



Sparking Youth to Create
Healthy Communities

Wise Eating for Youth
Be Active! Feel the Difference!

K·STATE
Research and Extension

Module 5: Be Active! Feel the Difference!

Purpose

- This module will teach youth the benefits of physical activity and tips to enjoy being physically active.

Learners' General Goal

- Discuss the daily recommendation for physical activity by the end of this module.

Learners' Objectives

- Describe the benefits of active living.
- Identify barriers that keep youth from regular physical activity.
- Identify the health risks of inactivity.
- Learn the physical activity guidelines for this age group.
- Use the “talk-sing test” to find the right level of physical activity.
- Have youth set individual physical activity goals.

Activities

- Untie the Knot
- Make a “Juice” Refresher



Discussion

1. Start the session by using Activity 1 — Untie the Knot. By “untying a human knot,” youth will explore how to overcome obstacles, including barriers to physical activity.

- Note: If classroom setting does not allow for Activity 1, have youth engage in other activities such as jumping jacks to make them move, then continue the discussion.
- Have youth stand in a circle, cross their arms, and hold hands with the person on each side.
 - Challenge them to unravel “the knot” without breaking the circle. They will need to turn, twist, and step over hands without letting go. If a hand slips, they must reconnect the circle just as it was.
 - Encourage youth to use problem-solving skills. Encourage them, but avoid offering hints unless time becomes limited. Be sure they succeed.
 - After they have succeeded, challenge their thinking about the game.
 - When did you last move your body more than 30 minutes? How often do you do it?
 - Were there any barriers to prevent you from untying the knot? How were you able to overcome them?
- Continue the discussion, ask:
 - What keeps you from moving more?

- Possible answers may include:
 - It's easier to sit around.
 - There's no equipment or place to do it.
 - I don't have transportation to local parks.
 - It's not safe.
 - There's no time.
 - I don't like to exercise.
 - I don't know what to do.
 - Friends and family aren't physically active.
 - I'm embarrassed.
 - I can't stay looking good.
 - Video games sound more interesting.
- How are you able to overcome barriers?
 - Point out: Some people make excuses for things they don't want to do. Moving more may seem harder than it really is.
- If you got \$500 to overcome those barriers, would you do it?
 - Point out: If you would take \$500 to move more, then you really don't have reasons to sit a lot. You just have hurdles to get over.
- What do you think? Is "I don't like it" or "I'm not good at it" a barrier or an excuse?
 - Point out: You may feel this way if you've had a bad experience. That doesn't mean you'd feel the same way about other fun ways to move more. There's probably something you'd enjoy and be good at.

2. Why do health professionals always talk about exercise, being active, or doing physical activity? Discuss the benefits of being active.

- Active living is good for your body. It keeps you healthy, helps you relax, and makes you feel less stress. (Working out is a great alternative to emotional eating.)
- Being active is a fun way to spend time with your family and friends.
- It's easy to fit active living into your everyday life. You don't need to be an athlete. Just find ways to sit less and move more.
- In detail, being physically active can help you:
 - Have fun and improve relations with your friends and family.
 - Cope with stress and get over the "blues."
 - Sleep better.
 - Improve weight.
 - Build strength and endurance.
 - Move with more ease and flexibility.
 - Feel good about yourself.
 - Promote overall health.
 - Develop skills in a sport.

3. **Discuss the relationship between physical inactivity and poor health.**

- High blood pressure — Regular aerobic physical activity can lower blood pressure and can help prevent high blood pressure from occurring.
- Diabetes — Exercise can help regulate blood sugars in diabetics, and it can be a factor in preventing the onset of Type 2 diabetes.
- Obesity — Physical activity helps you burn the additional calories you consume from food.

4. **How much physical activity is enough? Discuss with youth the physical activity guideline for this age group.**

- The World Health Organization recommends children and youth aged 5 to 17 years old should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.
- You can spend the 60 minutes all at one time, or spread it out during everyday activities or in individual or team sports.
- Moderate- to vigorous-intensity activities are things such as playing basketball, soccer, swimming, or running.
- You can gain even more health benefits with increased time spent being physically active.
- Remember to strengthen muscle and bone at least three times per week.
- Activities can be part of everyday life, such as household chores or taking the stairs instead of the elevator.

5. **How do you know if you are getting a good workout? Teach youth the “talk-sing” test.**

- If you can talk comfortably while working out, you’re probably not moving at a pace that is right for you.
- If you are too breathless to talk, slow down.
- If you can sing, you may not be working hard enough — so get moving!

6. **Have youth engaged in Activity 2 — Make a “Juice” Refresher while discussing the importance of staying hydrated before, during, and after physical activity.**

- Note: If classroom setting does not allow for Activity 2, just discuss with youth the importance of staying hydrated.
- Hydration: Supply water to restore and maintain fluid balance.
- Water plays a vital role in all bodily processes such as:
 - Chemical reactions
 - Lubrication
 - Nutrient delivery
 - Waste disposal
 - Heat dispersion
 - Temperature regulation
- Fluids are important anytime — especially after being active — to replace fluids lost through sweat.
- The majority of your fluid intake should come from water.

7. Have youth brainstorm and write down ideas for "Top 10" reasons to move more.

- Possible answers may include/leaders could suggest:
 - Have fun with friends
 - Get along better with family
 - Deal with stress
 - Get over "blues"
 - Feel more relaxed
 - Look better
 - Get stronger
 - Have more energy
 - Be more flexible
 - Enjoy snacks
 - Relieve boredom
 - Feel better about self

8. How to make physical activity fun and enjoyable?

- Be active for the purpose of feeling good.
- Set a positive example for younger youth by leading an active lifestyle yourself.
- Exercise with friends, family members, or coaches and teachers.
- Make physical activity part of your family's daily routine.
- Choose an enjoyable and exciting exercise.
- Engage in a wide variety of activities.
- Play active video games, either with friends and family members or alone.

9. Have youth set one individual goal for being physically active.

- I will do moderate- to vigorous-intensity physical activities for at least 60 minutes a day, every day of the week.
- I will do moderate- to vigorous-intensity physical activities for at least ___days of a week.

Activity

1. Untie the Knot

- Note: If classroom setting does not allow for Activity 1, have youth engage in other activities such as jumping jacks to make them move, and then continue the discussion.
- Have youth stand in a circle, cross their arms, and hold hands with the person on each side.
 - Challenge them to unravel "the knot" without breaking the circle. They will need to turn, twist, and step over hands without letting go. If a hand slips, they must reconnect the circle just as it was.
 - Encourage youth to use problem-solving skills. Encourage them, but avoid offering hints unless time becomes limited. Be sure they succeed.

2. Making a 'Juice' Refresher

- Note: If classroom setting does not allow for Activity 2, just discuss with youth the importance of staying hydrated.
- Have volunteers help:
 - Fill pitchers with fountain water;
 - Get out beverage cups, stirring spoon, and ice with "scooper";
 - Rinse and cut orange, lemon, lime, strawberry, cucumber, celery, and mint leaves into cubes or pieces.
- Have youth pick and add the fruits or vegetables to the cups in any way they'd like, then pour water into the cup.
- As they enjoy their "Juice" Refresher, talk about how this refresher helps keep them hydrated.
 - It supplies water to restore and maintain fluid balance.
 - Fluids are important anytime — especially after being active — to replace fluids they lose with sweat.
 - Water plays a vital role in all bodily processes such as: chemical reactions, lubrication, nutrient delivery, waste disposal, heat dispersion, and temperature regulation.

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Resource

1. Tips to Encourage Your Friends to Move More

- Consider this: Sitting around too much can give you flabby muscles.
- All you need are everyday things: for example, a grassy field, sidewalk, and parks. We have them all here!
- Make it part of your daily routine: for example, use stairs when you can, walk with a friend, do something while you watch TV, walk to the store near your home.
- When you find or see a new sport you might be interested in, give it a chance, try it for a while, and make an effort to enjoy it.
- We will try some things that might be fun for you.
- Find a friend in our group to be your exercise buddy.
- You are not alone. Others may think more about what they are doing than looking at you.
- Many everyday activities will not make you sweat, mess up your hair, or break a nail. Even if they did, what is more important: how you look for just a little while or your health for life?

2. Bodyweight Exercise

- The bodyweight exercise can improve balance, flexibility, and strength. It also can be done anywhere without any equipment.
- Do push-ups to target your chest, shoulders, triceps, and rhomboids. The rhomboids are the muscles between your shoulder blades. If you are unable to do full push-ups, keep your knees on the floor as you perform the push-up movement.
- Do standing dumbbell curls for your biceps.
- Do free squats to target your legs, hips, and gluteal muscles. Stand with your feet about shoulder-width apart. Keep both feet flat on the floor and slowly drop into a squat until your thighs are parallel to the floor. Push up and return to your starting position.



1. **How can you increase your daily physical activity?**

2. **Brainstorm and write ideas for “Top 10” reasons to move more.**

Have fun with friends; get along better with family; deal with stress; get over “blues”; feel more relaxed; look better; get stronger; have more energy; be more flexible; enjoy snacks; relieve boredom; feel better about self.

3. **If you play basketball during recess for 15 minutes and ride your bike for 20 minutes after school, how many more minutes do you need to exercise to reach the physical activity recommendations?**

60 minutes – 15 minutes – 20 minutes = 25 minutes.

4. **What are some benefits of being physically active?**

Keeps you healthy, helps you relax, and feel less stress; fun way to spend time with your family and friends.

5. **What are some risks associated with inactivity?**

High blood pressure, diabetes, obesity, etc.

6. **How to make physical activity enjoyable?**

Doing the things I like to do, try new sports, workout with a friend.

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