups of MyPyramid can be explored in **Dairy Foods, Breads and Cereals, Fruits and Vegetables**, and **Meat and Other Protein Sources**. In **Sports Nutrition**, members will learn about power snacks, foods that are good sources of energy, and food and fitness topics. Since sports events and stories are often in the news, members enrolled in **Journalism** can read and compare these stories, or even write one of their own.

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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