

Get Moving!

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Supplies Needed:

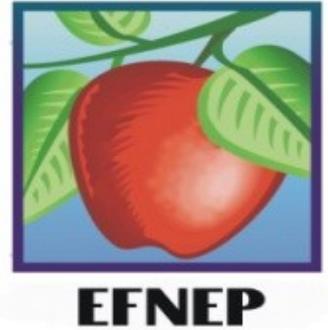
Set up: Have bag items displayed neatly and the poster of the whole program.

Bag items:

- Pedometers to challenge and keep track of positive progress
- CD player for dance and fun
- Duster for house cleaning
- Gardening tools for gardening
- Water bottle for sports
- Jump rope
- Leash for walking pets
- Ball
- Stretch band
- Resources and websites information. Resources should be local and be significant to participants and easy for them to use.

Introduction:

Good morning, I am _____ EFNEP program assistant from _____ County. I am here today to hopefully give you a glimpse of a wonderful FREE program that can benefit you and your participants. EFNEP is a program offered to you and your clients through OSU Extension and is a research based program. My goal is to leave with a plan to be able to offer EFNEP to your agency clientele in the near future.



Anchor:

Ask: Would anyone like to share fun things you or your family do for physical activity?

This question opens the floor to discuss both positive and negative things that affect our ability to do physical activity. "I don't have time." "I only have time to clean the house." "We like to walk." "I garden." "There's nothing to do in my neighborhood."

Say: On your table there are sticky notes, please turn to your neighbor and write down one thing that keeps you from being active and one positive thing that comes from being active.

Add:

Discuss briefly 2 key points from your county or from the organization related to the key points of ESBA. Being physically active is important for health. Most Americans of all ages need to be more active. Being active simply means moving our bodies. The benefits of being active range from reduced risk or heart disease to improved sleep, energy, and mood. Let's look at your sticky notes and discuss the barriers and see if any of your ideas match the items I brought in today. Read sticky notes and make note of the barriers and match the items brought for props or give ideas for these items. Jump rope, stretch band, and beach ball can all be used for circuit training in short bits of time.

Lesson key points:

Adults need 30 minutes and children need 60 minutes of physical activity most days of the week to maintain a healthy weight. This activity includes walking, dancing, gardening, or riding a bike. This can help control and prevent heart disease, high blood pressure, and diabetes and live a healthier lifestyle and help people feel better.

County key points:

Our county ranks ____ in the overall health ranking in the state. The health of our community depends on many different factors, including quality of health care, individual behavior, education and jobs, and the environment. For example, people who live communities with ample park and recreation space are more likely to exercise, which reduces heart disease risk. EFNEP program can help improve our community's health through nutrition education and encouraging participants to engage in daily physical activity.

Apply:

Physical activity: Start playing your favorite music on the CD player. Invite the audience to stand up and stretch. For those daredevils let them show their favorite dance steps that they enjoy the best (Bunny Hop, tap dance, etc). Let's look at the items I brought with me again. Jump rope, garden tools, beach ball, bubbles, dog leash, and an MP3 player. Pass items out as you name them. Please, discuss with your partner and decide on 2 things that you could do with your item to be more physically active. Let discussion come from participants with information added by you when needed.

Away:

Remind the agency that this is only one of the topics from the eight class series that EFNEP offers free to them. Here make sure to list the other classes or use your Celebration Poster to show the other class topics. Push that physical activity helps prevent or manage chronic diseases. Pass our MyPyramid tear sheets pointing out the website address and physical fitness tracker. Challenge them to get 10 extra minutes a day in by your first class. Schedule a class or ask for a time to meet to schedule future classes.

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