

DELAWARE 4-H HEALTHY LIVING



Fun activities to reinforce healthy living lessons.

Goals:

To practice basic physical fitness, and to promote leadership skills.

Participants will learn useful exercises and practice leading a group of peers.

Supplies:

3 oversized foam dice per 8-10 youth, one of which is labeled with the names of 6 different exercises with permanent marker.
(Jumping jacks, pushups, arm circles, crunches, toe touches, hopping on one foot)

Time Required:
15-30 minutes

Activity Name: Fitness Dice

Procedure:

Gather youth in a circle — approximately 8-10 youth per circle

Tell the youth that they will be working together to learn different exercises that they can do at home.

Select one of the youth as group leader; that youth will roll the dice. Then, that youth will lead the others in doing an exercise a certain number of times as shown on the dice. (For example, if he or she rolls a seven and toe touches, then the youth will do seven toe touches as the leader counts aloud to seven.)

Pass dice to the youth to the left of the previous leader until all have had a chance to be leader.

Reflect:

Ask the youth what exercises they enjoyed.

What is the purpose of each exercise? Which are strength, cardio, or flexibility exercises?

What are some other exercise they could do?

Apply:

Ask youth: As a result of this activity, what exercises will they use more frequently?

How can they involve their friends in their exercises?

(Supply Note: You may substitute regular dice for oversized dice, and the youth leaders may call out the exercise from the attached photo until all exercises have been completed.)

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 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!