CANADA
4-H Saskatchewan

Exploring 4-H at Home

Environment & Healthy Living

Pillar: Environment & Healthy Living

Project: Healthy Living (Previously called "On The Move")

Activities: Activity Log
Types of Physical Activity
Safety

Weekly Physical Activity Log

Time: 30 minutes every week

What you need

- Pen/pencil
- Activity Log Sheet
- Notebook
- Fitness App on your phone (Google Fit, Samsung Health, Runtastic, MyTraining, Sworkit)
- PartcipACTION App

Instructions

The Government of Canada's recommended daily physical activity levels for youth is 60 minutes per day. They also recommend three days per week should be spent doing vigorous aerobic activities (hard enough to make you sweat!) and three days should be spent doing strength training activities.

At the end of each day, write down what types of physical activity you did (or log them in your fitness app if they weren't automatically logged), identify them aerobic, strength training, or flexibility training, the intensity level, and how much time you spent. At the end of the week, add up your numbers! If you didn't meet the recommended physical activity levels at the end of your first week, don't feel bad! As you continue, you will complete your log each week. Take action each week, to improve your daily physical activity levels, and you will have no problems meeting the recommended levels by the end of this project!

Make sure to connect your PartcipACTION App to your fitness tracking app and you could win prizes. ParticipACTION has also partnered with 4-H Canada to create Physical Health resources, which can be found on the 4-H Canada website.

Discussion

- Did you reach the Government of Canada recommended daily physical activity levels? Why or why not?
- Did you meet the required number of days spent doing vigorous aerobic activity and strength training? Why or why not?
- Not being sedentary is another important aspect of overall wellness. How many hours per day did you spend this week doing sedentary activities? How can you reduce this number next week?
- As you continue to track your physical activity levels with the *Physical Activity Log Sheet*, what can you do to stay motivated and get moving? Is there a family member who could help keep you accountable? In your project binder, jot down a few ways that you can increase your physical activity levels and what you need to do/prepare to make them happen!

Weekly Physical Activity Log Sheet

Week of: **Name:**

Date	Activity	Type of Activity	Time Spent	Intensity
Total Time Spent (Aerobic Activity)				
Total Time Spent (Strength Training Activity)				
Total Time Spent (Flexibility)				

Types of Physical Activity

There are three main types of physical activity: aerobic activity, strength training and flexibility exercises. It is important to have an active lifestyle that includes a balance of these three types.

Aerobic Activity – Moderate and Vigorous

Aerobic activity (also known as cardio) is any type of activity that increases your heart rate. If it gets your blood pumping, and causes you to breathe more heavily, there's a good chance that the activity you just did is aerobic!

Aerobic activities can be classified as either moderate or vigorous. When performing ***moderate*** aerobic activities, your heart rate will be increased, you will breathe harder and you should be able to talk, but not sing. When performing ***vigorous*** intensity aerobic activities, your heart rate will be even more increased and you should not be able to say more than a few words without catching your breath.

There are many different types of aerobic activities. Some are classified as moderate or vigorous, while others can be classified as either, depending on the effort you put into performing them.

- ✓ Bicycling (moderate or vigorous)
- ✓ Sports (moderate or vigorous)
  - Basketball
  - Baseball
  - Hockey
  - Volleyball
  - Football
  - Soccer
  - Tennis
  - Ultimate Frisbee
- ✓ Dancing (moderate or vigorous)
- ✓ Skateboarding (moderate)
- ✓ Jump Rope (moderate or vigorous)
- ✓ Running (vigorous)
- ✓ Long Distance Running (moderate or vigorous)
- ✓ Gymnastics (moderate or vigorous)
- ✓ Walking (moderate)
- ✓ Circuit Training (moderate or vigorous) – Not recommended for ages 16 and under
- ✓ Swimming (moderate or vigorous)
- ✓ Games (moderate)
  - Kick-the-Can
  - Tag
  - Disc Golf
  - Golf

Can you think of any other aerobic activities? Would they be classified as moderate or vigorous?

Strength Training

When performing **strengthening activities**, you will be building up either your muscles or your bones. Muscle-strengthening activities build up your muscles by making them work harder than during normal activity. Bone-strengthening activities involve using your muscles to "push and pull against your bones, making them stronger" (Canadian Physical Activity Guidelines).

Muscle Strengthening Activities:

- ✓ Push-ups
- ✓ Sit-ups
- ✓ Lunges/squats
- ✓ Climbing stairs
- ✓ Riding a bicycle (on an incline)
- ✓ Free weights – Not recommended for ages 16 and under

There are many muscle-strengthening activities that you can do at home, with little or no equipment. These exercises (called body resistance exercises) use the weight of your own body to work your muscles.

Chest and Arms – Push-ups are a classic body resistance exercise. Begin by placing both hands directly underneath your shoulders on the ground. Stretch your legs out behind you and keep your toes planted firmly on the ground. For a slightly easier push-up, keep your knees on the ground. Keeping your back, neck and head in a straight line, slowly lower yourself towards the ground and then raise yourself back up. As you lower your body, breathe in (inhale) and breathe out (exhale) as you push yourself back up. Any time you are doing strength training exercises, you should exhale while you are exerting yourself and inhale during a rest or moment of recovery.

Legs – Squats are an excellent way to work the muscles in your legs and buttocks. Stand tall, with your feet directly beneath your hips. Slowly bend your knees to lower your hips – but don't bend your knees any farther than a 90 degree angle! Push your hips slightly backwards as you lower your body, as if you are about to sit down on a chair.

Core (stomach, back and gluteus) – Bicycle pedalling exercises will help strengthen your core (your abdominal and gluteus muscles) by making them work harder than normal. Begin by lying on your back, keeping your hands behind your head and your knees bent. Move your legs in a slow bicycling motion above the ground and touch each opposite elbow to opposite leg as you pedal.

Bone Strengthening Activities:

Most bone-strengthening activities are classified as "high-impact", meaning your bones have impact with the ground as you run, jump or dance. Although activities such as swimming or bicycling are great aerobic activities, they don't involve any pressure or impact on your bones. Therefore, they do not count as bone-strengthening activities.

Your bone density, or the degree of strength inside your bones, is almost fully developed by the time you are 18-years-old. It's important that you make your bones as strong as possible before age 18, and continue to perform bone-strengthening activities throughout your life to maintain that bone density. If you do not properly care for your bones when you are young (by performing strengthening activities and consuming calcium), you may develop a disease called osteoporosis later in life. Osteoporosis, which affects women more commonly than men, will make your bones very fragile and more likely to break.

Some common bone-strengthening activities are:

- ✓ Running
- ✓ Walking
- ✓ Skating
- ✓ Cheerleading
- ✓ Karate
- ✓ Jumping Rope

Flexibility

Flexibility exercises are often forgotten when considering physical activity, but are very important to overall wellness. Flexibility is more than just being able to touch your toes – maintaining your body's range of motion allows you to perform daily tasks such as reaching to grab a plate from a cupboard or sitting cross-legged comfortably and without pain. By increasing your body's flexibility, you will be better able to perform aerobic and strengthening exercises and will reduce your risk of injury. Flexibility exercises may be done as part of the warm-ups or cool downs (stretching), or as an activity unto themselves (yoga).

Activities and exercises that increase flexibility will also increase your range of motion, increase your aerobic and strengthening exercise performances, and will decrease stress. Activities that increase flexibility include:

- ✓ Stretching (See the unit on Safety for more information)
- ✓ Dance
  - Jazz
  - Ballet
  - Hip-Hop
  - Ukrainian
  - Scottish
  - Modern/Contemporary
- ✓ Martial Arts
  - Karate
  - Kickboxing
  - Judo
  - Taekwondo
- ✓ Pilates (A type of exercise using special apparatus)
- ✓ Tai Chi ("A Chinese system of slow meditative physical exercise designed for relaxation and balance and health")
- ✓ Yoga (A traditional Middle Eastern form of exercise and stretching that increases flexibility and can even help decrease stress)
  - Ashtanga
  - Bikram
  - Power
  - Hatha
  - Yoga for Kids

The following are some basic yoga poses for beginners that can help you increase your flexibility. When performed in a sequence, they are known as a sun salutation. Before you move your body into each pose, inhale. Then, exhale as you move into position. Try to hold each pose for five to 10 seconds, taking two or three long deep breaths, before you move into the next position.

Taken from <http://www.thehealthytips.com/suryanamaskar-or-sun-salutation/>

Unexpected Daily Exercise

Being physically active is not always about playing sports or going for a run; rather, it is about finding ways to keep your body moving every single day. Each of the ideas below will help you stay physically active without feeling like you are exercising!

- ✓ Take the stairs instead of the elevator. (Aerobic)
- ✓ Walk or bike to school. (Aerobic)
- ✓ Do some morning stretches before you get out of bed. (Flexibility)
- ✓ Take your dog for a walk. (Aerobic)
- ✓ Clean your room. (Aerobic)
- ✓ Rake the leaves. (Aerobic)
- ✓ Shovel snow. (Aerobic/Strength)
- ✓ Use a push mower to mow your lawn. (Aerobic/Strength)
- ✓ Garden. (Aerobic/Strength)
- ✓ Wash your car – by hand! (Aerobic)
- ✓ Go shopping and walk around the mall. (Aerobic)
- ✓ Dance to your favourite music. (Aerobic)

Adaptations for People with Disabilities

Being physically active is important for everyone, even those who have physical disabilities! If you or someone you know has a physical disability or faces mobility challenges, there are still many ways to meet the daily recommended levels of physical activity. A great online resource is the Active Living Alliance for Canadians with a Disability (www.ala.ca). On this website, you will find many suggestions for activities and sports suitable for people with different disabilities.

The recommended type and intensity of physical activity recommended by the ALA differs greatly depending on what type of disability or mobility challenges a person has. For example, a person with vision impairment will need to make very different changes or accommodations to activities than someone who uses a wheelchair for mobility. There are even sports designed for people with specific disabilities. If you'd like information on activities that are specific to your or a friend's disability, use the resources from the Active Living Alliance for Canadians with a Disability, talk to a therapist or talk to an older adult who shares the same disability.

Safety

Proper Technique and Training

Before you begin any new nutrition or exercise program, it is important to make sure that you have as much information as you can. This will help keep you safe and healthy. It is important to use proper techniques when being physically active. Although it is often tempting to just get started, you run the risk of serious injury if you do not perform a task or exercise correctly. The best way to ensure that you are using proper technique is to ask an expert. There are many people and places that you can get reliable information and training from.

The following people and places are good sources of information:

- **Health websites**, such as www.kidshealth.org and "Just for You, Youth" (www.hc-sc.gc.ca/hl-vs/jfy-spv/youth-jeunes_eng.php) provide many easy to read articles about health and wellness. If you choose to use a website to get information, make sure that it is reliable and trustworthy.
- **Registered Dieticians and Nutritionists** can help you make wise food choices. They can make recommendations based on your age, height and activity level regarding what and how much food to eat.
- **Certified personal trainers and exercise therapists** can teach you how to properly and safely become physically active. They can demonstrate proper techniques for running, stretching and lifting weights to help prevent injuries.

Your health and safety are too important to leave to chance – make sure that you get accurate information and proper training from reliable sources and trained professionals!

Overtraining

Overtraining, which occurs when you exercise too often or with too much intensity, is another risk associated with performing physical activity. Any muscle or joint can be affected by overtraining. Some of the signs and symptoms of overtraining are:

- ✓ Recurring injuries, such as tendonitis
- ✓ Decreased performance (getting slower or weaker)
- ✓ Increase of resting heart rate
- ✓ Physical and emotional burnout/fatigue

You can prevent overtraining by giving your body adequate time to rest and recover between activities (at least one day), switching up the type of activity that you are doing each day and learning to pace yourself. For example, if you do an intensive strength training session, give your body time to recover by doing a different type of activity (such as aerobic exercise) the following day.

Stretching

In addition to using proper technique and avoiding overtraining, **stretching** is a great way to help prevent injuries while performing physical activities. There are two main types of stretching:

- **Dynamic stretching** involves controlled movement of parts of the body (such as arms or legs) that takes them to the limit of their range of motion. Dynamic stretches mimic the movements performed during physical activity, and are usually done before a workout to raise your heart rate, increase body awareness and help prevent injury.
- **Static stretches** are performed when you move a part of your body into a stretching position and hold it for 30 seconds or more. These are the type of stretches that are commonly demonstrated by fitness instructors at the end of an exercise class. Static stretches are commonly performed after physical activity to help lower the heart rate and increase flexibility. You should feel a slight pull of the muscle group as you hold it in the stretched position.

Stretching should never cause you pain. If a stretch is painful, you've gone too far.

Heart Rate

The cardiovascular (heart and circulatory) system sends oxygen and nutrients through your blood to all parts of your body. When performing aerobic activities, you make your cardiovascular system work harder and more quickly to ensure your body has all of the oxygen and nutrients it needs to perform well. One way to track how hard your cardiovascular system is working (and to tell if you are performing moderate or vigorous aerobic activity) is to measure your heart rate.

Your **heart rate** is how many times your heart beats per minute. Each time your heart contracts and sends blood moving through your veins, you can feel it in your pulse. You've probably had the doctor or a parent take your pulse before. Place two fingers on your wrist, or the side of your neck – you've found your pulse when you can feel a small beat under your skin.

You must first measure your resting heart rate, or your heart rate when you are being sedentary. Choose a time when you've been relaxing for ten to fifteen minutes to begin. Find your pulse, and then using a stopwatch, clock or timer, count how many times your heart beats in a period of one minute (60 seconds). This is your resting heart rate. The average teenager's resting heart rate is between 70 to 100 beats per minute.

Many adults use their heart rate to track if they are reaching the level of aerobic activity that they want – this is called a target heart rate. To find out what your target heart rate is, use the following formula:

MINIMUM RANGE – (220 - your age) x 60%

MAXIMUM RANGE – (220 - your age) x 85%

To track your active heart rate, perform a moderate or vigorous physical activity. As soon as you finish (without taking any time to cool down or rest) take your heart rate again. The number of beats per minute is your active heart rate. If you performed a vigorous aerobic activity, your heart rate should be higher than if you performed a moderate physical activity. Your active heart rate should be somewhere within the target heart rate that you calculated.