

Health



National 4-H Cooperative
Curriculum System, Inc.

4-HCCS BU-08176

Keeping Fit



Fitness Activities for Youth

4-H Member
Name _____

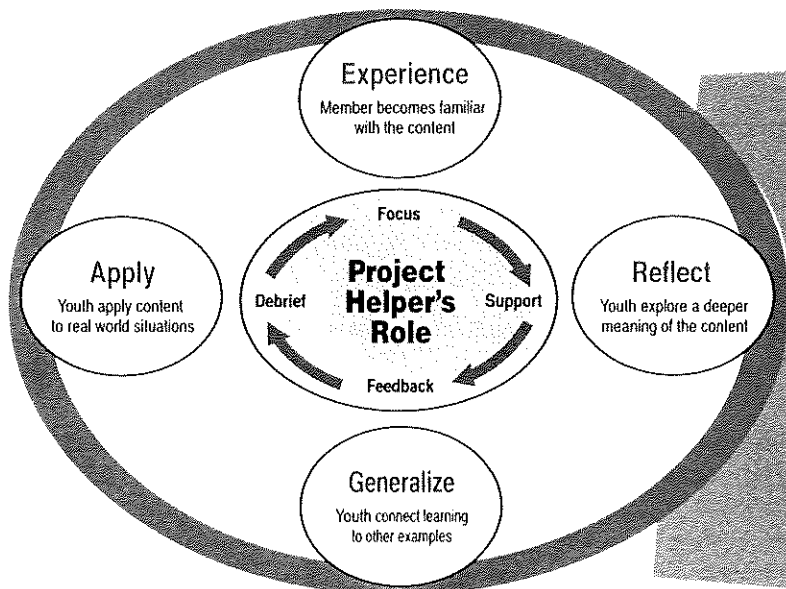
Club Name _____



Health Note to the Project Helper

As you know, 4-HCCS project books are designed as self-study manuals for members to read and complete. The information and activities in this book are arranged in a unique, experiential fashion (see below). In this way, members are introduced to a particular project topic through an opening *Experience*. This is followed by *Reflection*, allowing members to explore a deeper meaning of the topic at hand. Following this, members *Generalize* what they learned to other examples. Last, members *Apply* what they learned to real world situations.

4-H Project Learning



At the core of every child's project experience is the Project Helper. This can be a parent, relative, project leader, friend, or knowledgeable adult. The duties of this individual include helping the child Focus on the tasks at hand, providing Support and Feedback for the learning taking place, and conducting Debriefing exercises to determine what was done well, what could have been done differently, and where to go from here. As a Project Helper, you can nurture and cultivate an interest in this project by guiding and motivating youth to complete the project's activities, and recognizing them for a job well done.

Your Role

- Become familiar with the material in this project book.
- Support each child in his or her efforts to set goals and complete the recommended number of project activities.
- Provide feedback as requested or needed.
- Date and initial the activities that have been completed.
- Recognize each child for a job well done. Project completion certificates are available from your county Extension office.

Good luck in your role
as Project Helper
and thanks for
contributing to the
positive development
of young people!

Acknowledgments

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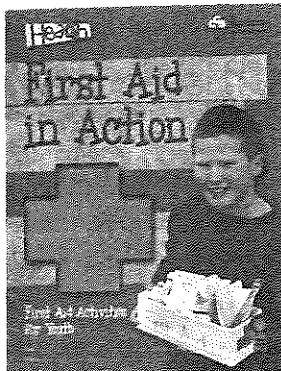
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National 4-H Cooperative
Curriculum System, Inc.

Health

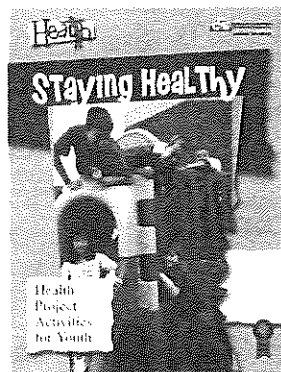
For more on Health..
look for other guides
in this series.



4-HCCS BU-08174

First Aid in Action

Ouwes and Ouches:
First Aid for Cuts and Scrapes
Biting Off More Than
You Can Chew:
First Aid for Choking
Twist and Turn:
First Aid for Sprains, Strains
and Bruises
Going with the Flow:
First Aid for Nosebleeds
Get Outta Here!
First Aid for Getting Rid
of Foreign Objects
Bugged by Bugs?:
First Aid for Stings
My What Big Teeth You Have:
First Aid for Bites
Here, There, and Everywhere:
First Aid for Poisons
Give Me a Break!:
First Aid for Broken Bones
Playing with Fire:
First Aid for Burns



4-HCCS BU-08175

Staying Healthy

Chapter 1 Keeping It Clean
Hide and Seek with Germs
Hair, Skin, Nails and Teeth
Ears and Eyes
Chapter 2 Eating Adventures
Power Foods
Try It—You'll Like It!
What Are Your Eating I-Cues?
Smart Start
Chapter 3 Activity Counts
How Fit is Fit?
Fun for One or Two or Lots of
You!
Power Play
Showing Your Smarts: The Project

Keeping Fit

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Health Project
Online
www.n4hccs.org/health

Keeping Fit Planning Your Project

Project Background

This Intermediate level project is designed for members of all ages with prior experience in this project area. Older members may wish to specialize in one or more of the Project Interest Areas by planning and conducting additional activities on their own. This project should take no more than three months to complete. Check your county's project guidelines (if any) for additional completion requirements especially if you wish to participate in county project judging or prepare an exhibit for the fair. Those members who wish to go further by completing activities that were not accomplished in their first year may repeat this project.

Project Completion Guidelines

1. Complete the Planning Section of this Guide; Steps 1-4.
2. Explore all 12 Project Interest Areas by completing the Record Your Data and Save Your Results activities. Complete your project by carrying out a 3 week fitness plan. (Step 1)
3. Complete any three of the More Challenges activities listed throughout the book. Have your Project Helper initial and date each one you complete.
4. Take part in at least two Organized Project Activities. (Step 2)
5. Become involved in at least two Citizenship/Leadership activities. (Step 3)
6. Take part in a Project Review. (Step 4)

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Tape a photo of you
and your helper here.

My Project Helper

Phone Number

E-mail Address

Record Your Data (The activity)

Save Your Results

The collage shows various project materials. On the left is a page titled 'High Performance' with a photo of a person running. In the center is a 'Record Your Data' form with a table for 'Water Intake' and a 'Did You Know?' section. On the right is a 'Save Your Results' form with a 'File Sharing' section and a 'Did You Know?' section.

	Chances I should drink	Chances I actually drank
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Step 1

Project Interest Areas

Explore all twelve Project Interest Areas. As you begin an area, place the current date (month and year) next to it. After reviewing each completed Project Interest Area with your Project Helper, have this person date and initial the accomplishment.

Project Interest Areas	Date Started	Date & Initial Completion
1. Preparing Your Files	_____	_____
2. Find Out About Fitness	_____	_____
3. Fitness Feedback	_____	_____
4. High Performance	_____	_____
5. Organize Your Favorites	_____	_____
6. Delete the Junk	_____	_____
7. Optimum Performance	_____	_____
8. Avoid a Crash	_____	_____
9. Your Fitness Facts	_____	_____
10. Customize Your Files	_____	_____
11. Use Your Files	_____	_____
12. Show Your Results	_____	_____

Step 2

Organized Project Activities

Select two of the sample Organized Project Activities listed below and plan your involvement in the Report of Organized Activities chart. Before starting your project, write your choices in the section labeled "Plan to Do." Once you have taken part in an activity, record what you did and when. Plans may be added to or changed at any time.

Organized Activities

- | | |
|--|--|
| ☐ Demonstration | ☐ Speech |
| ☐ Project Tour | ☐ Illustrated Talk |
| ☐ Project Exhibit | ☐ County Judging |
| ☐ Field Trip | ☐ Workshop |
| ☐ Mall Show | ☐ Radio/TV Presentation |
| ☐ Short Course | |

Tape a photo of you and your organized activity here.

Report of Organized Project Activities

Plan to Do	Date Completed	What I Did
Demonstration	5/28	Designed a questionnaire about the benefits of keeping fit

Step 3 Leadership/Citizenship Activities

Select the two activities you wish to do or plan your own in the space provided. Record your progress by marking the date (month/year) when you have completed the activity. Leadership/Citizenship activities may be added or changed at any time.

[illegible]

Tape a photo of you working with your leadership/citizenship activity here.

Step 4 Project Review

Once you have completed your project activities, arrange for a project review. This can be done with your project helper, club leader, or knowledgeable adult. It may also be part of a more comprehensive evaluation at a time agreed upon by club members. This review will help you evaluate what you learned, as well as your growth as a 4-H member.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Helper's Signature _____

Date _____

Preparing Your Files

Keeping Fit Skill: Identifying the components of fitness

Life Skill: Managing Self

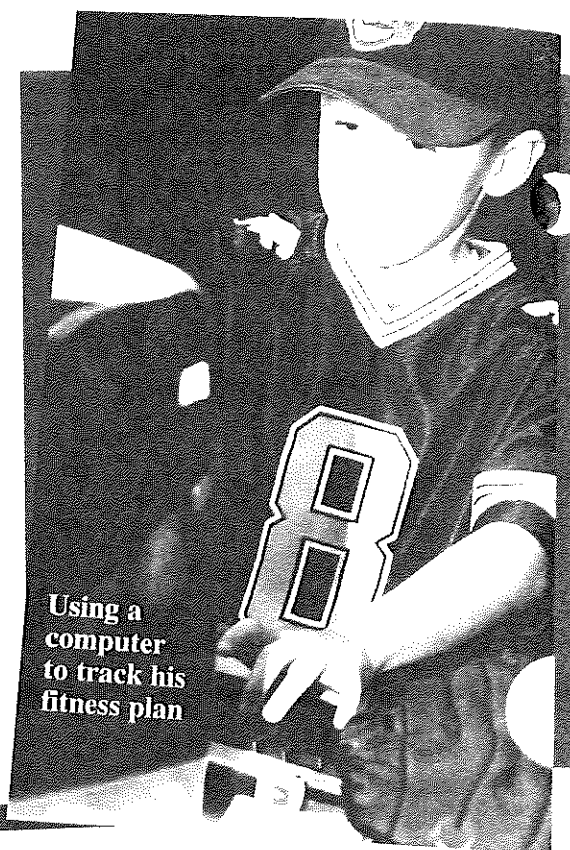
Educational Standard:
NS.K-12.F: Science in Personal and Social Perspectives;
personal health and exercise

Success Indicator: Makes a plan to design a Fitness File.

Being fit is all about being active and moving around. You don't have to be "athletic" to be fit. You don't have to be the captain of a team or an Olympic athlete. Take a look at your own likes/dislikes and strengths/weaknesses and then design a plan to improve your fitness.

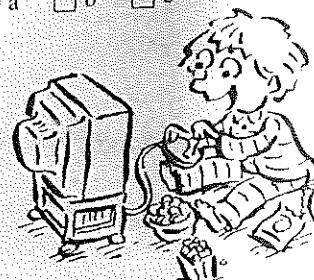
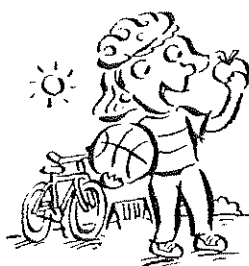
Record Your Data

To design your own fitness plan requires knowledge about yourself and information about fitness. Take this pre-test. If you do not know all the answers—that's OK. You will be able to answer them by the time you finish your Fitness File!



Record Your Data

- What are three components of fitness?
 - ☐ a. Endurance
 - ☐ b. Ability
 - ☐ c. Flexibility
 - ☐ d. Sense of humor
 - ☐ e. Strength
 - ☐ f. Expensive athletic shoes
- Choose at least three benefits of fitness.
 - ☐ a. Healthy heart
 - ☐ b. Stronger muscles and bones
 - ☐ c. Clean bedroom
 - ☐ d. Better sports performance
 - ☐ e. More cash
 - ☐ f. Sharper thinking skills
- I should be drinking _____ cups of water each day.
- Identify four examples of nutrient-rich foods.
 - ☐ a. Broccoli
 - ☐ b. Chocolate
 - ☐ c. Whole grain bread
 - ☐ d. Chewing gum
 - ☐ e. Lean beef
 - ☐ f. Potato chips
 - ☐ g. Skim milk
 - ☐ h. Fried pork rinds
- Two examples of sport supplements are:
 - ☐ a. Protein bars
 - ☐ b. Clean socks
 - ☐ c. Drugs like steroids
 - ☐ d. Extra sleep
- An example of a warm-up activity before playing basketball would be:
 - ☐ a. Slowly jogging in place
 - ☐ b. Drinking 24 ounces of soda
 - ☐ c. Taking a nap
- One example of a cool-down activity after gymnastics would be:
 - ☐ a. Talking on the phone
 - ☐ b. Stretching leg muscles
 - ☐ c. Drinking 64 ounces of soda
- Choose the safety equipment needed to ride a bicycle.
 - ☐ a. Helmet
 - ☐ b. Suit of armor
 - ☐ c. Flip flops
 - ☐ d. Mouth guard
- My heart rate range is between:
 - ☐ a. 0–25 beats per minute
 - ☐ b. 60–80 beats per minute
 - ☐ c. 250–400 beats per minute
- My BMI is _____.
 - ☐ a. In the range from 14–26
 - ☐ b. I have no idea what a BMI is!
 - ☐ c. I think it might be 0.
 - ☐ d. 2,583
- An appropriate fitness goal would be:
 - ☐ a. Strengthen my thumbs to improve video game performance.
 - ☐ b. Improve my ability to play a team sport.
 - ☐ c. Get out of bed before noon.
- A good way to be accountable to a fitness plan would be to:
 - ☐ a. Leave a note to myself in my pocket.
 - ☐ b. Remind myself before I go to sleep at night.
 - ☐ c. Have a time and place to meet a friend to get some exercise.
- If I had an hour of free time, I would choose to:
 - ☐ a. Go to the library
 - ☐ b. Sleep
 - ☐ c. Ride my bike
 - ☐ d. Call friends and organize a game
 - ☐ e. Jog
 - ☐ f. Talk on the phone/IM a friend
 - ☐ g. Get a snack
- When I hear the words "out of shape" or "physically fit" I think:
 - ☐ a. It's not my fault.
 - ☐ b. I would if I had more time
 - ☐ c. Sounds good
 - ☐ d. I'd rather be sleeping (or eating or watching TV)
 - ☐ e. That's for "jocks."
- The picture that is more like me is:
 - ☐ a ☐ b ☐ c



Let's Chat

Share What You Did

- Share the results of your fitness test with your project helper.

Process What's Important

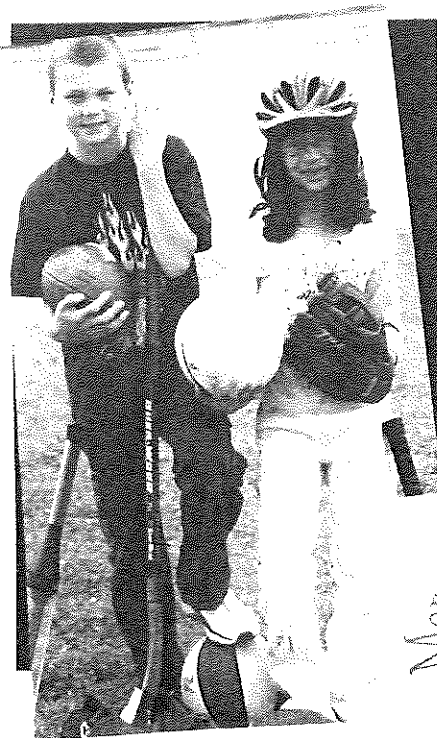
Why is it important to know about fitness?

Generalize to Your Life

Why is it important to know about your own level of fitness?

Apply What You Learned

Why would it be important to know how to improve your fitness in the future?



Fitting sports into a fitness plan.

Save Your Results

Fitness on File

Each activity in the book will ask you to collect information that can go into your own Fitness File.

- Fitness Feedback: What are the benefits of fitness?
- Hydration: Do you get enough water?
- Fitness Food: Do you eat nutrient-rich foods?
- Junk: Do you know about supplements and enhancers?
- Optimum Performance: Do you warm up? Cool down?
- Protection: Are you safe?
- My File: A self-study on fitness
- Customize Your File: Do you know your goals?
- Rewards: Do you understand your own motivation?

How can you keep track of your progress and share your knowledge with others? Choose one idea and discuss it with your project helper.

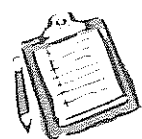


Idea #1 Techno Fitness File

Use a computer to create a *Techno Fitness File*

You might be a technology “nubie” or a “geek.”

But knowing how to use a computer is like taking care of your health—both are important to your future success. Use word processing software or a presentation program that can help you design folders, newsletters and/or presentations. By saving information on a disk you can revise your work until you have a Techno Fitness File that you are proud to share with others.



Idea #2 4-H Fitness File

Use the blank *4-H Fitness File* found on page 30 of this book. Follow the directions in the book and fill in the blanks. Add photos, drawings or details to make the 4-H Fitness File your own!



Idea #3 My Fitness File

Use your own creativity to create *My Fitness File*

Design your own charts, reports, and forms to create My Fitness File. Add original artwork, photos, and borders. Use markers and graph paper, and add artistic details. Use before and after photos.



- More Challenges*
1. Where can you find the answers to the pre-test questions? Who should you ask? List ideas beside each of the questions.
 2. Order the questions to rank their importance to you. Which question is the most important to be able to answer? Which question is the least important?

Benefits of Fitness

Do a Search: Find Out About Fitness

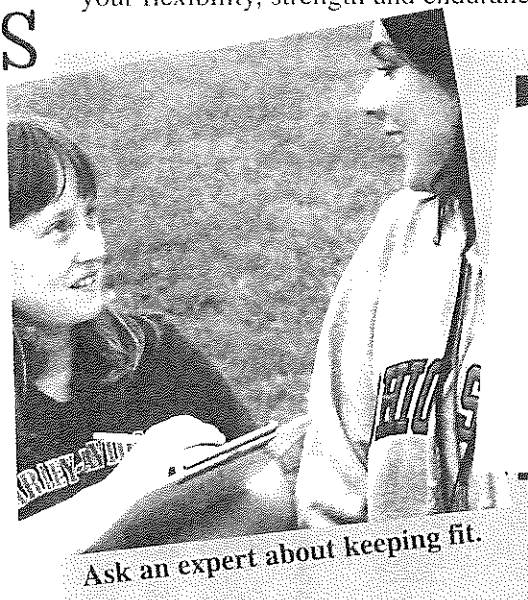
Keeping Fit Skill: Understanding the benefits of keeping fit

Life Skill: Speaking with others: poses critical questions

Success Indicator: Designs a questionnaire to gather information about the benefits of keeping fit.

Fitness is all about flexibility, strength and endurance. Think of someone that you know who is fit—maybe that person is strong, can play a sport well or is in great shape. How did he or she get that way? And how does he or she stay that way? It usually takes hard work. Is it worth it? Should you try it? Get the answers to these questions.

During the time you work on this project, you will probably improve your flexibility, strength and endurance.



Components of Fitness

- Flexibility: Elastic muscles that are less likely to get hurt!
- Strength: The power to lift, push, and pull!
- Endurance: The ability to keep going!

Record Your Data

Interview 3–5 people that you think are fit—they show some flexibility, strength and endurance. These people will serve as a “sample” for some data that you will collect. When you do a sample, it is important to include girls and guys of different ages. Who will be on your interview list?

Sort your list into the categories below. Do you have at least one person in each group?

Fit People I Know

Girls 8–19 years old

Women 20–35 years old

Women older than 35

Guys 8–19 years old

Guys 20–35 years old

Guys older than 35

Consider the questions that you need to ask. Since you are collecting information about fitness, you should ask questions about what they do to improve their flexibility, strength and endurance. You could also ask how much time they spend each week. Then find out why they work to be fit—what the benefits are of staying fit.

Plan at least 5 questions below.

Benefits of Keeping Fit

1. _____
2. _____
3. _____
4. _____
5. _____

Let's Chat

Share What You Did

What questions did you use to gather information about fitness? Who did you interview and why did you choose them?

Process What's Important

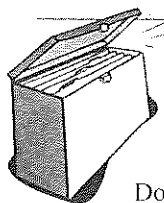
In what ways are these "fit" people alike? How are they different?

Generalize to Your Life

What other things can you learn by interviewing other people?

Apply What You Learned

Ask these same questions to some people who are NOT fit. What seems to be the difference? What do you learn about fitness?



File Sharing

Did You Know?

Do you know how to do an interview? Here are some basic things to remember. Practice with friends or family members and get their feedback before you do your first interview!

- Call ahead and make an appointment. Tell what you are doing and why. People are busy and like to know when you are coming, the topic of the interview and how long it will last.
- Be prepared. Know exactly what questions you will ask. Write down the answers that they give—don't make up your own ideas. Ask for clarification if you are confused about an answer.
- Make eye contact. Be friendly.
- Arrive and leave on time.
- Thank them.



Project
Online

www.n4hccs.org/health

Save Your Results

Fitness Interviews

Put the information you collected from the interviews into your Fitness File. Which Idea are you going to use?



Idea #1 Techno Fitness File

Use a word processing program to write and design your own interview form. Print a form for each interview. Use these questions to guide your work.

1. Is the font type and size easy to read? Some fonts are difficult to read, and you do not want to stumble over your questions! And if you mail it, you want people to be able to read it.
2. Is the spacing between questions large enough for you to write answers?
3. Are your questions clearly stated?
4. Is it well organized?



Idea #2 4-H Fitness File

Use the blank 4-H Fitness File found on page 30 of this book. Follow the directions in the book and fill in the blanks. Make a copy for each interview.



Idea #3 My Fitness File

Design your own interviewing form. Add original artwork, photos, and borders. Use markers and colored paper, and add artistic details.



1. Interview a fitness professional using your questionnaire (physical education teacher, physical therapist, personal trainer or fitness coach).
2. Compose a cover letter about the fitness research that you are doing. Then mail it with your interview questions to a few people and ask them to return the information. Or you can compose an e-mail letter and attach your interview questions. Add your new information to the results you got from previous interviews.

Process Information: Fitness Feedback

Keeping Fit Skill: Sharing the benefits of staying fit with others

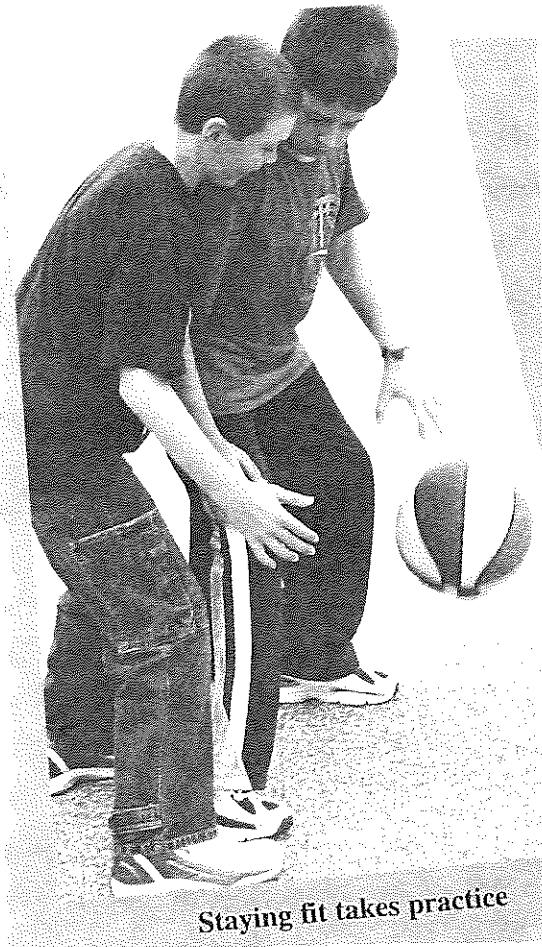
Life Skill: Thinking creatively: paraphrases, summarizes, generalizes existing ideas

Educational Standard: NL-ENG. K-12.7: Gather, evaluate and synthesize data to communicate to others

Success Indicator: Summarizes and shares data about the benefits of keeping fit.

Health experts say that there are lots of reasons why people choose to stay fit. During your interviews, check the benefits that were mentioned.

- ☐ Healthier heart
- ☐ Stronger muscles, bones and joints
- ☐ Increased energy
- ☐ Burning calories
- ☐ Sharper thinking
- ☐ Prevents disease



Staying fit takes practice

Record Your Data

Use the information from your interviews to create a "Top Ten" list of benefits. Sort the responses into the categories below. Add your ideas to this tally of results. Put a check beside the top five answers.

Top Ten

Health Benefits of Physical Fitness	Number of people who gave this answer	Check the top 5
Gives me a healthier heart		
Helps me have stronger muscles		
Gives me stronger bones and joints		
Makes my feet bigger		
Gives me increased energy		
Helps me stay a healthy weight		
Makes me smell better...		
Improves my thinking—makes me sharper		
Prevents disease and keeps me healthy		
Other:		
Other:		
Other:		
Other:		

Let's Chat

Share What You Did

According to the interviews, what are the top five benefits of staying physically fit?

Process What's Important

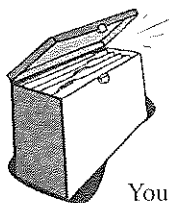
In your opinion, what is the most important benefit you might get from staying physically fit? Why?

Generalize to Your Life

Are the benefits of staying fit different for different age groups? Why is it important to stay physically fit during your entire life?

Apply What You Learned

Share the benefits of staying physically fit with a friend or Youth Helper.



File Sharing

Did You Know?

Your heart is a muscle. When you play, run, and participate in sports you exercise your heart muscle! Exercise makes the heart stronger. If you lift weights with the bicep muscles in your arms, the biceps get stronger. Your heart needs to be in shape to do the work of pumping blood to all parts of your body. With each heartbeat, blood is sent throughout your body. Each day, 2,000 gallons (7,571 liters) of blood travel through about 60,000 miles (96,560 kilometers) of blood vessels, carrying oxygen and nutrients to all of your cells.

Save Your Results Learning from Others

You collected some important information in your interviews.

How will you keep your information on file and share it with others?

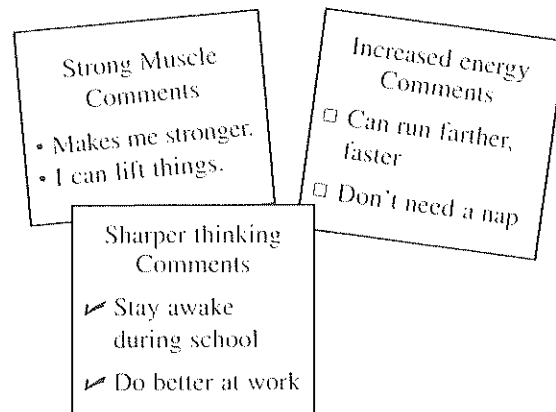


Idea #1 Techno Fitness File

Use a word processing program to record your interview results in a table, list or other format. Give totals or present your data on a spreadsheet that gives you percentages and other statistics from your interview sample.

Here are some ideas for analyzing and sharing your interview results.

1. Create a Top Ten list of the benefits of physical fitness.
2. Use a **Table** to share the answers from the interviews. (See "Record Your Data")
3. Use **Text Boxes** to share comments from the interviews.



Idea #2 4-H Fitness File

Use the blank 4-H Fitness File found on page 30 of this book. Follow the directions and fill in the blanks.



Idea #3 My Fitness File

Design your own collection form. Add original artwork, photos, and borders. Use markers and colored paper, and add artistic details.



1. Share your interview results with a specific age group (sports team, senior citizen group, or classmates) using a chart, list or graph as a visual aid.
2. Read the biography of a famous athlete. How did he/she become fit?

Hydration for High Performance

Keeping Fit Skill: Tracking your water intake to monitor your hydration

Life Skill: Managing self: evaluates self continuously

Educational Standard: NM.K-12: Data Analysis; collect and organize data

Success Indicator: Uses spreadsheets to record and chart personal water intake as part of a fitness routine.

Record Your Data

To find out how much water you need, divide your body weight in half. This is the number of ounces of water you should drink every day. Record this number on the chart below.

Your weight _____ ÷ by 2 = _____ ounces per day

That is how many cups per day?

_____ (8 ounces per cup)

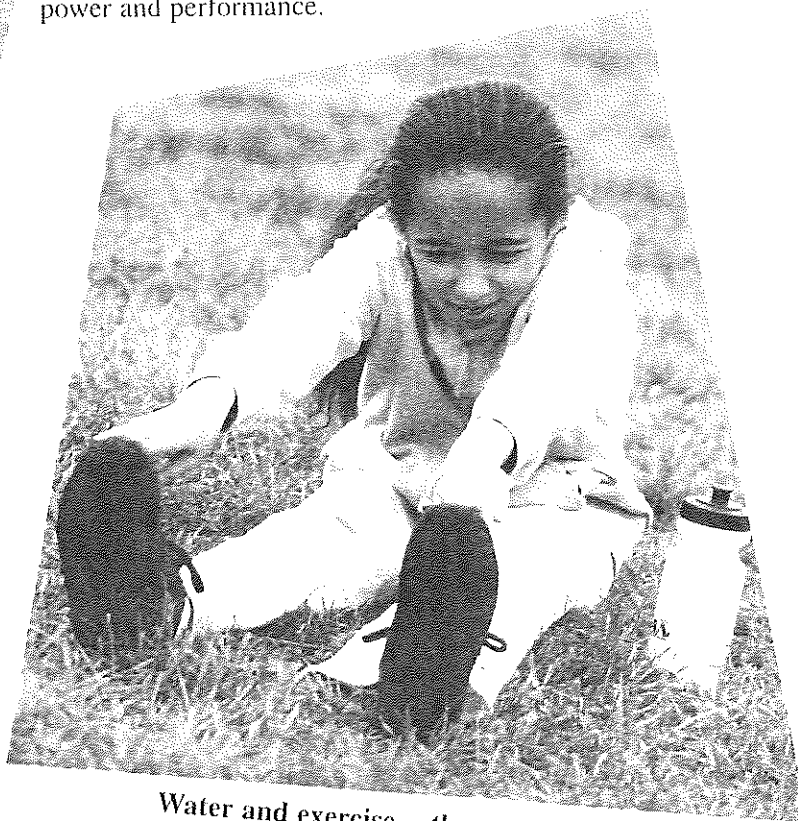
Track your water intake every day for a week. Carbonated beverages, juices or sports drinks don't count.

How can you keep track?

Count the times you drink a glass of water during the day. Count the number of times you refill your water bottle and finish it. How many ounces does your water bottle hold? _____

Record your water intake on the chart.

Are you drinking enough water? Are you keeping fully hydrated while you exercise? Since your body is about two thirds water, it is as important as food when it comes to your power and performance.



Water and exercise... the perfect pair

Water Intake

	Ounces I should drink	Ounces I actually drink
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Let's Chat

Share What You Did

What are your results? Explain how you kept track during the day.

Process What's Important

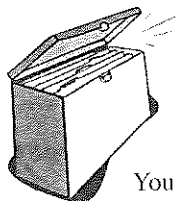
What changes in your performance have you noticed?

Generalize to Your Life

Why is it important to keep track of information by writing it down?

Apply What You Learned

What else could you track in a similar way?



File Sharing

Did You Know?

You need 6–8 cups of water per day. On days you are very active, you should drink extra water. When you sweat during exercise it is easy to become overheated and not perform to your potential.

If you do not drink enough water, dehydration can set in quickly. Dehydration makes you feel dizzy and light headed, have a dry mouth, and produce less or darker urine when you go to the bathroom.

The best way to stay hydrated is to drink before, during and after exercise. You should also remember to drink water regardless of whether you feel thirsty.

Save Your Results

Reviewing Water Intake

Keep a filled water bottle with you always, even at sports practice. How many times will you need to fill your water bottle to reach your minimum intake for the day?



Idea #1 Techno Fitness File

Using the data you collected in your water intake chart, create a spreadsheet to share with others. In column A list the days of the week. In column B list the recommended ounces per day you calculated by dividing your weight by 2. In column C list the actual amount of water you drink each day in ounces.

Example chart:

My Water Intake

	Ounces I should drink	Ounces I actually drink
Monday	71	64
Tuesday	71	48
Wednesday	71	70
Thursday	71	84
Friday	71	36
Saturday	71	90
Sunday	71	72

Highlight your chart (columns A, B, C) and click on the charts and graphs icon. Create a column graph or a line graph to illustrate your findings. Choose your graph style, give your graph a title, identify the axes and complete it by deciding how to display gridlines, the legend, etc.

You might find it helpful to track your water intake for the next several weeks. Date your first chart, then copy and paste it to reuse the format, replacing your numbers each week. You can display additional graphs.



Idea #2 4-H Fitness File

Transfer your water intake data to page 31.



Idea #3 My Fitness File

Create your own checklist to track your water intake. Keep it in your backpack or post it on the refrigerator so that you will keep it current.



1. Choose another habit that would benefit from awareness and discipline and set up a chart to keep track of changes.

2. Set up charts and print them for other family members to use.

Fitness Food: Organize Your Favorites

Keeping Fit Skill: Choosing naturally nutrient-rich foods first, in appropriate amounts, for health and performance

Life Skill: Organizes and maintains information; applies processes to new information

Educational Standard: NS.K-12.F: Science in Personal and Social Perspectives; understanding nutrition

Success Indicator: Charts information about naturally nutrient-rich foods for keeping fit.

What should you eat to keep fit? How much should you eat? Is it different if you are involved with sports? When you are very active, you use more fuel (calories). Also, your body needs high-quality fuel to run at peak performance.

Record Your Data

There are 50 different nutrients your body needs. Each food group contains foods which provide different combinations of certain nutrients. For example, fruits and vegetables provide vitamins A and C, minerals and fiber, while the meat and dairy groups provide protein, calcium, iron and zinc. Naturally nutrient-rich foods provide more of the nutrients found in a particular food group for fewer calories.

What will you choose? What do you like? For your best performance and to get the vitamins, minerals, proteins, fats and carbohydrates you need, you should be making naturally nutrient-rich choices in all of the food groups. What nutrient-rich foods will you choose first in each category? Begin your list on the chart below.



Choosing nutrient-rich foods

Nutrient-Rich Foods

Colorful fruits	Colorful vegetables	Lean meat/ other protein	Lowfat dairy	Whole grains

Examples of naturally nutrient-rich foods are colorful fruits (strawberries, kiwi, mango, grapes, etc.), and vegetables (broccoli, asparagus, squash, carrots, peas, etc.), whole grain products such as brown rice and oatmeal, lean meats, eggs, nuts and beans in the protein group, and lowfat dairy products.

You should choose naturally nutrient-rich foods first to satisfy your appetite and give your body the nutrients it must have to function at top performance. You can include other fun foods, like desserts and sweetened beverages, as your calories allow once you've met your nutrient needs from each food group.

Let's Chat

Share What You Did

Why is it important to choose nutrient-rich foods first for peak performance?

Process What's Important

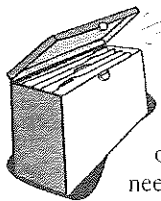
Why is it important to identify several choices in each category?

Generalize to Your Life

What can you do to increase the variety of healthy choices on your lists?

Apply What You Learned

How can "taking inventory" and categorizing be useful for other projects? Share an example.



File Sharing

/ Food Categories

Eating to fuel your sports activities requires a wide variety of foods every day to supply the 50 plus nutrients your body needs. No single food can do it.

Whole grains

Carbohydrates are found in whole grains and foods made from processed grain and refined sugars. Complex carbohydrates are an important source of fuel while you are active. However, carbo-loading isn't the way to go. Simple carbohydrates found in foods high in sugar are not nutrient-rich choices.

Lean meats/other protein

Protein foods such as lean meats, eggs, beans and nuts provide protein, iron, zinc, and many B-vitamins. Proteins are the building blocks of all cells and are used to make muscle. But remember that you must increase the work that muscles do to gain muscle mass. Iron carries oxygen through the body which gives you the energy to be active. Zinc and protein help repair your muscles after use. B-vitamins help convert the food you eat into energy.

Foods from animal products, like meat, milk and eggs, are complete proteins. One of America's favorite foods—cooked lean ground beef—not only tastes good, but is packed with protein and other essential nutrients, like iron and zinc.

Some key ingredients	Amount supplied by a 3-ounce cooked serving of 95% lean ground beef	
protein	22 grams	44% of DV*
iron	2.4 milligrams	13% of DV
zinc	5.5 milligrams	37 % of DV
B6 vitamin	.33 milligrams	17% of DV
niacin	5.3 milligrams	27% of DV
vitamin B12	2.6 micrograms	44% of DV
fat	5.0 grams	8% of DV
calories	139	7% of DV

*Just like you find on nutrition labels of most packaged foods, the term Daily Value refers to the amount of a nutrient that most individuals need daily. The value is based on a 2,000 calorie diet. The exact amount varies with age, gender and activity level.

Lowfat dairy

Calcium is an important mineral found in dairy. Calcium keeps the bones strong. Strong bones prevent stress fractures that can occur while working out or during a game. Some foods from the dairy group, such as lowfat milk and yogurt, are great sources of calcium.

Colorful fruits and vegetables

Colorful fruits and dark green vegetables are great sources of many essential vitamins and minerals. These vitamins and minerals are critical for healthy skin, strong bones and teeth, normal growth, brain function and sexual development. Vitamins and minerals help turn carbohydrates into energy and are necessary for a healthy immune system. Choose a wide variety of colorful fruits and vegetables daily.

What About Fats?

Athletes need to take in enough fat from their meals every day. When you are active and well-trained, your muscles quickly burn through carbs and need fats for long-lasting energy. When eaten in nutrient-rich foods, fats are an extremely important source of direct energy for any athlete in training.

Sugary Sweets Fats?

These foods fit into your overall diet as special treats as long as you've chosen naturally nutrient-rich foods first.

Save Your Results

Creating a Fitness Food File



Idea #1 Techno Fitness File

Create a Fitness Food File using a spreadsheet. Use the food choices you listed on the opposite page and organize columns according to food groups. Fill in your list of favorite naturally nutrient-rich foods under each category. Make your spreadsheet look good. Be creative. Try some of these suggestions and add your own.

1. Make your columns A, B, C and D the same width by highlighting the columns and clicking on Format.
2. Alphabetize your lists by clicking on Data and choosing Sort.
3. Check your spelling by clicking on Tools.
4. Color-code each category by highlighting the column and choosing a color (click on the "carrot" by the Paint Can).
5. Identify your favorites in each category by adding color to the cell.
6. Click on View to add a header and footer such as title and by-line.
7. Underline column heads
8. Go to Format to add lines. Under Format, choose Cells, then Border, then Style, then outline. You have many choices to adjust the look of your worksheet here.
9. Click on Insert to add photos or clip art.
10. You may wish to add recipes to your Food Fitness File
11. Click on File and choose Print Preview to see if you like your chart



Idea #2 4-H Fitness File

Fill in the chart on page 32 using the food choices you listed on the opposite page.



Idea #3 My Fitness File

Find a way to creatively display your lists of nutrient-rich food choices. You can take photos or use other artistic skills. Have fun with your presentation.

Did you know?

What can happen if you don't eat nutrient-rich foods during heavy exercise? The energy your body needs for physical activity comes from carbohydrates, fats, and proteins. The nutrient-rich foods will provide the vitamins and minerals your body uses to get the energy from the carbohydrates, fats and proteins. Without the sufficient vitamins and minerals you may not have the energy to perform your best.

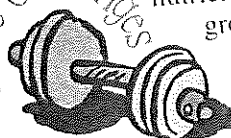
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More Challenges



1. Make a shopping list of 3 new nutrient-rich choices in each food group that you are going to try.
2. Find a new recipe that uses nutrient-rich ingredients from different food groups. Learn to prepare it.

Enhancers and Supplements: Delete the Junk

Keeping Fit Skill: Recognizing accurate and fraudulent information about supplements and enhancers

Life Skill: Acquiring and evaluating information: evaluates accuracy, validates appropriateness

Educational Standard: NL-ENG. K-12.3: Apply strategies to interpret and comprehend text

Success Indicator: Establishes a Resource File of credible information on supplements and performance enhancers.

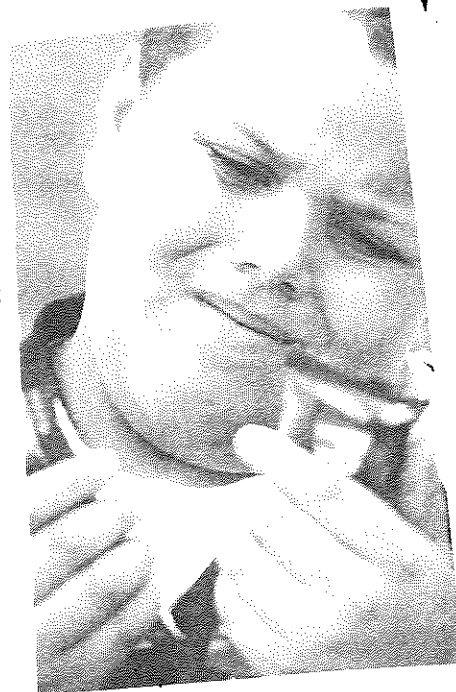
Do sports supplements really work? Are they safe? Most won't make you any stronger and none will make you any faster or more skillful. Worse, sports supplements may put you at risk for serious health problems.

Record Your Data

Commercials and packaging make many promises about increasing athletic power and strength. What should you believe?

The Federal Drug Administration (FDA) has suggested these possible "indicators" of fraud:

1. Claims that make the product seem too good to be true.
2. Claims that the product is a secret.
3. Use of terms like "breakthrough," "magical," "miracle cure" and "new discovery."
4. "Pseudo-medical jargon" such as "detoxify," "purify," or "energize" These claims are vague and hard to measure.
5. Claims that the product can cure diseases
6. Claims that a product is backed by scientific studies but with no list of references.



Read before you eat...
studying a nutrient label

Read the following product claims and decide:

Could it be accurate? Check **Save** the information. Is it possible fraud? Check **Delete** the information. Review the above "indicators" to help you decide.

Supplement "A"

☐ Save

☐ Delete

One study shows that amino acid loading before exercise can enhance power, endurance and performance.

Supplement "B"

☐ Save

☐ Delete

Our study shows that this supplement can improve your performance by 100%!

Supplement "C"

☐ Save

☐ Delete

Researchers have found that these enhancers may stimulate the release of growth hormones in some people.

Supplement "D"

☐ Save

☐ Delete

This is the world's first and only pre-workout supplement that produces immediate results in energy, performance and focus. Feel it working in minutes.

Supplement "E"

☐ Save

☐ Delete

A meal replacement that greatly accelerates weight loss. Lose all the weight you want!

Supplement "F"

☐ Save

☐ Delete

Tired of taking pills? Our supplement may help alleviate sports injury pain and pressure naturally.

Supplement "G"

☐ Save

☐ Delete

This protein bar fuels more world-class athletes to records and championships than any other energy bar.

Supplement "H"

☐ Save

☐ Delete

New, advanced secret formula, never before existed in body-building, never has there been a protein formula so powerful. Produces noticeable increases in lean body mass in just 4 weeks. Guaranteed!

Let's Chat

Share What You Did

What did you discover when reading the words on these supplement ads?

Process What's Important

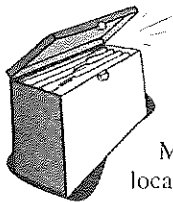
Which FDA fraud indicators seemed to be used the most? Why do you think that happens?

Generalize to Your Life

Find real products' ads and packaging for supplements. Read the claims and compare to the warnings from the FDA.

Apply What You Learned

Read ads and packaging on other products. What claims are made?



File Sharing

Most of the food you see on the shelves of your local grocery store and the drugs your doctor prescribes for you are regulated by a government agency called the Food and Drug Administration (FDA). The FDA ensures that foods, beverages and drugs follow certain safety standards. But sports supplements and other herbal supplements are not regulated by the FDA. No sports supplements have been tested on kids and teens. Scientists and doctors don't know whether supplements are safe or effective for teens.

Many sports organizations have developed policies on sports supplements. The National Football League (NFL), the National Collegiate Athletic Association (NCAA) and the International Olympic Committee (IOC) have banned the use of steroids, creatine, ephedra, and androstenedione by their athletes. People who use them face fines, ineligibility and suspension from their sports. Check your state/local athletic codes. Save a copy in your Fitness File.

Save Your Results Searching the Internet

The Internet is a great source of information, but it is also an easy way to spread myths, hoaxes and rumors. Be aware.

If you have felt pressure to use supplements or performance enhancers, you need to have the facts. Begin with your doctor. When searching the web, go to respected organizations rather than doing blind searches with a search engine. Ask yourself these questions:

1. Who operates the site?

Is the site run by a government, university, medical or health-related association (American Medical Association, American Dietetic Association, American Heart Association, U.S. Food and Drug Administration, Rutgers University)?

2. What is the purpose of the site?

To educate the public or just to sell a product? Commercial sites should clearly distinguish scientific studies from advertisements.

3. What is the source of the information and does it have references?

The information should list specific studies, not just say "some studies show."

4. Is the information current?

Check the date of the material.



Idea #1 Techno Fitness File

Create a Resource File at your computer of reliable sources about health and nutrition and fitness. Save web sites and articles with accurate and useful information so that you can refer back to it. Before saving, check the guidelines.



Idea #2 4-H Fitness File

Fill in the Delete the Junk form on page 33.



Idea #3 My Fitness File

- Create a list of books that contain useful information related to diet supplements and performance enhancers.
- Copy and save magazine articles you will refer to again.



- ### More Challenges
1. Who's in the news? Find some headlines or articles about famous athletes who have used or are being accused of using steroids, drugs or other performance enhancers. What are the consequences for them? Create a file for case studies and save it in your folder.
 2. What's in the news about nutrition information and supplements for athletes? Save articles in your folder.

System Configured for Optimum Performance

Keeping Fit Skill: Warming up your muscles, stretching and cooling down after strenuous activity to stay injury free

Life Skill: Interpreting information: composes multimedia presentations

Educational Standard: NS.K-12.F: Science in Personal and Social Perspectives; exercise

Success Indicator: Demonstrates your knowledge about warm-up, stretching and cool-down techniques to stay injury free.

Besides food and water, what else do you need for a successful sports experience? To stay injury free your fitness routine should have three parts: a warm-up and stretch, aerobic exercise (your activity), and a cool down.



Record Your Data

Why do a warm-up? A good warm-up routine increases your heart rate, helps get blood flowing to your muscles and helps to prevent injuries. Take 5–10 minutes to warm up your muscles with a whole body movement such as walking or slow jogging.

Warming up for proper fitness

Stretching Exercises

What will your warm-up be?

Once the muscles and joints are warmed up, concentrate on stretching all the muscle groups. Stretching increases your flexibility.

Identify the muscle groups that are being stretched in these illustrations.

Muscle Groups

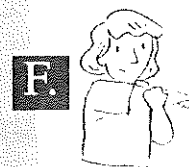
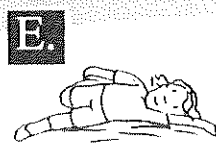
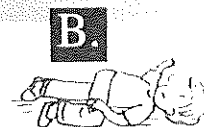
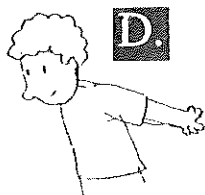
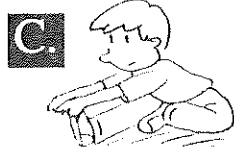
Neck

Legs

Spine and legs

Chest and arms

Shoulders



Cool-down

Stretching guidelines

1. Always warm up before stretching
2. Hold each stretch 10–30 seconds
3. Feel the stretching sensation in the muscle, not the joint
4. Do not bounce
5. Do each stretch three times
6. Do not hold your breath while stretching

A cool-down is also necessary. This is a plan to slow your body down gradually.

What activity will help your body slow down gradually?

Let's Chat

Share What You Did

Describe your warm-up, stretching and cool down routine.

Process What's Important

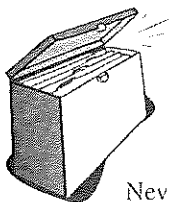
Which muscle groups should you stretch before you do your favorite activity? Which muscles will you stretch out when you complete your activity?

Generalize to Your Life

What have you learned by developing a plan and writing it down?

Apply What You Learned

Develop a warm-up or cool-down routine for someone else and share it with them.



File Sharing

Did You Know?

Never ignore pain. Pain is a warning sign. Repetitive movement and stress caused by rigorous training can cause tightness in some muscle groups. Ignoring pain can lead to an injury. If you experience pain, have it checked by a doctor.

Health Project
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Save Your Results

Design a Warm-up Routine

Design a routine for yourself that will help you stay injury free.

Include these three parts in your routine:

- Whole body warm-up: 5–10 minutes; What whole body warm-up do you prefer?
- Stretches for specific muscle groups: 5–10 minutes; Think of all the muscle groups used in your sport. Plan a stretch or two for each.
- Cool-down plan: 5–10 minutes; What can you do after your rigorous activity to continue moving for a cool-down routine?



Idea #1 Techno Fitness File

In presentation software, choose a design template and insert a new slide for each segment. Look for photos or clip art to make it interesting. Include some words of explanation about each warm-up and stretch.



Idea #2 4-H Fitness File

Follow the Optimum Performance directions on page 34.



Idea #3 My Fitness File

Create your own display for a warm-up and cool-down routine. Use photos, drawings or a video-tape. Provide explanations. Develop different routines for different activities.

More Challenges



1. Lead the warm-up and cool-down routine for your team.
2. Set a routine to music.
3. Video tape the routine and share it with others.

Safety First:

Avoid a Crash

Keeping Fit Skill: Wearing the proper protective gear, using safe equipment and practicing safety techniques will help keep you injury free

Life Skill: Interpreting information: composes multimedia presentations

Educational Standard: NS.K-12.F: Science in Personal and Social Perspectives; health and safety

Success Indicator: Presents information about proper protective gear and safety techniques for staying injury free.

How often do you hear about sports injuries? Did you know there are 206 bones and 650 muscles in the human body? Your knees, like other joints in your body, bend, straighten and rotate. Without the use of those joints, bones and muscles you'd be seriously sidelined. Getting hurt doesn't have to happen.

Record Your Data

The best way to avoid injuries is to use the right-sized equipment with the correct protective gear and play it safe! Consider your own sport or recreational activity. What equipment and protective gear do you use? List them below.



Playing it safe with protective gear

Safety Gear

Activity	Equipment	Protective Gear

Next consider the game rules, proper playing techniques and sports etiquette. These were also designed as safety features for your sport. List them and describe how each promotes safety for your sport.

For example: **Baseball**

Game Rules: Cannot interfere with a base runner

Playing Techniques: Learn how to slide into bases

Sports Etiquette: Don't throw your bat

Sport

Sport

Game Rule

Sport

Game Rule

Game Rule

Playing Technique

Playing Technique

Playing Technique

Sports Etiquette

Sports Etiquette

Sports Etiquette

Let's Chat

Share What You Did

Identify the protective gear and equipment used for your sport.

Process What's Important

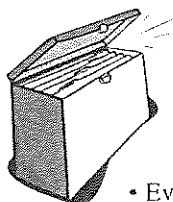
Describe how the games' rules, playing techniques, and specific sports etiquette prevent injuries.

Generalize to Your Life

Discuss other rules that prevent injuries. (Example: cross the street in a crosswalk.)

Apply What You Learned

What other activities require protective gear and rules for safety? Describe them.



File Sharing

Did You Know?

- Every year 800 Americans die and more than 500,000 visit hospital emergency rooms because of bicycle related injuries. (U.S. Centers for Disease Control and Prevention)
- Girls who play sports are two to four times more likely than boys to injure a key ligament in their knee.
- Do not underestimate the power of adequate rest. Many injuries are caused by overuse, fatigue and poor judgment resulting from insufficient rest.



Project/
Online

www.n4hccs.org/health

Save Your
Results

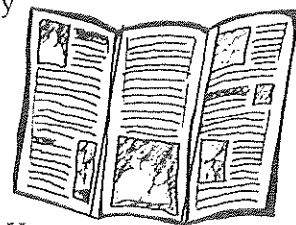
Staying Injury
Free

Create a brochure on safety and staying injury free. Use your knowledge of equipment, protective gear, game rules, techniques and etiquette to warn others of the importance of safety and staying injury free. Use humor and creativity to communicate information for future team members and parents.



Idea #1 Techno Fitness File

Create a brochure using a publisher program. Import photos or use clip art to display the equipment you use. Give a description and explain the importance of each point.



Idea #2 4-H

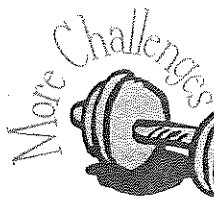
Fitness File

Go to page 34 and complete the instructions for a "Staying Injury Free" brochure.



Idea #3 My Fitness File

Create a flyer or pamphlet that explains what you know about gear and equipment for staying injury free. Use drawings, photos, and words. Another creative option would be to do a video to demonstrate proper playing techniques and etiquette for staying safe.



1. Create a list of protective equipment and safety features for a family trip to the beach, camping, or the playground.
2. Make a brochure for an elementary school sports team.

Creating Your Files: Your Fitness Facts

Keeping Fit Skill: Measuring personal heart rate, BMI, flexibility, endurance and strength to establish baselines for measuring fitness progress

Life Skill: Acquiring and Evaluating Information: obtains and interprets data/information

Educational Standard: NS.K-12.F: Science in Personal and Social Perspectives; personal health

Success Indicator: Records information about personal fitness levels to plan and commit to a fitness routine.

Your BMI (Body Mass Index)

1. Write down your weight in pounds without bulky clothing or shoes. _____
2. Divide your weight by your height in inches. _____
3. Divide the answer from step 2 by your height in inches. _____
4. Then multiply the answer from step 3 by 703. _____
5. The number is your BMI.
Record your BMI here _____

Know about your own level of fitness before you make a plan to improve it. Collect some information about your resting and aerobic heart rate, BMI, flexibility, strength and endurance.

Record Your Data

1. Find your pulse before you get out of bed in the morning.
2. Using your right hand on the inside of your left wrist (or on your neck) count the number of beats in one minute.
3. Record your resting heart rate here.



Checking your pulse

Exercise should increase your heart rate—make it beat faster. While you are exercising, stop and check your pulse periodically. Your heart rate should stay elevated for 20 minutes.

BMI Categories

Underweight = <18.5
Normal weight = 18.5–24.9
Overweight = 25–29.9
Obesity = BMI of 30 or greater

BMI is a good indicator of body fat, but it's not perfect. For example a person can have a high BMI because they have a large frame or a lot of muscle. A BMI may overestimate body fat in athletes. If you are not sure that your height and weight are right for you, check with your doctor. Remember that changes and spurts in growth are normal for teens.

Endurance is being able to keep exercising without tiring quickly.
Measure your endurance:

1. Find your pulse on the underside of your wrist. Count the number of beats for 30 seconds.
2. Go to a staircase. Step up one stair with one foot and then the other foot, staying on that same step. Then step down one foot at a time. Count aloud, "up, up, down, down". This is one set. Try to complete two of these sets every 5 seconds.
3. Keep up this pattern for one minute, then sit down and rest for one minute. Take your pulse again after the one-minute rest.

RECORD YOUR PULSE

Before	After	Difference

WHAT DOES IT MEAN?

If the difference is:	Your heart is:
The same or less	In excellent shape
One or two beats faster	In fair shape
Five or six beats faster	In poor shape
Seven or more beats faster	In need of work

Flexibility is being able to move, stretch, and bend easily. Measure your flexibility:

1. Sit on the floor with your legs out straight in front of you.
2. Bend forward and reach toward your toes. Keep yourself in that position for five seconds, trying not to bounce. The more inches past your toes that you can reach, the greater your flexibility.

Inches past toes

Strength is how much work your muscles can do. Measure your strength:

1. Stand with both feet behind a line. Put your arms out behind you and then swing them as you leap forward.
2. Jump as far as you can and measure from the start line to the spot where your heels touch down.
3. Record your jumping distance three times. A distance equal to your height is excellent.

	Inches
1	
2	
3	

Let's Chat

Share What You Did

Share the results of your self-assessments with your Project Helper.

Process What's Important

What are your areas of strength? Weakness?

Generalize to Your Life

Why is it important to do a self-assessment before deciding on a plan to make changes in your life?

Apply What You Learned

What fun fitness activities could you do to improve your fitness? (heart rate, BMI, flexibility, endurance or strength)?

Save Your Results

Discovering Your Heart Rate

After you discover and record your own fitness level, you can consider all the different sports and fitness activities that you can do to improve your heart rate, BMI, flexibility, endurance and strength.



Idea #1 Techno Fitness File

Create report forms to show the results of your fitness tests. Keeping these charts on your hard drive or on a disc makes it easy to keep track of your progress and update your numbers.

Use the Insert Table tool or set up a spreadsheet to record and illustrate your data. Use the tools on the toolbar to create easy-to-read and easy-to-use charts.

Next, create lists of activities that would improve flexibility, endurance and strength.

Idea #2 4-H Fitness Files

Record Your Fitness Facts on page 35.



Idea #3 My Fitness Files

Use your own creativity to list activities for improving endurance, flexibility and strength. Add photos and pictures to make it interesting and attractive.

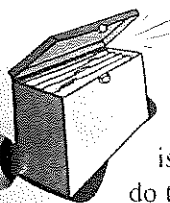


- More Challenges*
1. Design a web quest of Internet sites to visit that would teach someone about fitness related to target heart rate, BMI, flexibility, endurance or strength.
 2. Give a friend the tests and record their performance. Interpret the results.



File Sharing

A fun way to check your heart rate during exercise is to use a "conversational pace." If you can talk and do the exercise at the same time, your level of activity is about right. If you can sing and maintain the exercise, you are probably not working hard enough. If you get out of breath quickly, you are probably working too hard.



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Customize Your Files

What else do you need to know about yourself before you design your fitness plan? Why are you exercising? What benefits do you expect to gain? What are the best choices for you?

Record Your Data

Ask yourself the following questions before you plan your fitness routine.

Check your answer for each statement.

Keeping Fit Skill: Designing a personal fitness plan based on self-assessment information

Life Skill: Managing self: sets realistic goals

Educational Standard: NSS. K-12.4: Individual development and Identity; remembering past achievements

Success Indicator: Shares a personal fitness plan using data collection spreadsheets.



Getting your fitness plan going

Fitness Plan

1. Type of exercise
 - ☐ I like to be by myself (bicycling, running).
 - ☐ I like to be with others (team sports, aerobics class).
 - ☐ I don't like any kind of activity except sleeping.
2. Amount of time spent learning an activity
 - ☐ I am willing to spend a lot of time learning a sport or perfecting my skills (gymnastics, team sports).
 - ☐ I want an activity that doesn't take much time to learn or do (jogging, aerobic dance, walking).
 - ☐ I am willing to spend about 15 seconds a day learning a new activity.
3. Amount of time spent doing the activity
 - ☐ I want to spend a lot of time exercising (team sports).
 - ☐ I want to spend a short time getting fit (jumping rope, running).
 - ☐ I am willing to spend 24 hours a day exercising!
4. Level of competition
 - ☐ I really like to compete (tennis, team sports).
 - ☐ I am not very competitive (dancing, bicycling).
 - ☐ I will only participate if there are big trophies and international fame involved with the activity.
5. Level of motivation
 - ☐ I am a self-starter (running, bicycling, swimming).
 - ☐ I need some help to get me to exercise (take a class, join a team).
 - ☐ I need to be paid to exercise.
6. Goal of participation
 - ☐ I want to improve my heart rate, BMI, endurance, flexibility and/or strength.
 - ☐ I just want to get fit and have fun.
 - ☐ I am exercising because my mom makes me.

You have discovered a lot about your personal fitness levels and preferences. Use the information to design a 3-week fitness plan for yourself.

Activity: Consider what you have discovered about yourself. What activities will you do?

1. _____
2. _____
3. _____

Frequency: How many days per week will you get aerobic exercise? 5–7 days per week are recommended. _____

Intensity: Does your heart rate increase? ☐ Yes ☐ No

Time: How much time per day is in your plan? 30–60 minutes per day are recommended. _____

Warm-up routine: This should include warming up and stretching the right muscles for your activity.

Cool-down routine: You can count your warm-up and cool-down minutes.

Let's Chat

Share What You Did

How did you answer the questions on the Self-Assessment?

Process What's Important

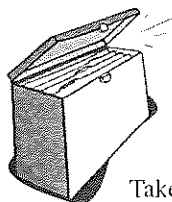
How did your answers help you design your fitness routine?

Generalize to Your Life

Why is it important to consider your goals before you make a plan?

Apply What You Learned

Considering your goals, what plans should you make to improve your fitness?



File Sharing

Did You Know?

Take a look at the activities below to make your choices. Find activities to elevate your heart rate and improve your flexibility and some strength training activities for specific body parts.

Aerobic Activities	Biking (legs)
Swimming	Running (legs)
Basketball	Dancing
Soccer	In-line skating (legs)
Lacrosse	Hiking
Hockey	Flexibility Activities
Rowing (arms)	Martial Arts
Ballet	Dance
Yoga	

Save Your Results

Tracking Your Fitness Plan

Design a form to track your fitness plan.



Idea #1 Techno Fitness File

Record your commitment from the previous page: activities, frequency, intensity, time, warm-ups and cool-downs. Create spreadsheets to record your plan and track your progress. Use the Auto Sum tool to record your total times. You can print out blank copies for daily use or save your fitness plan in your computer files to keep track of your progress.



Idea #2 4-H Fitness File

Use the forms on page 35 to construct your own fitness file.



Idea #3 My Fitness File

Create your own fitness forms and a way to record your progress.

More Challenges

1. Design a data collection spreadsheet to keep track of nutrition choices that you could make to improve your health. Data could reflect food groups and servings.
2. Interview an athlete in one of the areas you are interested in pursuing (aerobics instructor, bicyclist, baseball player).

Use Your Files

Keeping Fit Skill: Planning for accountability to a personal fitness plan

Life Skill: Managing Self: identifies own strengths/limitations to demonstrate a commitment to self-improvement

National Standard: NSS. K-12. 4: Individual development and Identity; remembering past achievements

Success Indicator: Writes an accountability plan for your personal fitness routine.

You know you should exercise. The tough part is making the plan part of your regular routine. Bad habits and good habits are established the same way—repeating something over and over again. How can you establish the good habit of regular activity to keep fit? You need a way to be accountable for your new fitness plan.

Record Your Data

Take the following self-assessment to help you decide the best way to be accountable for your new plan. Check off the points that are true about you!

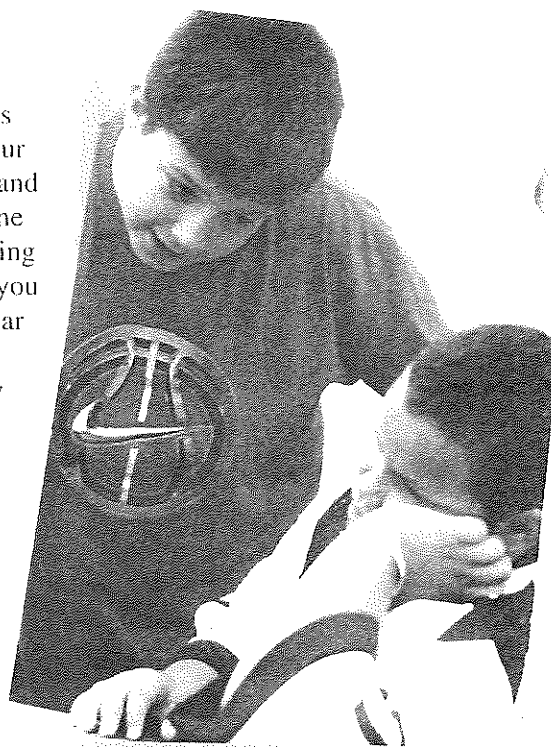
Self Assessment

- ☐ I am self-motivated. Once I decide to do something, I see it to the finish.
- ☐ I need other people to encourage me to reach my goals.
- ☐ I hardly ever finish anything that I have started.
- ☐ I like to do things on my own. I don't need others to help me along.
- ☐ I like to do things with other people. I am more likely to finish it if other people are doing it with me.
- ☐ I don't like to do anything that has to do with self-improvement.
- ☐ If things are not going well, I can make adjustments and changes to reach my goal.
- ☐ If things are not going well, I like to check with someone else to get advice about alternative solutions to reach my goal.
- ☐ If things are not going well, I often give up and say I will try it again later.
- ☐ I don't need an extra reward when I have finished a job.
- ☐ I like to have a reward waiting for me when I have finished something difficult.
- ☐ I deserve to have a reward even if I don't finish a job.

What are three bad habits that might keep you from setting up the good habit of regular activity?

1. _____
2. _____
3. _____

These answers might give you a clue about what you need to do to be accountable for your new fitness plan. Chat with your Project Helper before you decide on a plan.



Reminding others about their commitment to fitness

Let's Chat

Share What You Did

What were your answers? What bad habits might keep you from activity?

Process What's Important

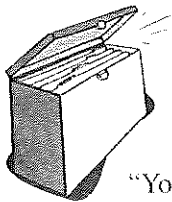
What is one of the best ways for you to set a goal and follow through with it?

Generalize to Your Life

Why is it important to know how you can motivate yourself to start and finish a project?

Apply What You Learned

Give three ideas you have to make yourself accountable to your new fitness plan.



File Sharing

Did You Know?

"You can't teach an old dog new tricks." Do you know what that means? It has to do with habits—get into good habits while you are young! It is easier!

More Challenges

1. Set up electronic reminders to help you be accountable to your fitness plan. Set timers, ask friends to send e-mails, and visit fitness web sites for encouragement.
2. Be a "fitness" partner to someone else who is trying to establish a new habit. For example, remind your mom to choose nutrient-rich snacks or get her to exercise with you on a regular basis.
3. Explain this proverb: "Habits are like cobwebs at first and cables at last."

Save Your Results

Establishing Good Habits

Habits are patterns that show your character and determine how effective you can be at accomplishing your goals. In order to establish new habits, you need to have knowledge, skill and desire. Knowledge is the understanding of "how to do" something. Skill is having the "ability to do" something. And desire is the "want to do" something. Can you answer the following questions?

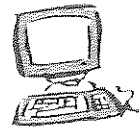
Do you know the benefits of keeping fit?

Do you have the skills to keep fit?

Do you have the desire to keep fit?

If you can answer "yes" to all these questions, you are on your way to establishing the good habits you need to stay fit!

Set up an accountability process to do your fitness plan for at least three weeks. This is the amount of time that it takes to establish a habit.



Idea #1 Techno Fitness File

Create a word document that outlines "My Accountability Plan." Use the "format" key to add bullets or numbering. Indent keys can help you to create an outline format. Then use some technology ideas for reminders:

- have a friend e-mail you a daily reminder
- use a screen saver to create a statement to encourage you
- set up a daily reminder using your computer's accessories and setting

Save copies of things that work to your Fitness File so that you can share your ideas with others.



Idea #2 4-H Fitness File

Go to page 36 and complete "My Accountability Plan."



Idea #3 My Fitness File

Create reminders using posters, cards and notes. Leave "object" reminders: athletic shoes by the door, safety equipment on the table or sports equipment by the refrigerator. Have friends call you on the phone or check in with you each day. Post your fitness plan and have a family member or friend sign off on it each day.

Show Your Results

Keeping Fit Skill: Showing your Fitness Results to others

Life Skill: Applying Technology: manipulates technology for desired results

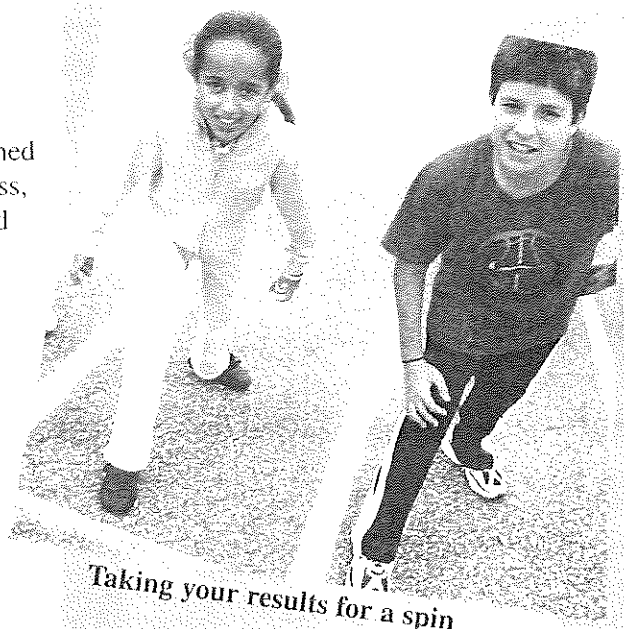
Educational Standard: NL-ENG.K-12.8: Use a variety of technological/information resources to create and communicate knowledge

Success Indicator: Uses creative expression to share fitness information with others.

You have learned about fitness, yourself, and keeping

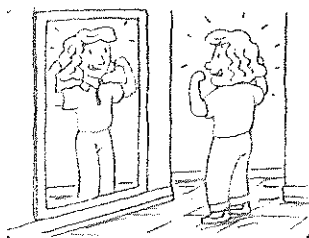
a Fitness File.

Combine this information to affirm your new understanding and commitment to being fit.



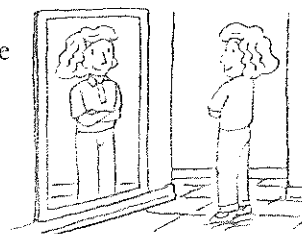
Taking your results for a spin

Show Who You Are



What I Wanted to Become

In the space provided, draw a picture or find an illustration that shows what you wanted to look like at the end of your three week commitment and then where you ended up. Beneath the pictures, write captions that express your goals.



Where I Ended Up

Three weeks later



Let's Chat

Share What You Did

Share your results with your Project Helper.

Process What's Important

What was the most important thing you learned about your own personal fitness?

Generalize to Your Life

How can knowing yourself help with who you will become?

Apply What You Learned

How might you use what you learned to help other people improve their health?

Save Your Results

Committing and Succeeding

What have you learned about yourself? How is your commitment going? How hard is it and how rewarding is it to be disciplined, to establish a habit and to succeed at a commitment? Include your thoughts when you share your completed fitness plan.



Idea #1 Techno Fitness File

Use the Web to gather information on fitness and organize it on a disk to share with others. Include articles and testimonials that demonstrate your understanding of keeping fit. Summarize what you gathered in a PowerPoint presentation.



Idea #2 4-H Fitness Files

Go to page 36 and write a summary reflecting the results of your fitness plan. Review your 4-H Fitness Plan forms for neatness and accuracy. Are you proud of the results? Are you ready to share them with others?



Idea #3 My Fitness File

Create your own charts and graphs to share the results of your three-week fitness plan. Then gather materials from all the activities into a "file" (box, envelope, folder) you can share with others.



- More Challenges**
1. Use your fitness knowledge to prepare a fitness plan for a friend.
 2. Investigate community fitness programs. Find out why, how, where, who, what and when.
 3. In what ways could you turn an interest in personal fitness into a service project for younger kids, senior citizens, or other team members?

Save Your
Results 

Fitness Interviews, Unit #2, page 9

(Duplicate and attach here for each person interviewed.)

Interviewer _____

Date _____

Person being interviewed _____

Do you have a regular exercise routine? ☐ Yes ☐ No

1. Which days of the week do you exercise on?

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday

2. How long do you exercise each day? (number of minutes) _____

3. What do you do to improve your flexibility? _____

4. Endurance? _____

5. Strength? _____

6. Name three benefits of being fit. _____

Save Your
Results 

Learning from Others, Unit #2, page 11

Date _____

Top Ten Benefits of Fitness

List the top ten benefits according to the results of your interviews.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Date _____

Record Your Data. Transfer the information from page 12.

	Ounces I should drink	Ounces I actually drink
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Make a bar graph that represents the ounces of water you should drink compared to the ounces you actually drink.
Color the appropriate number of boxes.

Ounces

100														
90														
80														
70														
60														
50														
40														
30														
20														
10														
0	Mon*	Mon	Tues*	Tues	Wed*	Wed	Thurs*	Thurs	Fri*	Fri	Sat*	Sat	Sun*	Sun

* = Ounces I should drink

Bold type = Ounces I actually drink

Date _____

Colorful Fruits That I Like	Colorful Vegetables That I Like	Lean Meat/Protein That I Like	Low-fat Dairy Foods That I Like	Whole Grain That I Like
DRAW OR ATTACH A PICTURE	DRAW OR ATTACH A PICTURE	DRAW OR ATTACH A PICTURE	DRAW OR ATTACH A PICTURE	DRAW OR ATTACH A PICTURE

Date _____

Site #1 _____

Who operates the site? _____

What is the purpose of the site? _____

What is the source of the information and does it have references? _____

Is the information current? _____

Summary statement: _____

Site #2 _____

Who operates the site? _____

What is the purpose of the site? _____

What is the source of the information and does it have references? _____

Is the information current? _____

Summary statement: _____

Books or magazine articles

What is the source of the information and does it have references? _____

Is the information current? _____

Summary statement: _____

Design a warm-up and a cool-down routine to prepare yourself for your own activity. Think of all the muscle groups used in your sport. Plan a stretch or two for each muscle group you will use.

Warm-up activities (5-10 minutes)

1. _____
2. _____
3. _____

Stretches will include the following muscle groups. Describe stretches

1. _____
2. _____
3. _____
4. _____

Cool-down activities (5-10 minutes)

1. _____
2. _____
3. _____

My activity is _____

List the equipment, protective gear, game rules, techniques and etiquette included for your safety and staying injury free brochure. Write a paragraph to communicate this important and serious information. Design the brochure using humor and creativity to display it for future team members, new team orientation, parents of team members and kids in younger grades. What information will you include?

Equipment _____

Protective Gear _____

Game Rules for Safety _____

Techniques for Safety _____

Etiquette _____

Date _____

My resting heart rate is _____

My BMI is _____

Endurance

Heart rate before activity _____

Activity _____

Heart rate after activity _____

My heart rate is _____

☐ Excellent ☐ Fair ☐ Poor ☐ In need of work

Flexibility

I can reach _____ inches past my toes.

Strength

I can jump _____ inches.

I plan to:

Date _____

Week 1 _____ Week 2 _____ Week 3 _____

Frequency _____ (days per week) Time _____ (minutes)

Intensity _____ (measurable elevated heart rate – yes or no) Warm-up _____ (minutes)

Cool-down _____ (minutes)

Fill in a fitness form like this for three weeks to record progress on your plan.

Make additional copies as needed and attach here.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Activity							
Frequency							
Intensity							
Time Spent							
Warm-Up Activities:							
1.							
2.							
3.							
Cool-Down Activities:							
1.							
2.							
3.							

Date _____

Self-Assessment 3

My Accountability Plan

List five ideas on how you will remind yourself about your new fitness plan.

1. _____
2. _____
3. _____
4. _____
5. _____

Circle three ideas that you believe are the best.

Date _____

Self-Assessment 4

Use the space below to summarize the results of your three week Fitness Plan.

Reflection Questions:

What did you learn about your own level of fitness? _____

What did you learn about yourself (attitudes, emotions)? _____

Project Online Contents

- Project Information

- Project Information by Activity Guide

- Project Information by Categories

- Youth Resources

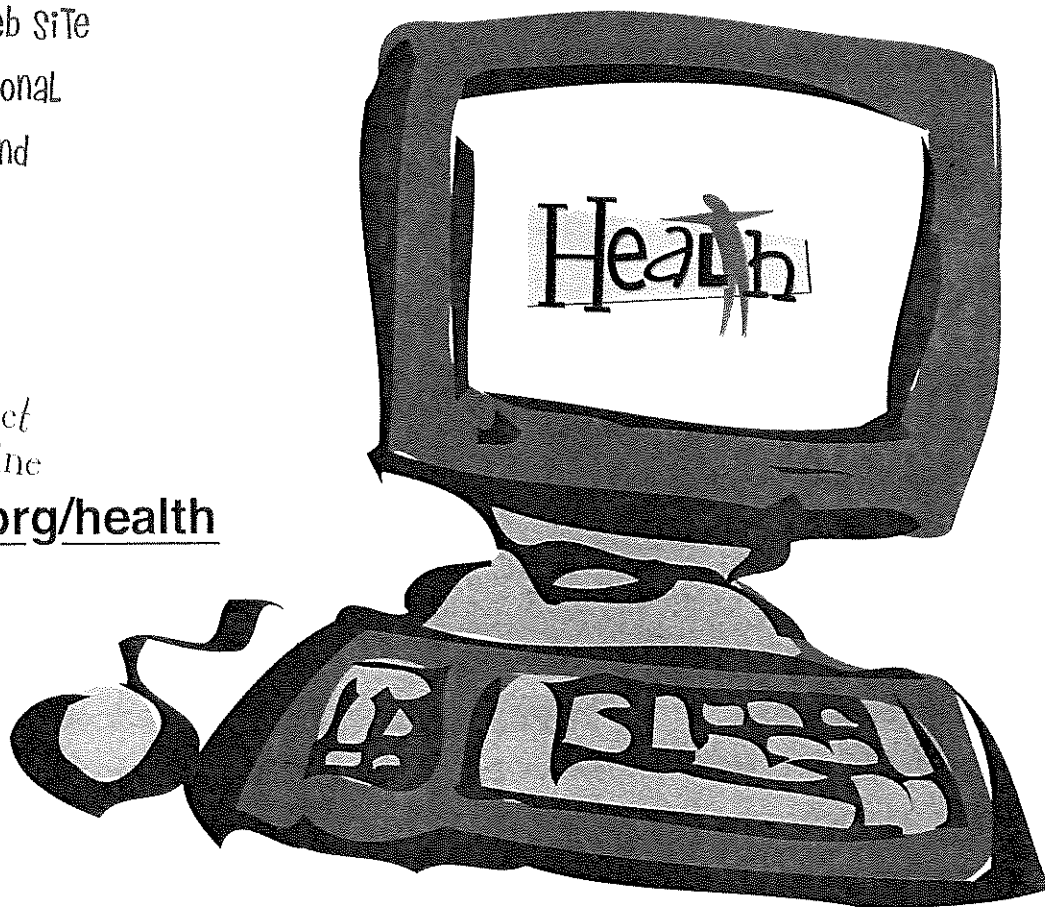
- Fun Project Activities

- Interactive Games

- Supporting Internet Links

Visit The 4-HCCS Health
Project Online Web site
for some additional
information and
activities.

Health Project
Online
www.n4hccs.org/health



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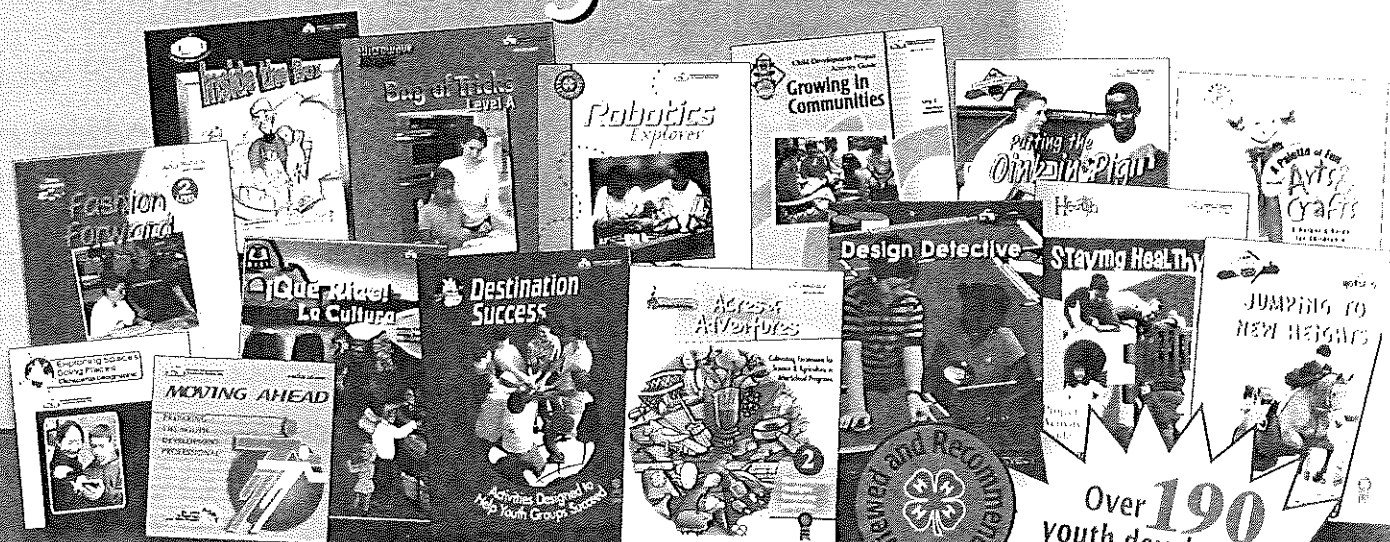
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