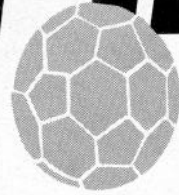


Kentucky 4-H Health Project



KEEPING

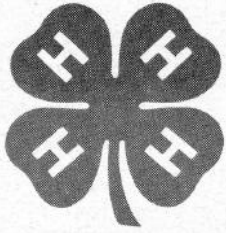


tennis
 horseback riding
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 rugby
 hiking
 cross country skiing
 walking your dog
 fishing
 archery
 bowling
 squash
 hockey
 calisthenics
 jogging
 football

ice skating
 swimming
 racquetball
 stationary bicyclin
 volleyball
 lifting weights
 canoeing
 soccer
 10 K runs
 frisbee
 ballet
 baseball
 climbing stairs
 gymnastics
 snowskiing
 jumping rope
 wrestling
 dancing
 softball
 basketball
 walking to school
 stretching
 climbing
 bicycling
 rollerskating



University of Kentucky
 College of Agriculture
 Cooperative Extension Service
 Agriculture • Home Economics
 4-H • Development



KEEPING FIT

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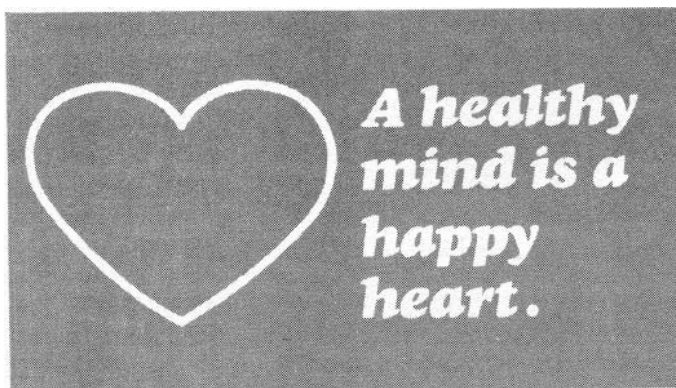
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“that natural glow”



Introduction

Getting in shape and staying that way has become a national pastime in our country. People in all walks of life are engaged in some sort of exercise program. As a result, they feel better and look better. Exercise not only helps to keep the body healthy; it helps keep the mind healthy. People who suffer from depression and emotional stress are encouraged to include exercise in their daily schedule.

Young people of 4-H age are at a perfect time to begin a life-time habit of staying in good physical shape. In this project you will learn how to get physically fit and stay that way.

The objectives for the project are:

- to understand why exercise is important;
- to evaluate your personal physical condition;
- to set a plan for your own exercise program, including warm-up, aerobic and cool-down exercises;
- to show others how exercise can be fun and worthwhile.

The Benefits Of Exercise

Did you know that exercise ranks among food, water and sleep as essential to healthy living? Within the last few years, more people have begun to realize this is true. It is much easier to start out doing the right things for your health when you are young, than to try to do them when you are older and even more out of shape.

1. Exercise makes you look better! Your muscles, including the heart, will have firmer tone. And by burning additional calories during a good workout you can have better control over your weight.

2. Exercise makes you feel better. Physically fit people are able to withstand fatigue longer than unfit people. This means that you can play and work for longer periods of time if you are in good shape. You will also have better blood supply and healthier blood vessels. Regular, brisk exercise helps you develop extra blood vessels (collateral circulation) that may save your life if other blood vessels are damaged. When you're fit, veins and arteries are likely to be more flexible and larger in diameter. Blood flows more easily. This is also a plus in looking better because your skin will have that “natural glow”

when blood is circulating freely. Exercise helps you relax and relieves stress. And, you'll sleep better and wake up more refreshed.

3. The third benefit from regular exercise is that it helps keep you healthy. Your lungs will have increased ability to process oxygen and your heart

will be able to pump blood more efficiently.

Fitness can be measured by your heart rate or pulse. Your pulse is the throb you feel as the blood travels throughout your body. Your pulse tells you how many times the heart is beating against the column of blood in your circulatory system. The pulse is one of the body's most important single indicators of well-being, stress, or illness.

The American Heart Association accepts as normal a range from 50 to 100 beats per minute as a resting heart rate. Athletes and others in good physical condition will usually have lower rates than those who are not physically active. Your resting heart rate can be reduced by regular exercise. When you exercise, your heartbeat increases. This is because your blood must answer the demands of the muscles you are using. By placing a demand on your heart through exercise, the heart becomes stronger and can pump more blood per beat (called stroke volume).

When a person is physically fit, the heart does not have to work as hard to pump blood to all parts of the body. This, in turn, lowers the resting heart rate.

You will also have lower blood cholesterol. Cholesterol, a fat-like substance found in blood, can form fatty deposits on the inside of the arteries called plaque. People who exercise hard often have less cholesterol in their blood than people who don't.

Even people with health problems need exercise. For example, a diabetic can lower his/her blood sugar through daily exercise and therefore need less insulin. Exercise also helps diabetics, who are more likely to experience cardiovascular diseases than other persons.

You can now see the importance of getting and staying fit. But you should consult your physician before you undertake any major physical fitness program.

How Much Do You Know About Exercise?

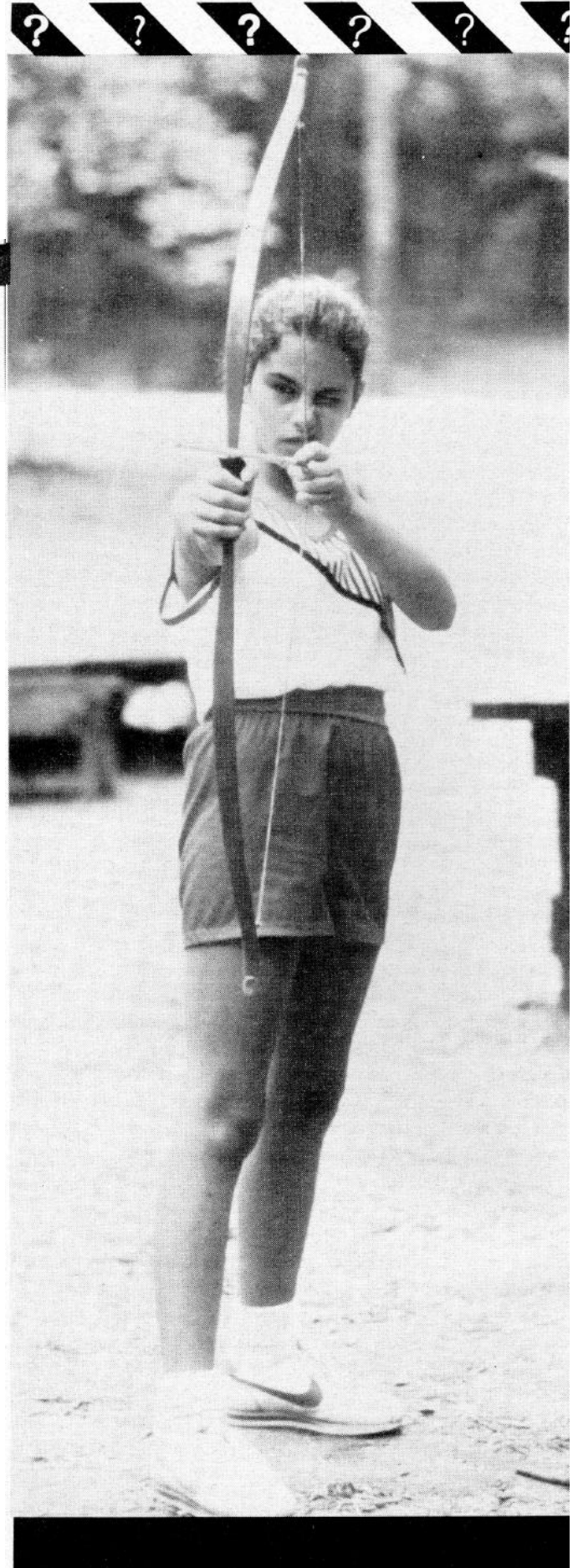
Every time you open a magazine you see some kind of article about **super exercises that are guaranteed to work** or **how to lose weight the easy way**. There's so much contradictory advice about exercise that it's easy to be confused. What should you believe?

Take the following quiz. It is basic, informative, and will identify some points that you really need to know about exercise.

Place a T for true or F for false in each blank.

1. Muscle can turn into fat.
2. Sugar taken before exercise raises your energy level to give you quick energy.
3. You should not drink liquid when you are exercising.
4. Jogging or running is good exercise for anyone.
5. Eating extra protein makes you strong.
6. Some exercises may not be good for you.
7. If your breathing doesn't return to normal within 10 minutes after you finish exercising, you've exercised too much.
8. Exercise makes you hungry.
9. Big muscles make you stronger.
10. Warming up and cooling down are important no matter what aerobic activity you choose.
11. Girls should exercise as much as boys.

Exercise helps you relax and relieves stress.



1. False. Muscle is protein tissue while fat is adipose tissue consisting mostly of fat, and teenagers sometimes take in more calories than they need for the amount of exercise they get. The extra calories or energy provided by food is largely stored as fat. A certain amount of fat tissue is necessary to protect the bones and internal organs. Fat tissue also covers the muscles and gets around and between muscle tissue. It increases in size when more fat is stored. At the same time, the muscles may get smaller and flabby if they are not being exercised. After a while it begins to look like muscles have turned into fat, but actually the muscles have become smaller from less activity and the fat tissue has become larger.

2. False. It is recommended that athletes have a small, solid, easily digested meal three to four hours before the exercise. While the meal should be primarily carbohydrates (for easy digestion), meals should not be a drastic change from the normal, well-balanced meal.

3. False. Exercise is physical work. It heats up your muscles and increases your internal temperature. Nature designed you so that when you are hot, you sweat. The sweat evaporates and helps cool your body. When you sweat, you lose body fluid. Since most of your body is made up of fluid, you have to replace it or you will become sick. You can replace lost fluids by drinking a lot of water and some fruit juices, milk and other beverages. If you are exercising hard but do not sweat, particularly in hot weather, you should stop because it may be a signal that you are having a heat stroke.

4. False. Some people have problems with joints, muscles, or ligaments in their feet, ankles, knees, or hips. They should not try to run or jog. Instead, they should try to swim, ride a bicycle, or walk. If you have such problems, you should talk to a physical education teacher at school and ask for advice on some special exercises to help strengthen the problem areas. You need to exercise just as much as anyone else, but you may need to see an orthopedist-- a doctor who specializes in bone and joint problems.

5. False. When you're active, your body uses its own fat and carbohydrates for fuel. A daily diet that includes two servings of animal and vegetable protein supplies all the body needs to replenish its store. There is no super diet for super performance. You need some protein, fat and carbohydrate each day.

6. True. Exercise is good for most people, but some exercises are not good for all people. People with back problems, for instance, should not stand and try to touch their toes, instead, they should stretch as far as they can without bouncing or jerking. This helps them stretch the back muscles without straining from the weight of their bodies.

7. True. Exercise does not have to be strenuous to be good for you. In fact, if it's too difficult, it can be harmful. A good rule of thumb is that your breathing should return to normal within 10 minutes after you've finished your routine. Here are some other guidelines to help you determine whether you are working too hard: ten minutes after exercising, you shouldn't feel your heart pounding in your chest; you shouldn't be all pooped out; and you should experience a comeback sensation. Too much exercise may make sleeping difficult and make you feel tired even into the next day.

8. False. Vigorous exercise before you eat helps slow down the hungry feeling for most people. Also, exercise helps use up the energy in the food you eat so that your body doesn't store it as fat.

9. False. You can get stronger without enlarging your muscles, and you can enlarge your muscles without much increase in strength. Therefore, big muscles are not necessarily strong muscles. Strong muscles are not necessarily better-performing muscles, and better-performing muscles are not necessarily healthier muscles.

10. True. Stretching exercises and then a slow beginning to whatever activity you have chosen will help keep your muscles from being injured. If you choose rope jumping as an aerobic activity, for example, you should still do stretching exercises first for five or ten minutes. Then begin jumping rope slowly, gradually picking up your pace until you are jumping at a good rate (about 100 jumps per minute) for about 10 to 15 minutes. When you are ready to stop, you should slow down gradually until your heart is beating at a fairly normal rate for you--90 to 110 beats per minute for most 12 to 16-year-olds. After you stop jumping, it is wise to again stretch a few times.

11. True. Girls need exercise just as much as boys. Some girls will be able to do more exercises than some boys because of differences in endurance and strength. Generally, boys are becoming stronger than girls during the ages of 12 to 16, but this is not always true. Each person should have an exercise program that fits the needs of that person, boy or girl.



Exercise and You!

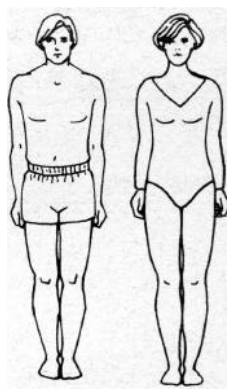
You are unique; there is no one else just like you anywhere. Since each of us is special, we need to consider our own body needs and capabilities in planning an exercise program. First we need an honest appraisal of ourselves. Then we should set goals that we can meet so that we can feel good about improving ourselves. This is very important. There are always people we want to be like and we can easily frustrate ourselves by trying too hard to be or look like someone else. Instead, we need to improve on our own good points.

Body Types

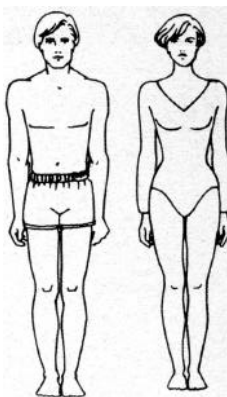
Basically, your body type is something you can't change. For example, you can't change your body's frame or bone structure: large- or small-boned, length of arms or legs, long or short-waisted, etc. However, you can decrease fat and increase muscle and/or flexibility.

Before you begin your fitness program, you need to understand how much or how little you can change your body.

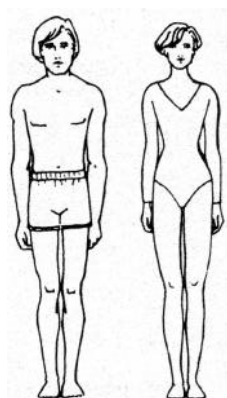
The following body types are general. Most people do not have all the characteristics of a particular type, but do tend to be of one type or another.



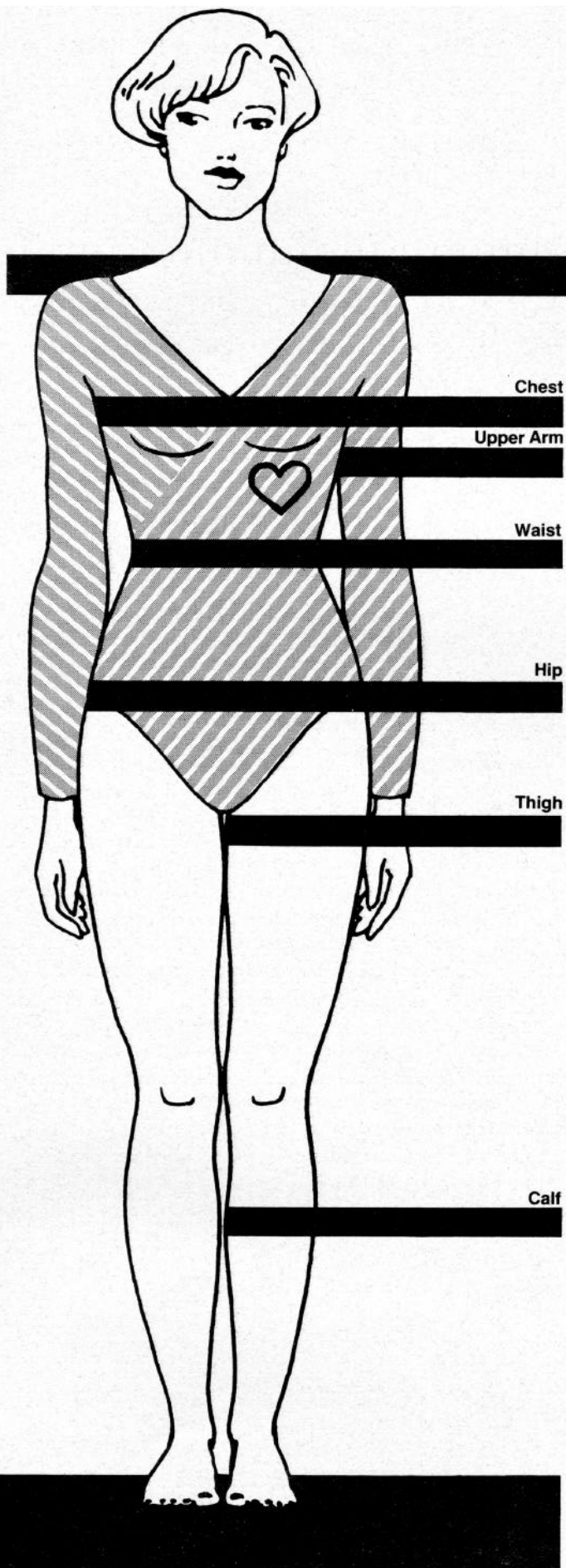
- Large body.
- A lot of fat tissue.
- Wide abdominal area and hips
- Relatively short arms and legs.
- Weight concentrated in the center of the body (looks blocky and sometimes pear-shaped).
- Bones and joints small in comparison to body size.



- Solid and hard body.
- Thick and heavy muscles, bones, and joints.
- Broad shoulders, massive chest, slender and low waist; broad hips.
- "V" shaped upper portion of the body.
- Heavy buttocks, large thighs.
- A greater amount of fat tissue among women than men.
- Good muscle tone in arms, abdomen, buttocks, and legs.



- Short and thin trunk in relation to arms and legs.
- Tall and slender body with flat chest and sloping shoulders.
- Frail and delicate bone structure.
- Thin and stringy muscles with very little fat.



Getting Your Measurements

If you do want to make specific changes in your shape, you first need to get some measurements: height, weight and girth measurements. Begin with your present measurements. As you become involved in your exercise program, take the same measurements once a month and watch your progress. Try to take the measurements the same date of each month.

Height. Stand with heels against a wall, and have someone measure you with a yard stick. Place the yardstick flat on top of your head. Then measure from that point to the floor. Record the measurement on your chart.

Weight. Body weight can be a useful guide in determining fitness. For best results, weigh immediately after rising in the morning. Your weight will fluctuate throughout the day depending upon your diet, activity, environmental conditions, and water retention in the tissues. Even consistent morning weighing will often show a fluctuation of one to three pounds because of these factors. So it is best to weigh just once or twice a week to see real changes.

Girth. Measure different areas of your body for girth. Follow the procedures below.

- Wear as little as possible (clothing can add inches and give inaccurate measurements).
- Use a plastic-coated tape measure for greater accuracy.
- Hold the tip snugly, but not tightly.
- Hold the tape parallel or perpendicular to the floor.
- Take measurements while standing.
- Measure as follows:

Upper Arms - Place tape at the widest part of your arm, approximately six inches from shoulder bone.

Bust or Chest - Measure across the back under the arms and around the nipple height.

Waist - Tie string around the waist snugly. Bend over, and then stand up. Measure where the string rests.

Hips - Measure two places at the hips. The first measurement should be three inches below the waist. Measure three inches from the waist at the side of the body, then measure around the hips. The second measurement at the hips is seven to nine inches from the waist. Measure seven to nine inches from the waist at the side of the body, then measure around the hips.

Thigh - Stand with the feet about eighteen inches apart with your weight equally distributed. Measure around the largest part - usually in the crease just below the buttocks.

Calf - Stand in the same position as for the thigh measurements. Measure around the largest part.

Spot Reducing

It is important for you to realize that there is no such thing as *spot reducing*. For example, you cannot reduce just the girth of your thighs or your hips. The purpose of taking measurements is to see overall changes resulting from weight loss and/or exercise. Weight loss will affect the girth of many areas of your body.

Body Measurement Chart

Name _____

Sex _____ Age _____

Body Proportions

	1st month	2nd month	3rd month	4th month	5th month
Date					
Height					
Weight	(Desired weight)				
Upper Arm					
Bust or Chest					
Waist	(3" below waist)				
Hips	(7-9" below waist)				
Hips					
Thigh					
Calf					

Set small goals and work to achieve them over short periods of time.

Different Ways to Exercise

There are different ways of exercising, and each has its importance. But you need to understand each type and how it will help you.

Relaxation Exercise. Playing shuffleboard and splashing around in the pool are relaxing exercises, but neither contributes much toward weight loss or physical fitness. The benefits are strictly relaxation... and this is important.

Calisthenics & Stretching Exercises. Calisthenics, such as sit-ups and push-ups help to build muscle and develop a trim, strong body. Stretching exercises improve flexibility. Neither necessarily contributes to improving your cardiovascular system or to losing weight. But each has its benefits to the body.

Aerobic Exercise. When done properly, aerobic exercise:

- uses a number of large muscles in the body.
- gets the heart to a critical level and keeps it there for a relatively long period of time.
- stimulates heart and lung activity for a time period sufficient to cause beneficial changes in the body. Through aerobic exercise, you build your body up to demanding large amounts of oxygen for a sustained length of time.

Activities such as walking, jogging, swimming or bicycling are aerobic exercises. This is the best way to lose fat and inches because it makes your heart and lungs work harder and burns up more energy. Unlike a car, the more we use our *parts*, the better, stronger and more efficient our *parts* become. If you want to lose weight, you must burn more energy in activity than you consume in food.

Don't forget to warm up and cool down!



Exercise should be fun!

Getting Started With Your Exercise Program

Ideally, in order to get the maximum benefit of your exercise program, you should set aside at least 25-45 minutes each day for exercise. Your exercise program should include aerobic exercise and it should be done at least three or four times a week. You must work your body sufficiently to make it more efficient. Remember, you can't store fitness! There's simply no *lay-away plan!* If you don't exercise often, you may cause more harm than good to your body when you finally do exercise. Don't try to overdo any activity.

Start out slowly, and gradually increase your work load according to your body's needs. Plan your exercise program, and don't compare your program to others. Set small goals and work to achieve them over short periods of time. Let personal achievement be your incentive for continuing.

It's still simple but not easy.

One word of caution before you start. In choosing an aerobic exercise, choose one that you enjoy. Exercise should be fun! Can you remember how much fun it was as a child? For young children, exercise and playing are the same. Why should you change your attitude about exercise now that you are a young adult? The possibilities are varied: walking, swimming, jogging, bicycling, dancing, skating, canoeing, horseback riding, tennis, fishing, bowling, archery, climbing, and golf (without a cart)! Remember that exercise can be fun as well as helpful to your body.



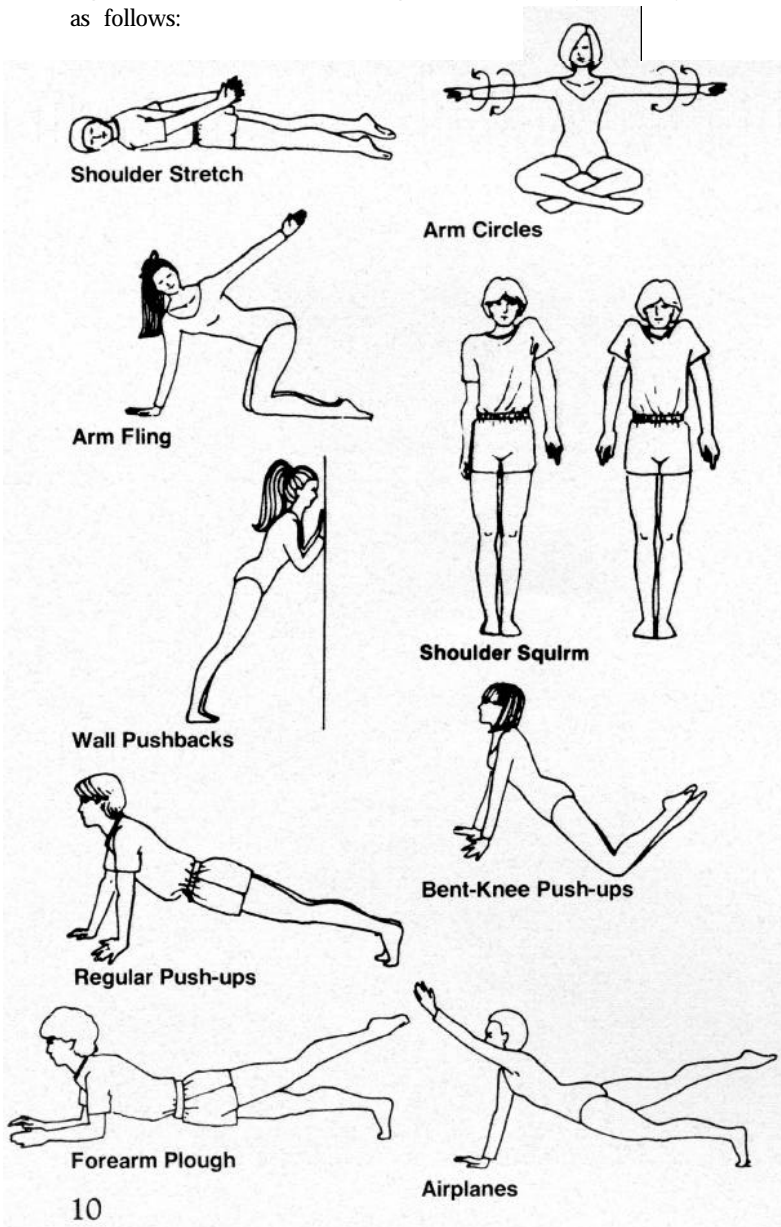
Exercise and play can be the same. . .



Warm-up and Stretching Exercises

When planning your exercise program, include warm-up and stretching exercises. You don't want to start cold when you run a quick race. Before vigorous exercise, don't forget to do a 5 - 10 minute warm-up and a 5 - 10 minute cool down after you finish!

For overall conditioning and shaping up, do a few exercises for each of the general areas of your body (your arms and shoulders, your trunk and abdominal region, and your legs). Exercise for these three general areas of your body are as follows:



Exercises For Arms And Shoulders

Shoulder Stretch. Lying face down, clasp hands over your lower back, palms facing feet, pull your shoulders together and try to bring your elbows closer together; hold; release; repeat.

Arm Circles. Sit with legs crossed and arms horizontal, make small circles with your arms, rotating clockwise. Make large circles. Vary between fast small circles and slow large circles. Repeat, rotating arms counter-clockwise.

Arm Fling. On your hands and knees with your back flat, fling one arm forcibly upward and backward. At the same time, twist your trunk to the same side and look back. Return to your starting position and repeat. Then alternate to the other side.

Shoulder Squirm. Stand in erect position.

1. While keeping your left shoulder and body still, lift your right shoulder up and then forcibly push down with the heel of your hand. Repeat and alternate.
2. Lift both your shoulders and push down forcibly. Repeat.
3. While keeping your left shoulder still, move your right shoulder forward as much as possible. Relax; repeat; alternate.
4. Move both shoulders forward. Relax and repeat.
5. While keeping left shoulder still, move right shoulder upward and backward. Alternate sides.
6. Move both shoulders upward and backward.
7. Lift right arm sideways. Alternate with left side, keeping movement going from one side to the other.

Wall Pushbacks. Stand about three feet from the wall, feet flat on the floor and hands against the wall. Keeping feet flat on the floor, bend the elbows and touch head to the wall. Return to starting position. Repeat.

Bent-knee Push-ups (for beginners) While kneeling, body leaning forward with the weight on the hands and knees, bend the arms bringing your chest to the floor. Push up to the original position, keeping your back straight. Touch nose, not abdomen, to floor.

Regular Push-ups. On the floor, with weight on hands and feet and arms straight, drop your chest to the floor. As your elbows bend, keep your body straight. Push up to the original position. Touch nose, not abdomen to floor.

Forearm Plough. On the floor with weight on your forearms and feet, push your body upwards keeping your weight on your forearms. At the same time you push upward, kick one straight leg upward. Alternate legs.

Airplanes. On the floor with your weight on your hands and feet, keeping your arms straight, swing one arm forward and upward. At the same time, swing your opposite leg upward. Alternate.



Exercises For Trunk And Abdominal Region

Pelvic Circles. Lying down with knees bent, feet flat on the floor, arms at side, lift your hips, lifting the pelvic area in the air. Slowly rotate the pelvic area in a circle.

Stomach Strengtheners. Lying on your back with arms at your sides or folded on your chest, do the following:

1. Lift your head and shoulders about two or three inches from the floor; hold, relax, and repeat.
2. Then, with legs straight, slowly raise and lower both legs. Repeat.
3. Next, with legs straight, raise both legs and head and shoulders.

Bent-knee Sit-ups. Lying on your back with your knees bent, feet flat on the floor, arms crossed on your chest, raise your trunk to a sitting position. Return to original position. Repeat.

Abdominal Semi-Circles. Lying on your back, knees bent, with arms bent at right angles at elbows, lift both knees to chest. Keep your shoulders flat on the floor and slowly lower the bent legs (knees together) from side to side. Repeat the same movement with legs straight.

Scissor Kicks. Sitting with legs straight and hands bracing the body to the rear, lift the legs from the floor and with a scissor movement, spread and cross legs alternating legs at top. Relax to original position, repeat. (Lower back damage is possible, if done incorrectly.)

T-Crosses. Lying on your back with arms stretched out, palms up, raise your right leg toward the ceiling, swing it across your left trying to touch your left hand. Return right leg to ceiling, lower to the floor. Repeat and alternate.

Bicycles. In a bicycling position, with hips upward and held in place by elbows and hands, bicycle with your legs.

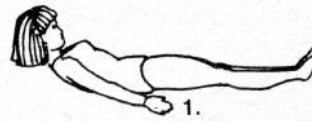
Leg and Trunk Twisters. Sitting with legs straight and your hands at your neck, twist your trunk to the right and simultaneously cross right leg over left; return to starting position.

Side Stretchers. Kneeling on your left knee, right leg extended to your side, your left arm stretched over head, bend your trunk to the side and bounce. Return to erect position, repeat, and alternate sides.

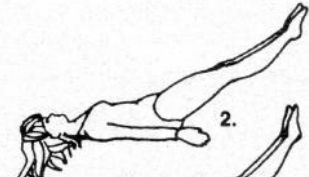
Yoga Plough. Lying on your back, lift straight legs upward and let them drop to the floor over your head. Keep your knees straight and get a pull in your lower back. Return to a long sitting position with head to knees. Repeat.



Pelvic Circles



Stomach Strengtheners



2.



3.



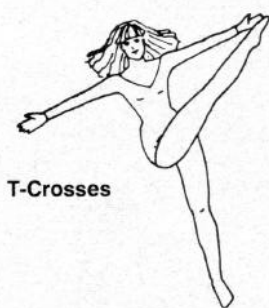
Bent-knee Sit-ups



Abdominal Semi-Circles



Scissor Kicks



T-Crosses



Bicycles



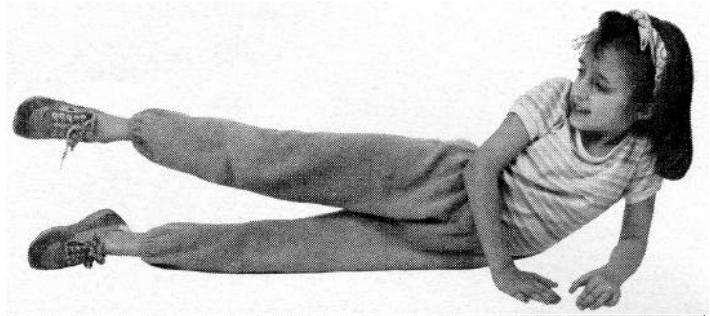
Leg and Trunk Twisters



Side Stretchers



Yoga Plough



Exercises For Legs

Body Spread And Stretch. Sitting with legs spread as far apart as possible, bend forward over right leg, trying to touch your head to your knee, return to sitting position; bend between your legs trying to touch your nose to the floor; return to sitting position; then bend forward over your left leg and touch your head to your knee. Repeat.

Hurdle Stretches. Sitting in a hurdle position, bend your trunk forward over the extended leg, keeping your knee straight. Bounce to bring your head to your knee. Repeat with other leg.

Fall Backs. Sitting in a hurdle position, place one hand on the floor behind your body and fall backward to a back-lying position. If the bent knee rises, try to get it back to the floor by bounding. Sit up, stretch legs, relax and alternate. *Only those with excellent flexibility should try this exercise.*

Inch Worm. Sitting on your heels, place your hands on the floor in front of your body and lift your hips in the air, putting your weight on top of your instep. Return to starting position and repeat.

Treadmill. In a crouched position with your hands on the floor, one knee bent, and the other leg extended to the rear, tread in place by alternating one leg backwards and sliding the other into place as the opposite knee is bent.

Doggie Circles. Kneeling on all fours with your leg extended backwards, make circles with your entire leg clockwise. Alternate legs, and repeat counterclockwise.

Leg Flies. On all fours, bend the right knee, bringing it close to your head rounding the body. Swing your right leg to the rear, arching your back and keeping your head up. Repeat, and alternate.

Side Leg Circles. Lying on your side, lift the top leg about 45 degrees. Keeping the knees straight, circle your leg from the hip, moving clockwise. Make small circles and then larger circles. Alternate sides.

Body Waves. While kneeling with your knees about 18 inches apart, make a body wave in a kneeling position. Sit back on your heels, push hips forward, and slowly bring head and arms up last.

Body Fold. Sitting with knees slightly bent and arms stretched over your head, bounce forward trying to touch your toes, keeping knees straight. Bounce four times. Return to starting position, and repeat.



Body Spread and Stretch



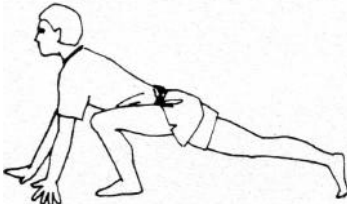
Hurdle Stretches



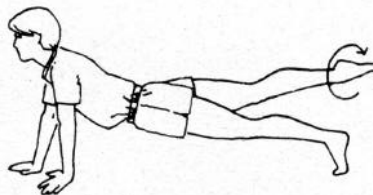
Fall Backs



Inch Worm



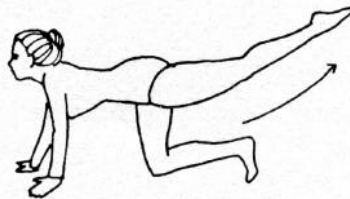
Treadmill



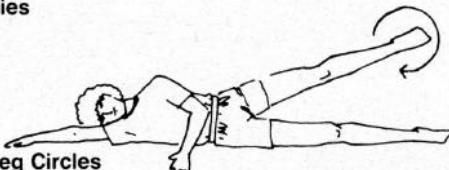
Doggie Circles



Leg Flies



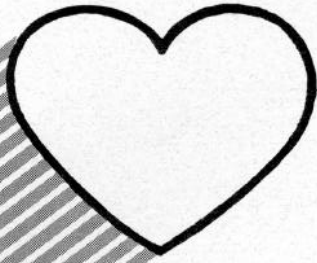
Side Leg Circles



Body Fold



**A healthy
mind is a happy
heart.**



Aerobic Exercise... for Your Heart

One very important fitness gauge is your cardiopulmonary system-or a healthy heart. Since one of the goals of exercise is to lower the resting heart rate, you need to know how to take your heart rate.

1. Feel your pulse at the carotid artery on the neck or at the wrist (thumb side). Use your first two fingers only to get your pulse.
2. Take your pulse for 15 seconds and multiply by 4 to get your pulse rate per minute.

In order to lower your resting heart rate, you must place a demand on your heart through exercise. This causes the heart to become stronger so it can pump more blood per beat. Aerobic exercise is the method you will use to place a demand on your heart.

It is important to increase the demand on your heart gradually. The way to do this is to take your heart beat during exercise, determine when the beat is to the intensity you want it and maintain that rate for a while before increasing it.

Your exercise should consist of a schedule such as the following:

5-10 minutes of warm-up exercises (stretching and calisthenics)
15-minutes of aerobic exercise at 140 beats per minute (increasing to 160 bpm over a period of weeks)
5-10 minutes of cool-down exercises (stretching and calisthenics)

After warming up, start your aerobic exercise; then, after a few minutes, take your pulse (if possible, continue the exercise while taking the pulse). If the pulse is less than 140 bpm, continue the pace (or speed up slightly) and take the pulse again until it reaches 140 bpm. Continue the exercise, maintaining the 140 for the time period. Try not to exceed this beat until you have been in the program for several days. Then increase the beat gradually until you are doing your aerobic exercise at 160 bpm.

Another way to assess your progress is to start with a run/walk exercise. If possible, use your school track. Cover 1.5 miles as quickly as possible. Keep a record of your time. Then work toward improving that time. Another test would be to walk/run for 12 minutes and see how much distance you can cover. Then work to increase your distance in the 12 minutes. Using these tests will allow you to chart your progress from week to week.

One of the fastest ways to stop exercising is to try more than you are capable of doing. You didn't get out of shape overnight. It is going to take time and patience to get into shape. Expect minor setbacks at first. If you exercise regularly, these will occur less often as time passes.

Make exercise just as much a part of your life as eating, drinking, and sleeping. It will make you feel like a new person.

Good Luck!

Demonstration Activities

- How to Take Pulse Through the Carotid Artery
- How to Take Pulse Through Wrist
- The Benefits of a Regular Exercise Program
- Stretching Exercises

Citizenship Activities

- With your club or project group, write and perform a skit for civic groups on Exercise... A Natural High!
- Visit a senior citizens center and, with the help of their physical education director, help senior citizens with appropriate exercises.
- Get your own family involved in a regular family exercise program.
- Prepare displays for public places (stores, lobbies of hotels, etc.) on exercise and its importance.
- Call your city recreation department and volunteer your time to help prepare and lead recreational activities.

Leadership Activities

- Serve as a leader for a junior health project group. Teach members how to take and record their pulse. Lead them in stretching and aerobic exercises.
- Plan a trip for your project group to the Y or other facility having exercise equipment and programs. Ask the manager to talk to your group about programs available for your group.
- Work with your physical education teacher to encourage a well-rounded exercise program for students. Offer to make posters, displays to promote exercise.

My Exercise Progress Chart

	Warm-Up: 5-10 Minutes	Aerobics 15 Minutes	Cool-Down 5 Minutes	1.5 Mile test	12 Minute test
<i>example</i>	4 min.	8 min.	4 min.	18 min.	—
<i>example</i>	5 min.	9 min.	5 min.	17½ min.	—
Day 1	Week 1				
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 1	Week 2				
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 1	Week 3				
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 1	Week 4				
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					



KEEPING FIT

Record Sheet

Name _____ Birthday _____ Date _____

Address _____
(Street and Number/P. O. Box) (City) (Zip)

County _____ Name of Club or School _____

Number of years In 4-H _____

1. Describe your main objective or goal(s) for this project.

2. Were you successful in reaching your goal(s)? Yes _____ No _____
If no, why?

3. List the activities which helped you reach your goal(s).

4. List one new thing you learned about each of the following topics:

How Exercise Can Help Everyone _____

My Physical Condition-Before and After My Exercise Program _____

My Exercise Plan _____

How to Make Exercise Fun for Myself & Others _____

5. I assisted _____ other 4-H'ers with their exercise and health project. I helped them by:

6. I participated in the following leadership/citizenship activities related to this project.

Type of Activity	Where	Number of People Involved	Date

7. List demonstrations and/or speeches given about this project.

Title	Audience to Whom Presented	Number of People

Project Story. Use this space to write about your project. What did you enjoy most? The least? What are some things you learned? How will this project affect your future behavior?

County Agent's Signature

Leader's Signature

Parent's Signature

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