

module #7

Being fit and active are essential for good health. Fitness experts recommend that children engage in physical activity for 60 minutes every day, or on most days. Heart rate is a simple way for kids to measure the effect of physical activity on their bodies. Step counters offer another easy way for kids to measure their activity-

SMART FOR YOUR HEART:
FEEL THE BEAT!

experts recommend a total of 10,000 steps (about five miles) each day, and even more for kids. (See below for tips on how to obtain step counters.) The **Quick Start Ideas and Activity Action Plan** in this module will help you:

- Teach kids that being physically active for 60 minutes each day is a great fitness goal for everyone, not just athletes.
- Make kids more aware of their physical activity level by teaching them to measure their heart rate or count their steps.
- Challenge kids to be more physically active each day and provide fun ideas that encourage movement.
- Help increase kids' motivation to vigorously play and run every day to raise their heart rate.



Quick Start Ideas

- !! Have kids guess how many steps it takes to walk around the block, the track or another area. If available, give a step counter to one child to wear. Then, have kids take that walk with a step counter or count their steps out loud and see who came closest. Give the step counter to another child to wear and repeat the game by walking another area.
- !! Brainstorm different ways to be more active each day. For example, kids might get up to change the channel instead of using the remote or walk around while talking on the phone.
- !! Hold a "jump rope challenge." Divide kids into two teams. Have each child take a turn at jumping rope while team members count the number of times the child jumps without missing. The team that totals the highest number of jumps wins. Or, if you have enough jump ropes for all kids, everyone jumps together!
- !! Encourage kids to walk, bike, skate or ride a scooter to school with an adult. The Centers for Disease Control and Prevention has developed a Kids Walk-to-School program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. For more information: <http://www.cdc.gov/nccdphp/dnpa/kidswalk>

ACTIVITY ACTION PLAN:

- Get A Move On! Before beginning the day's lesson or activity, get everyone energized with a few minutes of motion. Do one or more of the **Starter Moves** listed in the **Introduction** of the Leader's Guide.
- Use the **Talking Points/Discussion Questions** below as needed to explain the benefits of physical activity.
- Conduct an activity, then ask the **Follow-Up Questions**.

Take Your Pick! This module features these activities for you to choose from:

- **Start Your Heart and Feel the Beat!**
- **Step Up to the Challenge!**
- **Optional Family Friendly Idea!** Make copies of the *Pump It Up Heart Rate Log* or the *Step On It: 10,000 and Beyond Log* and have the kids try the activities at home with their parents.
- For additional background information, refer to the **Bright Papers** and the **Additional Resources** at the end of this module.
- Optional Idea!** Use a flip chart, board or paper to record kids' comments during the discussion and/or after the activities. After you finish, use the comments to sum up and reinforce what was learned.

Talking Points/Discussion Questions:

You know your group best! Adapt these points to their learning needs and interests and to your timeframe. Following are examples of how you might use the Talking Points/Discussion Questions:

- Give some or all the information before or after the activity.
- If your group learns best by "doing," jump right into the activity and briefly address key ideas while conducting the activity.
- Use the information for your own background to stimulate informal discussion and "brainstorming" on this topic and to answer kids' questions.

! You already know that physical activity is a very important part of being healthy. Physical activity helps you:

- feel good
- stay at a healthy weight
- keep your heart healthy
- get stronger
- stay flexible (meaning you can bend and stretch your body without too much trouble)

! What is "physical activity?" Physical activity can include things like walking or riding your bike to school, taking gym class (PE), playing sports, running around on the playground at recess or just about any activity that makes you breathe harder and makes your heart beat faster.

! How much time do you spend being physically active each day? To be healthy, experts recommend that kids spend at least 60 minutes doing physical activity each day or most days of the week.

! Does 60 minutes sound like a lot? It's not a lot if you spread it throughout the day—you don't have to do the 60 minutes all at once.

! Lets talk about some ways you could be more active throughout each day. For example, you already know that playing a sport would make it easy to be active. What are some other ways to be more active? Simply walking more (taking more steps) and sitting less are easy ways to be more active.

! How many steps do you think you take each day? Fitness experts say that grown-ups should take at least 10,000 steps a day! That equals about

Talking Points/Discussion Questions:

five miles. It's good for kids your age to take even more steps than that each day.

! Let's talk about some ways you could take more steps each day. Things like walking to a friend's house instead of getting a ride or walking up the stairs instead of taking the elevator. (Brainstorm list of ideas.)

! Whether you choose to walk more, play more, or try a new sport, it will all improve your "fitness."

! What does being fit mean to you? Can you think of any benefits of being fit? Being fit makes it easier to run, dance and climb stairs without getting out of breath. Being fit also helps you feel and look great. Depending on what activities you choose, your muscles will get stronger, including your heart.

! In fact, your heart rate is a great way to know how fit you are. Your heart rate is the number of times your heart beats in one minute. For most of you, your "resting" heart rate will be between 70 and 100 beats per minute. Your resting heart rate is the number of times your heart beats in one minute after you've been resting for at least 10 minutes. Athletes or people who are very fit generally have lower resting heart rates than people who are not active regularly.

! After you have done a strenuous activity for about 5 to 10 minutes, your heart rate will be a lot faster than when you were "resting." The more "fit" you are, the faster your heart will slow down to its resting rate. This happens because your heart is a muscle and when its "in shape," it doesn't have to work so hard to do its job of pumping blood.

! Why do you think your heart beats faster and your breathing is faster when you move around than when you "rest?" Movement and physical activity require your muscles to use more oxygen. When you are moving, your heart beats faster to pump your blood more quickly through your body. Your blood takes the oxygen you breathe in from the air in your lungs and carries it quickly to your muscles.

! If you are already fit and physically active, good for you! If you aren't and want to do more physical activity—go for it! Just remember to listen to your body, stop if anything hurts and keep moving at YOUR pace. Most important, pick something fun you like to do and ask a friend to join you so it will be even more fun!

Additional Resources:

Information about heart rate:

- <http://www.webmd.com> => search for "taking a pulse."
- http://www.cdc.gov/nccdphp/dnpa/physical/measuring/target_heart_rate.htm

ACTIVITY: START YOUR HEART AND FEEL THE BEAT!



THIS ACTIVITY WILL TEACH KIDS TO MEASURE THEIR HEART RATE (PULSE). THEY WILL COMPARE THEIR "RESTING" HEART RATE TO THEIR ENERGIZED HEART RATE AND RATE THE EFFORT IT TAKES TO DO THE ACTIVITY.

What You Will Need:

- Watch or clock with a second hand. (If watch or clock are not available: seconds can be estimated by counting "one-one thousand, two one-thousand, three-one thousand...up to six seconds).
- One copy of *Pump It Up: Heart Rate Log* for each child.
- Five Fun Ways to Get Physical and Get in the Groove With the 10-Minute Move*—review for background information.

What To Do:

- Have the kids practice finding their pulse using two fingers (their index and middle fingers) on their wrist. Pulses in the wrist can be found by having them follow these steps:
 - Turn one hand so that the palm faces up. Using two fingers, trace a line from the base of the thumb heading toward your arm. Stay along the outer part of your wrist. When your fingers have just passed over your wrist bones, press gently until you feel the pulse. Don't press too hard—just enough to feel the beat.
- Once they have found their pulse, have the kids practice counting the beats. Use one of the following ways to have them estimate their heart rates:
 - Count the beats for 6 seconds then add a zero. This will equal the beats in 60 seconds.
 - Example: beats in 6 seconds = 7. Heart rate = 70 beats per minute.
 - Count the beats for 10 seconds and multiply the number by 6.
 - Examples: beats in 10 seconds = 11. Heart rate = $11 \times 6 = 66$ beats per minute.
 - Count the beats for 30 seconds and multiply the number by 2.
 - Example: beats in 30 seconds = 34. Heart rate = 68 beats per minutes.
- Once the kids can easily find their pulses and calculate their heart rates, use the *Pump It Up* worksheet and have them record what happens.

Follow-Up Questions:

- How difficult was it for you to find your heart rate?
- How quickly did your heart slow down after the activities? Were some activities harder for you than others (e.g., push ups vs. walking)?
- If you were to do these activities every day for several weeks, what do you think might happen to your "resting" heart rate? Answer: it may get slower, which means your heart will be in better shape.

Pump it Up: HEART RATE LOG

Name: _____

Your heart is an amazing muscle that pumps blood to all of your parts. Your heart rate is a good gauge of how hard your body is working. When you are "sitting" (not moving), your heart rate will be lower than when you are physically active. Follow the directions below and measure your heart rate after doing some of the activities.

- 1 Do each activity for about 2 minutes and then measure your heart rate immediately after completing the activity.
- 2 Write down your heart rate, the time you spent doing the activity and how you felt doing each activity.
- 3 After a minute or so, measure your heart rate again and see how close you are to your "sitting still" rate. If your heart is still beating pretty fast, wait a little longer and measure the rate again. If you are physically active on a regular basis, your heart rate will slow down more quickly.

ACTIVITY	HEART RATE (Beats per minute)	TIME SPENT DOING THE ACTIVITY	HOW I FELT (Great, okay, tired, or terrible)	MINUTES IT TOOK MY HEART TO SLOW DOWN
Sitting still (no activity, talking or moving)				
Standing up				
Walking slowly around the room				
Walking quickly around the room				
Jumping jacks				
Running in place				
Sit ups				
Stretching				
Push Ups				

My favorite ways to move _____, _____ and _____.

For more fun ways to get moving, go to www.kidnetic.com.

ACTIVITY: STEP UP TO THE CHALLENGE!



THIS ACTIVITY WILL HELP KIDS BECOME MORE AWARE OF HOW MANY "STEPS" THEY TAKE ON A DAILY BASIS AND ENCOURAGE THEM TO INCREASE THEIR STEP COUNTS.

What You Need:

- Step counters, preferably one for each child.
 - Note: You can find inexpensive step counters on the Internet for about \$5 to \$10 dollars each (try searching for "step counters" or "pedometers"). Consider asking a local business to sponsor this expense and have their company logo imprinted on the step counter.
- Are You Up for the 10,000-Plus Step Challenge?* Bright Paper—review for background information
- Copies of the *Step On It: 10,000 and Beyond* log—one copy for each child.
- (Optional) Prize(s) such as the step counters used for this activity or another fitness-related prize such as a sticker, jump rope, ball or water bottle.

What To Do:

- Provide each child with a step counter and a copy of *Step On It: 10,000 and Beyond!*
- Have the kids start doing the activities listed (or others you think of) and record their steps on their logs. Be the time keeper: have the kids start an activity and after 2 minutes, have them stop to record their steps. Then, start them on the next activity. After about 20 to 30 minutes, bring the group back together and review their logs.

Alternative Ideas:

- Divide kids into teams for a step counter relay. Give each team a step counter and explain how to wear it. Have each team member take a turn wearing the step counter for 1 minute and doing an activity from *Step On It!: 10,000 and Beyond*. After the first person takes their turn, they quickly pass the step counter to the next team member. The relay is complete when all team members have had a turn. Give a prize to the team that finishes first and to the team with the highest number of steps.
- If you only have a few step counters: Have the kids work in groups and take turns wearing the counters while everyone participates in the activities on the log. When everyone has had a chance to wear the step counter, have groups come together and review their logs noting which activities generated the most steps.
- Long Term Activity: Start a Walking Club and have a "city-to-city" challenge. Use an atlas or online service that provides driving directions (e.g., www.yahoo.com) to figure out the number of miles between your city and another city—the distance can be close or far depending on how long the activity continues. Multiply the number of miles between the cities by 2,000 to determine the number of steps between the two cities (e.g., between Chicago, Illinois, and Toledo, Ohio, there are 244 miles or 488,000 steps). The first person to take enough steps to "reach" the other city wins the challenge!

Follow-Up Questions:

- Which activities generated the most steps in two minutes? Which activity was the most fun to do while stepping?
- What are some fun and crazy ways to add steps to your day?

STEP ON IT: 10,000 + Beyond!

Use this log to see how many steps you take while doing different activities. Spend at least 2 minutes doing each of the following activities and record the number of steps you took while doing the activity. If you are sharing a step counter with others, each person should pick a different activity to try. If there's time, think of other activities to try and "Step On It!" See how many steps you (or your group) can rack up in the time you have.

ACTIVITY	TIME SPENT DOING THE ACTIVITY	NUMBER OF STEPS
Jumping Jacks		
Walking around the block		
Marching in place		
Walking around the room		
Playing tag		
Jogging around the room		
Stretching		
Dancing		
Hopping on one foot		

Now, add up all of your steps and record your GRAND TOTAL: _____

Most fun ways I got steps:

For more fun ways to "get stepping," go to www.kidnetic.com.



Bright Paper

How many steps do you take every day? Fitness experts say grown ups should take at least 10,000 steps every day—that equals about 5 miles of walking. It's good for kids your age to take even more than 10,000 steps every day. But can you imagine counting all of those steps? Yikes!

One easy way to measure how many steps you take is to invest in a step counter. You can probably find one that doesn't cost a lot at a local sporting goods store or a store that has a sporting goods department. The step counter doesn't have to be anything fancy—it just has to count your steps.

Step counters work when you attach them to the waistband of your clothing. They count how often your hips move up and down as you walk—and that equals the number of steps you take.

It's fun to use a step counter to see how many steps you usually take in one day. To track your progress, wear your step counter all day. Then, before you go to bed, write down the number of steps shown on your step counter. Are you close to 10,000? Are you way under or over? It's OK if you're way under 10,000 steps to start with—lots of people are! Work on taking a few more steps each day until you hit the big 10,000. Then, try for even more. Wherever you start, the goal is to challenge yourself to take even more steps.

Are you ready to take the 10,000-plus step challenge? Let's get stepping!

Are You Up for the 10,000—Plus Step Challenge?

Start by counting steps in your daily routine. How many steps is it from:

- Your bedroom to the front door?
- Your locker to your homeroom or first class of the day?
- Your front door, around your house or building and back to the front door?
- Your locker to your best friend's locker?
- Your home to a friend's home?
- One class to another?
- The entrance of your school to your locker or first class?

Easy ways to sneak extra steps into your day:

- Get up and walk around during commercial breaks while you're watching TV
- Get up to change the channel instead of using the remote
- If you walk to school, take a longer route (or maybe on the way home so you're not late!)

- Take the stairs more often
- Become a part-time pet walker
- If you go shopping with a parent, have them park farther away from the entrance to the store
- Walk around while you're brushing your teeth or on the phone with a friend
- If you're on the computer, set a timer to remind you to get up every 15 minutes or so and walk around

Of course, taking a long walk each day with your family or a friend is a great way to meet the 10,000-plus step challenge! What other ideas can you come up with to take more steps? Do you feel like you're becoming more active? Do you notice that you're taking more steps each day now that you're counting them? Good!

Now keep stepping!!!

Reviewed by the Kidnetic.com Scientific Advisory Panel, 2006



Bright Paper

Who says you have to play sports to have fun and be fit? There are lots of great ways to put more action in your life. Being active helps you build strong bones and muscles. It also helps you look and feel your best. And it helps give you more energy to do other things.

Five Fun Ways To Get Physical

Pick and choose some of these fun ways to get fit. Or think of your own ways to get moving. Your body will thank you!

- 1. USE YOUR FEET.** Your feet were made for walking, so use them every chance you get. Walk to a friend's house, to the store, around the mall or wherever it's safe to walk. While you're at it, walk your dog. Or offer to walk your neighbor's dog.
- 2. MOVE TO THE BEAT.** Turn up the music and dance! Dance with your friends or on your own. And who says you can't do two things at once? Dance while you talk on the phone. Dance while you watch TV. You can even dance while you clean your room!
- 3. ROLL AROUND TOWN.** Make your muscles do the work on your bike, skates or scooter as you enjoy the cool breeze. Don't forget to wear the gear: a helmet, and knee, wrist and elbow pads for skating.
- 4. GET YOUR FRIENDS MOVING.** Gather a few friends to shoot hoops, kick around a soccer ball, play street hockey or throw around a football or baseball. You don't need to be on a team to enjoy sports. Check out the recreation center in your neighborhood for open gym times and other fun activities like tennis, swimming or dance classes.
- 5. BE A BUDDY.** Stuck babysitting or playing with younger brothers or sisters? Make it play time. Young kids love games like hopscotch, tag, hide-and-seek, Hula-Hoops, jump rope, squirt guns, T-ball, kickball or flying a kite—especially when they're doing it with a "cool" older friend like you.

Reviewed by the Kidnetic.com Scientific Advisory Panel, 2006



Bright Paper

Moving your body by running, jumping, walking and playing gives you energy, makes your muscles stronger and helps you feel good about yourself. Moving for 60 minutes every day is a great goal. But don't worry if that seems like too much to do at one time. Try doing your moves for just 10 minutes, but do them at least a few times each day.

Get in the Groove with the 10-Minute Move

See how many 10-minute moves you can do each day, like during a homework break or while you're watching TV. Do your favorite thing or try one of the ideas below. If you want to do more than 10 minutes at a time, you'll feel even better!

- Turn on your favorite music and dance.
- Walk to a friend's house that's a few blocks away.
- Go outside and rake leaves, pull weeds or sweep the sidewalk.
- Do inside chores like vacuuming, dusting or emptying the garbage.
- Do jumping jacks for one minute, march in place for one minute and step up and down a stair for one minute. Repeat until 10 minutes are up.
- Play tag with your younger brother or sister.
- Skip rope.
- Walk the dog.
- In-line skate.
- Do part of an exercise tape.
- Shoot baskets in the driveway or at the recreation center.
- Practice the Hula-Hoop.
- Kick a soccer ball.
- Ride an exercise bike.
- Jog around the block.

Reviewed by the Kidnetic.com Scientific Advisory Panel, 2006