

Yes We Can be Active

Developed by Angelica Sotelo and Ada Melendez, Cuyahoga County



Supplies Needed:

- Plastic box/ bag,
- CD and CD player,
- activity cards,
- ball,
- jump rope,
- one pound weights or can food

(all can be purchased at Wal-Mart).

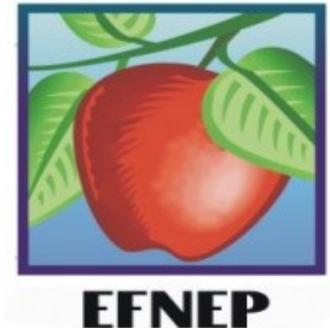
Layout of Materials:

- OSUE logo,
- laminated title of lesson with picture, color cards for activities,
- letter-sizes laminated sheets with the following information:
 1. "What can physical do for you"
 2. "Did you know?"
 3. "What is moderate activity"
 4. "Resources"

Introduction:

Hello my name is _____.

I'd like to thank you for meeting with me. Do you know about Ohio State University Extension? We work with a federal grant through OSU. The Expanded Food and Nutrition Education Program helps families with children eat more nutritiously, stretch their food dollars, handle food safety, learn to prepare simple, delicious recipes and increase physical activity. We use the curriculum "Eating Smart, Being Active" from Colorado State University Extension. It is a series of 8 lessons that includes take-home tools and sampling of healthy foods. I would like to show you a mini lesson. It will take around 15 minutes.



Anchor:

1. What kind of physical activity do you like?
2. How often do you do your favorite physical activity?
3. What do you think are the benefits of physical activity?

Add:

What can physical activity do for you?

You may have heard the good things you can gain from daily physical activity: be healthier, increase the chance of living longer, feel better about myself, sleep better at night, help me look good, enjoy myself and have fun.

Did you know?

When you are not physically active, you are more likely to: have heart disease, type 2 diabetes, high blood pressure, and have high cholesterol as well as be at risk for overweight and obesity.

How much physical activity do we need each day?

Adults need 30 minutes of moderate activity most days of the week to maintain good health. More may be needed to lose weight or to prevent weight gain.

What is moderate activity? What it feels like to participate in moderate activity? One can talk while doing them but cannot sing. Moderate activity is walking, dancing, gardening (raking, trimming shrubs), playing ball, riding a bike (a short distance).

Physical activity, together with a healthy eating and management of stress will help maintain and improve good health. Remember to talk with your health care provider before starting a physical activity routine.

Apply:

Pick a color card.

1. Participant will pick a color card with activities to do such as: jumping rope, playing ball, exercise with stretch band, weight training (light), hot potato and dance.
2. Participants will do activities for 1 or 2 minutes with music.
3. Activity will stop when the music stops.
4. When music stops ask question about the topic.

Away:

Copy of physical activity tracking form and keep them handy for them to fill out each day.

Adaptation for marketing:

Handout fliers for future EFNEP classes and ESBA curriculum.

References:

-"Eating Smart, Being Active" curriculum from Colorado State University Extension

-Physical Activity Guidelines for Americans

<http://www.health.gov/>

-The Stretching Institute

<http://www.thestretchinghandbook.com>

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Example: My aerobic activities this week

My goal is to do aerobic activities for a total of 2 hours and 30 minutes this week.

When I did it and for how long

What I did	Effort	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total hours or minutes
Walked	Moderate		30 min	30 min		30 min		30 min	2 hours
Biked fast	Vigorous						30 min		30 min
This is the total number of hours or minutes I did these activities this week:									2 hours and 30 min

When I did it

What I did	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total days
Sit-ups	Yes							1 day
Stretch bands				Yes				1 day
This is the total number of days I did these activities this week:								2 days

Notes
