



Tips & Tricks

Healthy & Active Living Projects

Steps Challenge

Using an app or a fitness tracker, create a step challenge for your members. This could be a daily step goal; you could divide the club into teams to count steps or set a goal for the entire club to get 1 million steps in a week.

Get Cooking

Healthy living projects are a great way to incorporate cooking and baking. Try creating healthier alternatives to favorite comfort foods or experiment with new healthy foods and recipes.

Simple Snack Breaks

One great way to pause your meeting for a break from content is to make a snack together. Keep it simple and under 10 minutes. For example: apples and peanut butter.

Get Outside

Plan outdoor activities and encourage youth to complete activities outdoors too.

Youth-Led Activities

Have senior members lead ice breakers, games or activities.

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Stretch & Share

Use the roll call time to multitask and stretch or warm up while having members share their roll call responses.

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Virtual Fitness Classes

YouTube has many instructional videos that can lead you through anywhere from 5 - 60 minutes of exercise. Try a meditation, learn a new skill like juggling, or do a boxing class.

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Goal Setting

So much of fitness and nutrition is focused on goal setting. Teach members about setting SMART Goals - Specific, Measurable, Achievable, Realistic and Timely.

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Self-Care Activities

It's important when we talk about wellness, that we talk about mental health. Try a self-care/mental health themed meeting.

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ParticipACTION App

Download the ParticipACTION app for activity inspiration. This app has lots of fitness videos and activities!

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Visit the Virtual Resource Library:
www.4-hontario.ca