



Healthy Living: Exercise FUN Project: Health, Food & Nutrition

Supplies:

- Signs (endurance, strength, flexibility, and balance)
- Paper and pencil/pen for each youth
- Music for dancing
- Music player

What to do?

Explain that physical fitness is a key component of healthy living. Eating right, getting plenty of rest, and exercising each day can improve overall health and enhance quality of life. The four components of fitness that you will be learning about during 4-H are: aerobic/ cardiovascular endurance, muscle strength, flexibility, and balance (hang up signs as you talk about each component).

Youth should get at least 60 minutes of moderate to vigorous physical activity daily. The 60 minutes of activity does not have to be all at once, but can occur throughout the day.

1. Explain the benefits of being physically fit
 - a. Improves health
 - b. Reduces risk of obesity through maintenance of healthy body weight
 - c. Reduces risk of heart disease, osteoporosis, certain types of cancer, and diabetes
 - d. Helps control blood pressure
 - e. Improves blood cholesterol levels
 - f. Helps build and maintain bones, muscles, and joints
 - g. Improves immune system
 - h. Boosts energy level Improves physical fitness
2. Improves physical fitness
 - a. Builds endurance
 - b. Increases strength
 - c. Enhances flexibility
 - d. Reduces frequency and severity of injuries
 - e. Increases fitness level
3. Improves well-being
 - a. Enhances emotional well-being
 - b. Reduces stress, tension, anxiety, and depression
 - c. Improves quality of sleep Increases mental acuity
 - d. Improves productivity Improves self-esteem
 - e. Improves quality of life
 - f. Reduces health care costs
 - g. Helps elderly maintain full function and independence

Physical Activity: Freeze Dance

Play appropriate music for the 4-H members to dance to. Periodically pause the music and tell the students to freeze. Play the music again to resume dancing. Explain that dancing is a great way to have fun and exercise at the same time.

Brainstorm

Have 4-H members think of other physical activities that they could do at home, at school, alone, or with family members or friends. Hand out a paper and pencil and have them list as many activities as they can think of. Have them share their ideas with the other youth in the group so that each youth has a list of activities that they can choose to do.

Reflect

1. How would you rate your overall health?
2. What activities could you do to improve your cardiovascular endurance?
3. What activities could you do to improve your flexibility?
4. What activities could you do to improve your strength?
5. What activities could you do to improve your balance?
6. Do you like to exercise by yourself or with others?
7. What do your friends or family members do to keep themselves physically fit?
8. What can you do to help your friends and family members improve their physical fitness?

Apply

1. In what ways can you incorporate more physical activity into your everyday actions?
2. How can physical activity help you be more successful in school?
3. How can physical activity positively affect other aspects of your life?

Source: Utah State University 4-H Fitness Clubs