

# DELAWARE 4-H HEALTHY LIVING



Fun activities to reinforce healthy living lessons.

## Goals:

To review different types of exercise: strength, flexibility, and cardio

To engage in strength, flexibility, and aerobic activity

Building confidence in various exercise types

## Supplies:

1 deck of cards  
Yoga poses sheet

**Time Required:**  
15-30 minutes

## Activity Name: Wild Card Exercising

### Procedure:

1. Gather youth in large group facing the instructor
2. The instructor will hold a deck of cards, each card has a different exercise (key attached), have students take turns selecting a card from the deck that the group will complete. The suit will indicate the exercise, the number on the card will indicate how many of that exercise to complete.
3. Exercises can be modified to age appropriate activities. Numbers can be changed to seconds held depending on activity.

### Reflect: Ask Youth

1. Which activities worked which muscle groups?
2. Which activities were stretching, cardio, or strength?

### Apply: Ask Youth

1. Would you be likely to do any of these exercises at home?
2. Do you have a deck of cards at home to try and draw a card each morning to complete an exercise?
3. Would you be able to teach this game to 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*

## 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

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!

# Card Key

Card Type	Exercise
Club	Crunches/Sit-ups (number indicated)
Spade	Push-ups (number indicated)
Diamond	Squats (number indicated)
Heart	Walking lunges (number indicated)
Jack	Jumping Jacks (5)
Queen	Star Jumps (5)
King	Wild-Instructor leads yoga stretch of choice
Ace	Wild-Youth leads yoga stretch choice
Joker	Meditation/Breathing exercise

## Notes

- If youth choice, youth who drew the card will select a yoga pose from attached sheet
- If instructor choice, instructor will select a yoga pose from attached sheet.
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