

# DELAWARE 4-H HEALTHY LIVING



## Fun activities to reinforce healthy living lessons.

### Goals:

To review  
Concepts: Flexibility, Strength, and Endurance.

Participants will gain skills in the areas of flexibility, and strength and will feel comfortable doing these activities on their own.

Participants will have fun and develop self-esteem and confidence about exercise.

### Supplies:

Attachment with the pictures and instructions.

Ask youth in advance to wear sneakers or shoes that do not slide.

**Time Required:**  
20-30 minutes

**Note:** Encourage everyone to stay together but at their own ability and comfort and to stop if they need to rest

### Activity Name: Strength and Flexibility Exercises

#### Procedure:

Gather youth in a line facing the teacher. They will need to be far enough apart to be able to extend their arms.

Tell them you will be playing a game to learn some strength and flexibility exercises that they can do at home for 15 minutes each day.

Explain that strength activities build our muscles, and flexibility activities enable us to maintain the range of motion for our muscles. These are just two aspects of physical fitness.

Explain: The third aspect is endurance and includes activities that make it feel harder to breath. We will learn more about these activities next time.

Once youth are lined up facing the presenter, have the presenter explain each position on the attachment, then have youth perform that activity. Move on to the next position and teach as written. After all position have been taught, follow the sequence without stopping.

For a bonus activity, involve the youth in leading it. Have them take turns calling out 3 positions always starting at Mountain. For example, youth may call out Mountain, bird, chair and the next youth calls out Mountain, frog, gorilla.

Allow youth to take turns calling out positions as long as they wish.

#### Reflect:

Ask youth which activities felt like they were building muscle?

Which felt like they were stretching our muscles? Did any feel like they were doing both at the same time?

#### Apply:

Following the activity, ask youth if they think these are activities that they could do at home?

Ask when they might do them? Ask which of these things do they found the hardest to do; easiest?

How will you share this information with others?

4-H hosts Train the Trainer sessions for teens and adults all year long, in each county. We also hold special fun events for teens and our "Healthy Living Ambassadors". To learn how you can become involved, visit our website at <http://extension.udel.edu/4h> Or email [krjohn@udel.edu](mailto:krjohn@udel.edu) or your county agent for more information.

### In 2014-2015

- 4-H facilitated 4-H Food Smart Families to over 2500 youth and Up for the Challenge Assets & Fitness to 3300 youth!
- Health Rocks & Botvins reached over 6500 youth with Prevention Life Skills!

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h/>

Or call your County Cooperative Extension Office.



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Our thanks for supporting DE 4-H "Youth Voice, Youth Choice" building healthy communities through engaged youth!