



[www.4-hontario.ca](http://www.4-hontario.ca)

## 4-H ONTARIO PROJECT



**Fitness & Health P.L.A.Y.  
(Positive Living Active You)**

**REFERENCE MANUAL**



Original Fitness & Health The 4-H Way written by: Vivian Webb

Fitness & Health P.L.A.Y. revised by: Elizabeth Johnston, 4-H Ontario

Edited by: Shannon Kelly, Junior Farmers' Association of Ontario & PLAY Program Organizer

Edited by: Dr. Michael Ciolfi, BPE (Hons), BSc, DC, EMBA, Chair, Chiropractic Principles and Practice, Canadian Memorial Chiropractic College

Edited by: Dr. Scott Howitt, BA, CK, MSc, DC, FRCCSS(C), FCCPOR(C), Assistant Professor, Clinician, St. John's Rehabilitation Hospital, Toronto

Layout: Art Kilgour, WriteDesign

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Thank you to the 4-H Volunteers and Members that piloted this project for us!

*Renfrew*

4-H Volunteers – Anne Bromley, Janet Edwards

4-H Members – Cailen Bromley, Tanner Bromley, Meeka Bromley, Sean Bromley, Colin Edwards, Kelsey Edwards, Carson Edwards, Jamie Schultz, Erin Sweeney, Sherry Ethier, Amber Ethier, Dustin Ethier, Alexis Brydless, Payton Rochon, Taylor Henderson, Keeley Henderson, Sabrina Tysick, McLean Rice, Kinely Rice, Drew Veryken, Cassie Veryken, Aurora Daement, Samantha Austin, Alyssia Peever

*Lanark*

4-H Volunteers – Melissa Ferguson, Laura Gale, Bev Savard

4-H Members – Alyssa Pollack, Ashley Gale, Breanna Lunn, Carrie Savard, Elizabeth Gale, Emily MacDonald, Jenny Childs, Jessica Pollack, Jessica Savard, Julie MacDonald, Katelyn Bradley, Molly Pinhey, Rebecca MacDonald, Zoey Read-Stafford, Alexa Button

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# INTRODUCTION

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## Welcome to 4-H Ontario's 'Fitness & Health P.L.A.Y. (Positive Living Active You)' Project!

Starting a fitness program and eating properly is one of the best things you can do for your health. Studies show that active people are happier, healthier and smarter. So get outside and get active – you'll see the benefits at home, on the field and in the classroom!

### Objectives

1. To help members set fitness and health goals.
2. To encourage members to have an active lifestyle through a variety of sports and activities.
3. To encourage members to try a variety of different sports and activities.
4. To learn what constitutes a healthy meal plan.
5. To understand why healthy eating habits are important.
6. To encourage members to live positively and have an appreciation and acceptance of who they are
7. To have fun while learning!

### How to Use This Manual

4-H Ontario's Fitness & Health P.L.A.Y. Project is made up of 2 parts:

#### **1. The Reference Book:**

The reference book is laid out into 6 meetings:

Meeting 1 – Starting Off on the Right Foot

Meeting 2 – Active You!

Meeting 3 – Positive Living – Seeing Yourself!

Meeting 4 – Taking Care of You Inside & Out

Meeting 5 – Muscles & Injuries

Meeting 6 – Putting It To The Test

Each meeting has been broken down into an Introduction with Sample Meeting agendas, References and Resources, Topic Information and Activities.

**Sample Meeting Agendas:** are at the beginning of each meeting. The agendas give suggestions for topic information, activities, judging and/or communications activities along with suggested times for each section. Some meetings also contain recipes.

These are only suggestions – you will know your group best and will know the skill and attention level of your members. There is more topic information and activities than what can be completed in a two hour meeting. Be creative!

**Activities:** should be used in combination with the discussion of topic information to teach members in a hands-on, interactive learning environment.

## **2. The Record Book**

This booklet is designed to make it easier for members to record information throughout the club. Members are to record their expectations and goals for the project in addition to contact information, meeting dates and roll calls. Print or photocopy pages from the Reference Book that you think will benefit the members either as a resource or an activity.

The Record Book should be given to each member at the beginning of the first meeting. Ask members to keep it in a binder or duotang so they can add to it easily.

Go through the Record Book with the members and explain the charts and forms. Encourage them to use their Record Books at every meeting and record as much information as possible. As an added incentive, a prize could be given at the end of the project for the best Record Book.

## **Planning a Meeting**

Plan your meetings well. Review all the information well in advance so you are prepared and ready!

### ***Before Each Meeting:***

- Read the topic information and activities and photocopy any relevant resources for the members' Record Books.
- Be familiar with the topic information for each meeting. Think of imaginative ways to present the information to the members. Do not rely on just reading the information out loud. Review available resources, plan the meetings and choose activities and themes that complement the ages and interests of your members. The Record Book contains extra activities that can be used if you need to fill in time or if one of the suggested meeting activities does not suit your group of members.
- Gather any equipment, ingredients and/or resources that will be needed to complete the meeting.
- Each 4-H project must be held over a period of at least 4 separate meetings, totaling a minimum of 12 hours. Typically, 4-H meetings are approximately 120 minutes (2 hours) in length. Before each meeting, create a timeline to ensure that you are providing an adequate amount of instructional time for club completion.

Included on the following page is a Leader's Planning Chart to help with the planning of meetings. In addition to the chart, keep track of what went well and what should be changed next time. That way, each time this project is run, the content of the meetings can be different!

When planning each meeting, a typical 4-H meeting agenda should include the following:

- Welcome & Call to Order
- 4-H Pledge
- Roll Call
- Parliamentary Procedure:
  - Secretary's Report
  - Treasurer's Report (if any)
  - Press Report
  - New Business: local and provincial 4-H activities/opportunities, upcoming club activities
- Meeting content, activities and recipes
- Clean-up
- Social Recreation and/or refreshments
- Adjournment

### ***Judging and Communications:***

Each meeting must include either a judging or public speaking activity.

- Judging gives the members an opportunity to use judging techniques as part of the learning process. Through judging, members learn to evaluate, make decisions and communicate with others. They also develop critical thinking skills, confidence and self-esteem. Many examples are used in this reference book but use your imagination! As long as members are setting criteria and critically thinking about where items fit within that set of criteria, they are learning the basic skills of judging!
- A communications activity has been provided for each meeting but can be included in the Roll Call or social recreation time. These activities do not need to involve the topic of fitness or nutrition as the outcome is more about understanding the concepts of effective communication.

### **As a club volunteer your responsibilities are to:**

- Complete the volunteer screening process and attend a volunteer training session.
- Notify the local Association of the club, arrange a meeting schedule and participate in club meetings, activities and the Achievement program.
- Review the project material in the Reference and Record Books to familiarize yourself with the information and adapt it to fit your group. Be well organized and teach the material based on your group's age, interest and experience level.

**Leader's Planning Chart**

<b>Mtg.#</b>	<b>Date/Place</b>	<b>Topics Covered</b>	<b>Activities</b>	<b>Materials Needed</b>

- Organize the club so members gain parliamentary procedure, judging and communication skills.
- Have membership lists completed and submitted along with fee collected (if applicable) by the end of the second meeting.
- Have members fill out a Health and Safety Form and identify any health concerns. Ensure that all members, leaders and parent helpers know the appropriate actions during any emergency. Check with members for any food allergies or dietary restrictions and plan snacks accordingly.

### **As a club member your responsibilities are to:**

- Participate in at least 2/3 of his/her own club meeting time. Clubs must have a minimum of 12 hours of meeting time.
- Complete the project requirement to the satisfaction of the club leaders.
- Take part in the project Achievement Program.
- Fill in and complete the Record Book.

### **Achievement Program Ideas/Suggestions**

- Set up a fitness assessment centre at a mall, school, senior citizen's centre or community event.
- Challenge another 4-H club, group of parents or community service organization to a competition eg. volleyball, bowling, etc. Provide a nutritious snack and refreshments to your guests.
- Have your club members participate in a provincial 4-H opportunity such as Discovery Day, Youth Adventure Camp, Future Leaders In Action or Provincial Leadership Camp.
- Make a display on any topic covered in this project.
- Create a skit about accepting yourself as who you are and present at a school.

### **Special Projects**

These projects are done outside of meeting time and are for members interested in doing more – often senior members. It's up to you as the leader to decide if you will require members to complete a Special Project for club completion. See the inside back cover for suggestions.

### **Tour Ideas**

- Visit a fitness centre.
- Visit a grocery store to investigate different foods available.

- Have guest speakers attend meetings to supplement the material in the Reference Manual. Speakers could include fitness instructors, coaches, nutritionists, nurses, chiropractors, physiotherapists and/or high performance athletes.
- Attend a physical fitness class in your community.
- Visit a Sport Injury/Physiotherapist clinic.



### **I pledge:**

My Head to clearer thinking,

My Heart to greater loyalty,

My Hands to larger service, and

My Health to better living.

For my club, my community and my country.



## Additional References and Resources

About.com Dance [www.dance.about.com](http://www.dance.about.com)

About.com Exercise [www.exercise.about.com](http://www.exercise.about.com)

B.C. Ministry of Education [www.bced.gov.bc.ca](http://www.bced.gov.bc.ca)

Bullying Canada [www.bullyingcanada.ca](http://www.bullyingcanada.ca)

Canadian Diabetes Association [www.diabetes.ca](http://www.diabetes.ca)

Canadian Living [www.canadianliving.com](http://www.canadianliving.com)

Canadian Society for Exercise Physiology [www.csep.ca](http://www.csep.ca)

Common Sports Injuries [www.commonsportsinjuries.com](http://www.commonsportsinjuries.com)

Concerned Children's Advertisers [www.longlivekids.ca](http://www.longlivekids.ca) [www.cca-kids.ca](http://www.cca-kids.ca)

Core Performance [www.coreperformance.com](http://www.coreperformance.com)

Dancing 4 Fun [www.dancing4fun.com](http://www.dancing4fun.com)

Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca)

Discovery Education [www.puzzlemaker.discoveryeducation.com](http://www.puzzlemaker.discoveryeducation.com)

Dove Canada [www.dove.ca](http://www.dove.ca)

Eating Well [www.eatingwell.com](http://www.eatingwell.com)

Every Diet [www.everydiet.org](http://www.everydiet.org)

Fit For A Feast [www.fitforafeast.com](http://www.fitforafeast.com)

Fitness Gram [www.fitnessgram.net](http://www.fitnessgram.net)

Foundations of Wellness (UC Berkley) [www.wellnessletter.com](http://www.wellnessletter.com)

Fun Attic Inc. [www.funattic.com](http://www.funattic.com)

Functional Fitness Facts [www.functional-fitness-facts.com](http://www.functional-fitness-facts.com)

Health Canada [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Heart & Stroke Foundation of Canada [www.heartandstroke.com](http://www.heartandstroke.com)

Homemakers <http://www.homemakers.com>

International Dance Academy [www.internationaldanceacademy.com](http://www.internationaldanceacademy.com)

Kellogg's [www2.kelloggs.com](http://www2.kelloggs.com)

Life in Italy [www.lifeinitaly.com](http://www.lifeinitaly.com)

Live Strong [www.livestrong.com](http://www.livestrong.com)

LoveToKnow, Karen Frazier, Nutrition Counsellor [www.diet.lovetoknow.com](http://www.diet.lovetoknow.com)

Mayo Clinic [www.mayoclinic.com/health/fitness](http://www.mayoclinic.com/health/fitness)

Nestle Canada [www.nestle.ca](http://www.nestle.ca)

Nemours Center for Children’s Health [www.kidshealth.org](http://www.kidshealth.org)  
Non Smokers’ Movement of Australia [www.nisma.org.au](http://www.nisma.org.au)  
Nutrition for Kids [www.nutritionforkids.com](http://www.nutritionforkids.com)  
Ontario Fitness Council [www.ontariofitnesscouncil.com](http://www.ontariofitnesscouncil.com)  
Ontario Ministry of Education [www.edu.gov.on.ca](http://www.edu.gov.on.ca)  
Ontario Ministry of Health and Long Term Care [www.mhp.gov.on.ca](http://www.mhp.gov.on.ca)  
Ontario Ministry of Tourism, Culture and Sport <http://www.mtc.gov.on.ca>  
Participaction [www.participaction.com](http://www.participaction.com)  
Passion 4 Dancing [www.passion4dancing.com](http://www.passion4dancing.com)  
Promoting Relationships and Eliminating Violence Network [www.prevnet.ca](http://www.prevnet.ca)  
Public Health Agency of Canada [www.publichealth.gc.ca](http://www.publichealth.gc.ca)  
School Family [www.schoolfamily.com](http://www.schoolfamily.com)  
StopSmoking.com [www.stopsmoking.com](http://www.stopsmoking.com)  
The Arthritis Society of Canada [www.arthritis.ca](http://www.arthritis.ca)  
The Canadian Association for Health, Physical Education, Recreation and Dance  
[www.phecanada.ca](http://www.phecanada.ca)  
The Canadian Lung Association [www.lung.ca](http://www.lung.ca)  
The President’s Council on Fitness, Sports & Nutrition [www.presidentschallenge.org](http://www.presidentschallenge.org)  
The Sports Injury Clinic [www.sportsinjuryclinic.net](http://www.sportsinjuryclinic.net)  
The Yoga Site [www.yogasite.com](http://www.yogasite.com)  
Think First Canada [www.thinkfirst.ca](http://www.thinkfirst.ca)  
Think First Concussion Education [www.concussioneducation.ca](http://www.concussioneducation.ca)  
Topend Kids [www.topendkids.com](http://www.topendkids.com)  
Weight Loss Plans 4 You [www.weight-loss-plans-4-you.com](http://www.weight-loss-plans-4-you.com)  
Wilderdom <http://wilderdom.com/games/>  
YMCA [www.ymca.ca](http://www.ymca.ca)  
Yoga Journal [www.yogajournal.com](http://www.yogajournal.com)  
Yoga Rocks [www.yogarocks.ca](http://www.yogarocks.ca)  
Yoplait [www.yoplait.ca](http://www.yoplait.ca)  
Zumba Fitness [www.zumba.com](http://www.zumba.com)  
Zumba of Michigan [www.zumbaofmichigan.com](http://www.zumbaofmichigan.com)

# MEETING 1 – Starting Off on the Right Foot

## Objectives:

- Learn the election procedure for establishing an executive.
- Assess your fitness level.
- Discover new healthy, tasty snacks.

## Roll Calls

- What is your favourite physical activity?
- What is your reason for wanting to learn more about fitness and health ?
- What is your favourite healthy snack?

## Sample Meeting Agenda – 2 hrs. 30 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Public Speaking/Judging Activity	Activity #1 – Get to Know Each Other Game “Name Pantomime” (instructions can be found at the end of Meeting #1)	15 min
Parliamentary Procedure	Elect executive, hand out Record Books and discuss club requirements. Fill out club and member information in Record Books and have each member fill out their “Member Expectations and Goals” page.	30 min
Topic Information Discussion	Discuss the steps in starting a Fitness Program.	20 min
Activity Related to Topic	Activity #2 – Assess Your Fitness Level. Use the online calculator to figure out each member’s BMI and Target Heart Rate and complete the PAR-Q & You questionnaire.	40 min
Topic Information Discussion	Discuss healthy snacks for keeping up energy levels throughout the day.	10 min
Activity Related to Topic	Activity #3 – Prepare one of the snacks listed in the manual.	10 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

## Electing Your Executive

Elections can be chaired by a youth leader, senior member or club leader. The person chairing the elections is not eligible for any positions.

### ***Procedure:***

1. All positions are declared vacant by the chairperson, who indicates this by saying “I’d like to declare all positions vacant.”
2. The group decides on the method of voting (i.e. show of hands, ballot or standing).
3. The chairperson accepts nomination from members for each position being filled. Nominations do not require a seconder. Nominations are closed by motion or declaration by the chairperson.
4. Each member nominated is asked if he/she will stand for the position. Names of members who decline are crossed off.
5. Voting takes place by selected method and majority rules (i.e. member with most votes).
6. Announce the name of the successful member. Offer congratulations and thank all others that ran for the position.
7. If ballots are used, a motion to destroy the ballots is required and voted on.

## Steps in Making a Motion

The motion is a very important key to having good meetings. Motions are a way of introducing topics for discussion and allowing each member to speak and vote. Any member can make a motion.

### Steps in Making a Motion:

1. Address the chairperson (i.e. raise your hand).
2. Wait for the chairperson to acknowledge you.
3. Make the motion: “I move that...”
4. Another person seconds the motion: “I second the motion.”
5. Chairperson states the motion.
6. Chairperson calls for discussion of the motion.
7. Chairperson restates the motion.
8. Chairperson calls the vote: “All in favour? Opposed?”
9. Chairperson announces the result of the vote: “Motion carried” or “Motion defeated.”

## Topic Information

Becoming more physically active is easier than you think! Start slowly by adding physical activities that you enjoy into your daily routine and build your way up to 30-60 minutes of moderate activity each day. Physical activity can reduce your risk of chronic disease,

improve your balance and co-ordination , help you lose or maintain weight, improve your sleep habits and help with self-esteem.

Being active doesn't have to be difficult. There are many ways to make physical activity a part of daily life — at home, at school, at work and at play.

What activities you choose to do is up to you:

- Walk, run or bike instead of getting a ride
- Do something you enjoy – run, jump, swim, skateboard, snowboard, ski, skate, toboggan
- Check out yoga, hip-hop, or aerobics classes
- Try indoor rock climbing, play soccer, ride a bike
- Take the dog for a walk
- Dance to your favourite music
- Rake the leaves, shovel snow, carry the groceries home
- Join a team at your school
- Choose activities you like or be creative and try something new
- Set physical activity goals with your friends and family
- Reduce screen time

## **Fitness Program: 5 Steps to getting started**

### ***Step 1: Assess Your Fitness Level***

The first step to starting a fitness program is assessing your fitness level. You need to assess your aerobic fitness, muscular strength, endurance & flexibility and body composition.

#### THE SHAPE YOU'RE IN

Test yourself to see how you compare! Record your results on page 7 in the Record Book.

#### AEROBIC FITNESS

##### *Walking*

Map out a 1.6km (1 mile) course to walk.

Before starting, check and record your resting pulse rate. For instructions on how to check your pulse, read the 'Getting The Beat' section on page 12.

As soon as you are finished the walk, check and record your pulse rate again.

#### MUSCULAR STRENGTH, ENDURANCE & FLEXIBILITY

##### *Sit & Reach Test*

The sit and reach test measures the flexibility of the lower back and hamstring muscles. The test involves sitting on the floor with legs out straight ahead, and then reaching as far forward as possible.

### *Sit Up Test*

The sit up or curl up test measures abdominal strength and endurance. Lie on the floor with knees flexed while a partner anchors your feet to the ground. Curl up your trunk then lower your back to the floor, repeating this as many times as you can in one minute.

### *Flexed Arm Hang*

This test measures upper body relative strength and endurance. It has been adapted from the chin up test, as children and those with weak upper body strength are sometimes not able to do any chin ups at all. Grab an overhead bar with arms bent and chin at the level of the bar, and try to hold this position for as long as possible. As you get older, this an additional exercise to try but don't sweat it though if you can't do this one now!

## BODY COMPOSITION

### *BMI – Body Mass Index*

Currently, Health Canada does not have guidelines for classifying weight in Canadians under 18 years of age and there are no Canadian standards for tracking growth in youth.

Because of this, determining a young person's BMI is a little different than for adults. BMI graphs are used because youth are still growing and the amount of body fat changes as you grow. Plus, there are different charts based on gender, since body fat levels are different in boys and girls.

If you wish, visit the following link to calculate your BMI using the Dietitians of Canada's online calculator. But, don't get too hung up on the numbers. Everyone grows at different rates as children and teenagers, so these numbers may change fairly frequently. The main thing to remember is to stay active and eat healthy.

If you are under 18 years old:

[www.dietitians.ca/Your-Health/Assess-Yourself/Assess-Your-BMI/BMI-Children.aspx](http://www.dietitians.ca/Your-Health/Assess-Yourself/Assess-Your-BMI/BMI-Children.aspx)

If you are 18 years old or older:

[www.dietitians.ca/Your-Health/Assess-Yourself/Assess-Your-BMI/BMI-Adult.aspx](http://www.dietitians.ca/Your-Health/Assess-Yourself/Assess-Your-BMI/BMI-Adult.aspx)

***Record Your results in your Record Book!***

## Getting The Beat

Your pulse tells you how many times a minute your heart is beating. Keeping track of your pulse while you play or exercise is a good way to make sure you are making the best of your exercise time.

Finding your pulse is easy, although it can take a little practice at first. There are actually six places on your body that you can take your pulse: wrists, inside of ankles, inside of thighs, armpits, sides of head and on the left side of the neck.

The easiest place, though is on the thumb side of the wrist, palm up. Use your first two fingers (not your thumb). Press lightly and practice counting the number of beats per minute. A good trick is to count the beats for 10 seconds and then multiply the number by six to get the number of beats per minute.

If you are having trouble finding your pulse, working in pairs or with one of the club leaders might help. It can be hard to locate a pulse when first trying but keep practicing. It will get easier over time!

#### RESTING HEART RATE (RHR)

First take your resting heart rate (RHR). This is your pulse at your lowest level of activity. The best time to find out your RHR is to take your pulse for a full minute when you first wake up and are lying down. You should do this two mornings in a row and take the average. But, it's okay to take your pulse after you have been sitting or lying quietly for a few minutes too.

#### TARGET HEART RATE (THR)

Your target heart rate (THR) helps you exercise at the right pace for you – not so hard that it hurts and you get discouraged and not so easy that you don't see the results. If you exercise at your THR, you will get the best workout for your body and your heart.

Take your pulse once you start sweating lightly and breathing harder. If you're below your THR, go a little bit harder. If you're above, slow down a bit and take it easy.

#### ***What is Your Target Heart Rate? Also found in the Record Book.***

	Example	Your THR
Everyone starts here	220	220
Subtract your age	-13	
This is your predicted maximum heart rate. This is the fastest your heart should beat at your age.	207	
Subtract your resting heart rate.	-77	
Choose your target zone. If you are a beginning exerciser, multiply by 0.6; regular exercisers multiply by 0.7; competitive athletes multiply by 0.8.	x0.6	
Add your resting heart rate	+77	
Your target heart rate. Ideal for aerobic exercise is:	159	
Here's a trick! Divide your THR by 6 so you can take your pulse for just 10 seconds while exercising.		
Your 10-second target heart rate is:	26	

The Target Heart Rate is only a guide. Pay attention to your body. If you feel dizzy or faint, have a pounding in your chest, or if you sweat too much, slow down.

Another way to check out how fit you are is to see how fast your pulse returns to normal after you finish exercising or playing. The more fit you are, the faster you recover. To check your recovery rate, take your pulse as soon as you finish and while you are cooling down. It should take only 3-5 minutes for your pulse to be below 100 beats per minute.

### ***Step 2: Design Your Fitness Program***

It's easy to say you'll exercise every day but to stick with it you'll need a plan. Keep these points in mind as you design the fitness project that will work for you.

- ***Consider your fitness goals*** – Do you want a fitness program that keeps you in good shape or to help lose weight? Or, do you want to prepare to run a marathon? You need clear goals so you can gauge your success.
- ***Create a balanced routine*** – it's recommended that youth get 60 minutes of moderate to vigorous exercise at least 6 days a week.
- ***Go at your own pace*** – If you're just beginning to exercise, start cautiously and progress slowly. If you have an injury or a medical condition, consult your doctor or a physical therapist for help in designing a fitness program that gradually improves your range of motion, strength and endurance.
- ***Build activity into your daily routine*** – Finding the time to exercise can be a challenge. To make it easier, schedule time to exercise the same as you would for making any other appointment.
- ***Plan to include different activities*** – Different activities (cross training) can keep exercise boredom at bay. Cross-training also reduces your chances of injuring or overusing one specific muscle or joint. Plan to alternate among activities that emphasize different parts of your body such as walking, swimming, yoga and strength training.
- ***Allow time for recovery*** – Plan time between your exercise sessions for your body to rest and recover to avoid joints becoming sore or injured.
- ***Write it down*** – Putting your plan on paper will help you to stay on track.

### ***Step 3: Assemble Your Equipment***

Having proper equipment is essential to preventing injuries and sore muscles as well as helping you to stay with your fitness program.

Start by making sure you have proper shoes for the activity you will be doing.

Many fitness program activities don't require special equipment other than a good pair of athletic shoes. But, if you do choose to invest in exercise equipment, choose something that's practical, enjoyable and easy to use. You may want to try out certain types of equipment at a fitness centre before investing in your own equipment.



To stretch your exercise dollars, consider buying used equipment. Or get creative! Make your own weights by filling old socks with beans or pennies or by partially filling a 4L milk jug with water or sand and securing the top with duct tape.

#### **Step 4: Get Started**

Now that you've got the proper equipment, you're ready to start. As you begin your fitness program, keep the following tips in mind.

**Start slowly and build up gradually.** Take plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for five to 10 minutes without getting tired easily. As your stamina improves, gradually increase the amount of time you exercise and work your way up to 30 to 60 minutes of exercise most days of the week.

**Break things up if you have to.** Exercise doesn't have to all be done at one time during the day. Shorter but more frequent sessions have aerobic benefits too. Fifteen minutes of exercise twice a day may fit into your schedule better than trying to find 30 minutes all at one time.

**Be creative.** Change up the activities you do each day to include a variety of activities such as walking, bicycling or rowing. Keep things exciting by taking a weekend hike with your family or spend an evening trying something new such as yoga or zumba.

**Listen to your body.** You may be pushing yourself too hard if you feel pain, shortness of breath, dizziness or nausea. Take a break!

**Be flexible.** If you're not feeling good, give yourself permission to take a day or two off.

#### **Step 5: Monitor Your Progress**

As you take this project, re-assess yourself and compare it to the original results you recorded on page 7 of your Record Book. Have your numbers improved? You may notice that you need to increase the amount of time you exercise in order to continue improving. Or you may find that you're exercising just the right amount to meet your fitness goals.

If you lose motivation, set new goals or try a new activity. A good idea is to exercise with a friend or take a class at a local fitness centre.

Starting an exercise program is an important decision but it doesn't have to be an expensive or overwhelming one. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime.

**Fit Tip**

If you're not wearing a watch while you're exercising, take the Talk-Sing test. It will tell you if you're exercising at your Target Heart Rate. If you are too breathless to talk while exercising, you're working out too hard. If you can sing or carry on a conversation, you're not working hard enough.

**PAR-Q & YOU**

(results sheet found in Record Book)

This is the Physical Activity Readiness Questionnaire (PAR-Q), designed to help you help yourself. Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Being more active is safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you answer “yes” to any of these questions, talk to your doctor about the type of exercise program you should have.

If you answer “no” to all of the questions, you can be pretty sure that you are ready for a good, sensible exercise program.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

**Fit Tip**

Being fit is great! If you're fit you will have:

- More fun
- Stronger bones
- Better posture
- More flexibility
- More self-confidence
- Pride in your body
- The chance to get more out of life

Can you think of any more reasons why being fit is great?

**Simple Workout Snacks**

Whether you exercise in the morning, afternoon or evening, try to eat before and after you train. You'll boost your energy levels to stay sharp, both mentally and physically, throughout even the toughest workouts. And, you will help your body recover better afterwards.

Snacks should be composed mainly of slow-burning complex carbohydrates such as fruits, vegetables, whole-grain bread, rice, pasta, and cereals and proteins such as eggs, milk, milk products and nuts. Complex carbohydrates take longer to convert to glucose, which will keep your blood sugar level consistent and prevent you from having an energy crash in the middle of your workout.

Avoid simple sugars, such as candy, in the hour before your workout. They can send your blood sugar level shooting down, leading to a severe drop in energy.

Most importantly, make sure you are hydrated before, during and after your workout!

**Simple Workout Snack Suggestions****Smoothies**

50mL (¼ cup)	vanilla yogurt
10mL (2 tsp.)	100% frozen fruit juice concentrate
15mL (1 tbsp.)	skim or 2% milk

Mix together, add a straw and enjoy! Smoothies can be a healthy alternative to breakfast or snacks. They can be made with fruit or vegetables and nutritional supplements can be added to help you get all the nutrients that you need.

**Chocolate Milk**

500mL serving chocolate milk

**Apples & Yogurt**

1 apple  
375mL (1 1/2 cups) low-fat Greek yogurt

**Grapes & Cottage Cheese**

30mL (2 tbsp.) cottage cheese  
125mL (1/2 cup) sliced grapes

**Oatmeal & Fruit**

250mL (1 cup) oatmeal  
50mL to 125mL (1/4 to 1/2 cup) your favourite fruit, sliced

**Pita & Hummus**

1 whole wheat pita  
30mL (2 tbsp.) hummus  
28g (1 oz.) almonds

**Peanut Butter Toast**

2 slices whole grain toast  
30mL (2 tbsp.) peanut butter

**Rice Cakes with your Favourite Topping**

2 rice cakes topped with 30mL (2 tbsp.) of peanut or almond butter, low-fat cottage cheese, fruit, or reduced-fat cheese.

**Cereal with Skim Milk**

250mL to 500mL (1 to 2 cups) cereal – high in fiber and low in sugar and fat  
250mL to 500mL (1 to 2 cups) skim milk

**Eggs & Toast**

2 hard boiled eggs  
2 slices whole grain toast

## **BEFORE THE NEXT MEETING**

Try one of these activities at home.

What are your favourite foods? Research ways to incorporate your favourite foods into a healthy, quick snack. Record your findings in your record book.

### **OR**

Get your dog (and you) into better shape. Find new places to walk, run and explore. Even your dog gets tired of walking around the same old neighbourhood route. If you are going to be travelling away from your home make sure you have permission from an adult before you go, or better yet, have them go for a walk with you! Record the new areas you have been on your walks in your record book.

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# MEETING 1 – DIGGING DEEPER

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## *For Senior Members*

### **Smoking and Fitness**

It is a well-known fact that smoking makes it harder to get fit, even if you are young. In fact, teenagers lower their exercise performance levels if they smoke.

It does this in a number of ways but the main effect that smoking has on fitness is that it reduces the amount of oxygen available in the body. Because oxygen plays a major role in energy production, even a minor depletion has an impact on physical performance.

The major effects of smoking on the body's respiratory (breathing) and circulatory (blood flow) system are:

- High levels of carbon monoxide from smoking reduces the amount of oxygen absorbed into the blood from the lungs
- Carbon monoxide in the blood also reduces the amount of oxygen that is released from the blood into the muscles
- Smoke inhalation has an immediate effect on respiration, increasing resistance in the airways and therefore reducing the amount of oxygen absorbed into the blood
- Smoking causes chronic (long-term) swelling of mucous membranes, which also leads to increased resistance in the airways
- Smoking increases the heart rate for a given level of exercise

### **Effects of Smoking on Endurance**

Smoking reduces physical endurance and slows down the improvement in physical performance in smokers compared with non-smokers. It also increases fatigue during and after exercise. A study completed in Australia had the following results:

- While exercise training can increase maximum oxygen uptake by up to 20%, smoking can reduce this effect by up to 10%.
- In a recent study, teenagers who had smoked for five days had an 8% reduction in endurance time compared to those who didn't smoke.
- Individuals who smoke are less likely to continue in exercise programs. If they do continue to exercise, they don't usually exercise as many times in a week as non-smokers and they spend less time at each exercise session.
- Smokers had higher levels of fatigue during both exercise and recovery. This may be why smokers are less likely to participate in regular exercise.

**Fact**

In a 2010-2011 survey of 50,949 students from every province in Canada (except New Brunswick which declined to participate in the survey), results showed that 1% of students in grades six to nine and 5% of students in grades ten to twelve were current daily smokers meaning that they smoked, on average, 8-9 cigarettes per day. Slightly more boys than girls smoked in the grade ten to twelve category. In the grade six to nine category, the numbers were even between boys and girls.

Among youth in grades six to twelve, 74% reported that they had never tried a cigarette, not even a puff.

*Source: Health Canada [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)*

**Passive Smoking (Secondhand Smoke)**

Exposure to environmental tobacco (second-hand smoke) either before or during an event also impairs athletic ability. Tobacco smoke contains carbon monoxide, a poisonous gas, which inhibits the transportation of oxygen to the body's vital organs via the blood. The smoke emitted from the tip of a cigarette has about double the concentration of nicotine and tar as the smoke being directly inhaled by the smoker. It also contains about three times the amount of the carcinogen benzopyrene, five times the level of carbon monoxide and about 50 times the amount of ammonia. Add to these the other chemicals in the smoke like arsenic, formaldehyde, vinyl chloride, and hydrogen cyanide. Remember that the passive smoker receives all of this. Many of the potentially toxic gasses in the smoke are present in higher concentrations in secondhand smoke than in the smoke that the smoker inhales.

**What is Being Done?**

Canada has made more progress in tobacco control in recent years than most other countries in the world. Few countries have seen such a dramatic decline in consumption.

***Smoke-Free Ontario Act — Protecting Ontarians******The Smoke-Free Ontario Act:***

- Bans smoking in enclosed public places and all enclosed workplaces including restaurants, bars, schools, private clubs, sports arenas, work vehicles, offices and entertainment venues, including casinos, bingo halls, bowling and billiard establishments.
- Prohibits smoking in *motor vehicles* when children under 16 are present.

- Eliminates designated smoking rooms (DSRs) in restaurants and bars but permits residential care facilities to operate controlled smoking areas which are specially designed to ensure nobody outside the room is exposed to second-hand smoke. The law stipulates who may enter the area and under what conditions, as well as requirements for engineering design, function and maintenance of these areas.
- Protects home health care workers from second-hand smoke when offering services in private residences.
- Prohibits smoking on patios that have food and beverage service if they are either partially or completely covered by a roof.
- Toughens the rules prohibiting tobacco sales to minors.
- Prevents the promotion of tobacco products in entertainment venues.
- Bans the *public display of tobacco products* prior to purchase.
- Prohibits youth-targeted tobacco products such as *flavoured cigarillos*.

## Why it's Hard to Kick the Habit: Nicotine Addiction

The nicotine in cigarette tobacco is an addictive drug. It changes how your brain works, temporarily making you feel calm and more alert, boosting your mood. But when the effect wears off, your energy level or mood drops, and you crave another cigarette for that nicotine boost. It's a vicious cycle that many people go through every day.

The good news is that many people also quit every day. There are many different ways to quit smoking and each individual person has to choose which method is best for them. For some, quitting cold turkey works but there are many options including individual counseling, support groups, nicotine replacement therapy (including lozenges, inhalers, gum and patches) and doctor prescribed medications.

There are lots of reasons to quit smoking. What are yours?

### ***Quitting: Fast Track to Better Health***

***Within 20 minutes of quitting smoking:*** Your blood pressure drops and your pulse returns to normal. The temperature of your hands and feet stabilizes.

***After 8 hours:*** The carbon monoxide level in your blood drops.

***After 24 hours:*** Your chance of having a heart attack decreases.

***After 48 hours:*** Your ability to smell and taste improves.

***After 72 hours:*** Lung capacity increases and breathing can become easier.

***2 weeks to 3 months:*** Your circulation improves. Walking becomes easier. Lung function may increase by up to 20%.



1 to 9 months: Coughing, sinus congestion, fatigue, shortness of breath may decrease. Your cilia – the microscopic hairs that line your lungs – may begin to re-grow, which could help clean the lungs and reduce your chance of infection.

1 year: Congratulations! You've cut your risk of heart disease in half.

## **Activity #1 – Get to Know Each Other!**

### ***Name Pantomime***

- Participants stand in a circle, arms distance apart. Ask each person to think of a verb and action which starts with the same letter as the person's first name e.g., "Jumping James", "Swimming Sam".
- The person does the action and yells out their action-name. Everyone then repeats the action and the action-name.
- This requires a pretty high level of instructor energy and drama. Some members may be shy to start with. Really encourage everyone to join in and say the name and action of everyone else.
- To really drill names home, go around again, it should be faster and really get the blood moving.
- For participants who say "I can't think of anything", say "Keep thinking, we'll come back to you". If they still don't come up with anything, ask the group to help.
- Note – must use a unique verb.



# MEETING 2 – ACTIVE YOU!

## Objectives

- Learn about the 5 components of physical fitness.
- Learn warm up and stretching exercises.
- Learn how to dress for the weather.
- Discover what a calorie is and how many you should have in a day.
- Learn what Zumba is all about.

## Roll Calls

- Name one type of aerobic exercise.
- Why is it good to be physically fit?
- Name one type of warm-up stretch.

## Sample Meeting Agenda – 2 hrs. 55 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Topic Information Discussion	Review the 5 Components of Physical Fitness	15 min
Activity Related to Topic	Activity #4 Stretching The Limits – review the stretches found in this section of the Reference Manual	30 min
Topic Information Discussion	Discuss what to wear when exercising year-round outside. Discuss what calories are.	10 min
Activity Related to Topic	Activity #5 – Your Sport, Your Personality! Have members complete the worksheet to discover what sport best suits their personality.	20 min
Public Speaking/Judging Activity	Activity #6 You Be The Judge – Judging running shoes (Instructions can be found at the end of Meeting #2)	20 min
Topic Information Discussion	Activity #7 – Introduce members to Zumba. If possible, have a guest come to the meeting to demonstrate what Zumba is.	45 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

## **Topic Information**

### ***What is “Aerobic”?***

Regardless of age, weight or athletic ability, aerobic exercise is good for you. As your body adapts to regular aerobic exercise, you'll get stronger and fitter.

Do you know what aerobic exercise is? “Aerobic” (pronounced air-ro-bick) means “with oxygen.” Aerobic exercise is a continuous activity that gets you breathing a little faster and makes your heart pump a little harder. That’s why it’s called “huff puff” exercises. During aerobic activity, you repeatedly move large muscles in your arms, legs and hips.

One of the benefits of doing aerobic exercise is that you strengthen your heart and make your lungs work better. Walking, swimming, running, aerobic dancing, cycling, skipping and stationary rowing are all aerobic exercises.

Aerobic activity can help you:

- Keep excess pounds at bay.
- Increase your stamina
- Ward off illness
- Reduce health risks
- Manage chronic conditions
- Strengthen your heart
- Keep your arteries clear
- Boost your mood
- Stay active and independent as you age
- Live longer

Anaerobic means “without oxygen” and anaerobic exercise is the kind that calls for short bursts of speed, power and strength. These activities wear you out fast. A strong heart and large lung capacity aren’t much help here. In fact, sometimes during the 100 metre dash the runners won’t even bother to take a breath. It just gets in the way!

## **The 5 Components of Physical Fitness**

What is fitness? Being fit doesn’t mean you are the fastest or the strongest. You don’t have to be able to do 30 sit-ups a minute or run a kilometre in 4.5 minutes to be fit.

Physical fitness is considered a measure of the body’s ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist diseases and to meet emergency situations.

### **1. Cardiovascular Fitness**

Cardiovascular fitness (also known as cardiorespiratory fitness) is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity. *Aerobic exercise* improves cardiovascular fitness.

### **2. Muscular Strength**

Muscular strength is the amount of force a muscle or muscle group can exert against a heavy resistance. *Anaerobic exercise* improves muscular strength.

### **3. Muscular Endurance**

Muscular endurance is the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time. Both aerobic exercise and anaerobic exercise can improve muscular endurance.

### **4. Flexibility**

Flexibility is the degree to which an individual muscle will lengthen. *Stretching* improves flexibility.

### **5. Body Composition**

Body composition is the amount of fat in the body compared to the amount of lean mass (muscle, bones, organs etc.).

Now that you know what the 5 components of physical fitness are, you'll be better able to develop an effective fitness program that suits you.

#### **Fit Tip**

Having trouble keeping to an exercise program? Here are some tips that might make it easier.

Make a contract with yourself. Write down what your goal is, what you have to do to get there and when you expect to reach your goal.

Keep records. If you want better eating habits, write down everything that you eat. That way it's easier to see where you can improve.

Change your behavior in little ways. Instead of watching a football game on TV, play football with your friends. If you're always eating junk food on the run, make an effort to slow down and enjoy a healthful lunch.

Reward yourself. Congratulations! You've done it. Celebrate reaching your goal by doing something special. Enjoy your success. You deserve it!

## Stretching the Limits

It's a good idea to warm up your muscles and joints before you start any game or exercise routine.

Stretching can be a key part of your exercise regimen. Stretching gives you increased flexibility and range of motion. It's also good for injury prevention, improvement in sports performance, improved posture and stress relief. Before stretching, warm up with five to 10 minutes of light activity. Or, better yet, reserve stretching for after a workout.

Keep stretching gentle. Don't bounce. If you feel pain, you've stretched too far. Hold a stretch for about 30 seconds, then switch sides and repeat. If you have a problem area or the stretch is particularly helpful for pain or discomfort, you may benefit from repeating the stretch. Be sure to stretch the muscles you'll be using for your particular activity. Stretch gently, breathe fully and don't bounce. Just relax and feel your muscles lengthen and strengthen.

## Light Activity Warm Ups

Warm up for about 5-10 minutes. How long you warm up will often depend on what you're doing and how much time you need to transition into exercise. For example, if you're working out on a cold day or doing a very hard workout, you may need 10 or more minutes to warm up. If you're doing a light workout or you're already warm from doing other activities, you may need just a few minutes.

Stretch if you need it. If you have chronically tight muscles (like your lower back or hips) doing a few stretches beforehand may make your workout more comfortable.

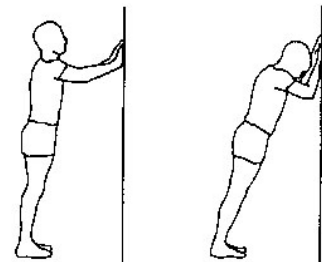
Take your time. The idea is to warm up gradually. Allow your heart rate and respiration to increase slowly. This will make the transition into your workout easier and give your body time to prepare for what's to come.

Often a warm-up activity is simply the activity you are about to do but at a slower pace. For example, if you're about to go for a brisk run, warm up with a light jog, and if you're going to go for a swim, do a couple of slow freestyle warm-up laps.

## Stretching Activities

### 1. *Calf Stretch*

Stand 2-3 feet away from a wall. Put your hands against the wall at about shoulder level to support your weight. Lean in toward the wall by bending your elbows until you feel a stretch in the back of your calves. Keep your body and your knees straight, and your hips forward. DO NOT bend at the waist.



Make sure your heels remain on the ground. Hold the stretch for 20 seconds. Alternate foot position by turning the feet outward, stretching, then inward, and repeating the stretch. To increase stretch, a book can be placed under the “ball” of the foot, letting the heels hang down.

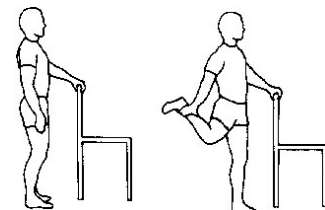
### **2. Soleus (lower calf muscle) Stretch:**

Stand facing a wall with your hands on the wall at about chest level. Place your feet about shoulder width apart. Bend both knees slightly and gently lean into the wall until you feel a stretch in your lower calf. Keep your heels down on the floor. Hold for 30 seconds. Return to the starting position, and repeat three times.



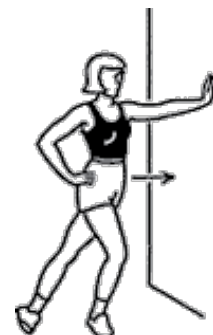
### **3. Quadriceps (front thigh muscles) Stretch**

While standing, simply grab hold of a stationary object for balance with one hand and use the opposite hand to grasp the leg around the ankle and gently pull the heel behind you toward your buttocks until you feel a stretch in the front of the thigh. Make sure you keep your knee back and not let it come forward. Keep your lower back from arching by keeping your lower abdominals working. Hold 15 to 30 seconds and repeat 2 to 3 times for each leg.



### **4. Iliotibial Band (outside of upper thigh) Stretch:**

To stretch the outside of the upper thigh, stand close to a wall and turn sideways so your right hip is closer to the wall. Bring left leg across so it takes most of your weight and support your body with hand against the wall. Press hip into wall until you feel a good stretch from outer knee up to hip. Hold 15 to 30 seconds for each leg. Repeat 2 to 3 times with each leg.



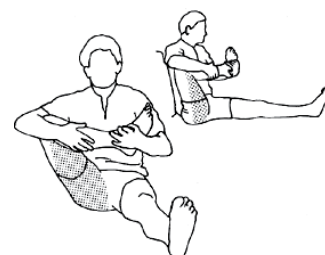
### **5. Hamstring (large tendon in the back of the thigh) Stretch:**

While sitting down, straighten your right leg. The sole of your left foot will be resting next to the inside of your straightened leg. Lean forward toward the right foot as far as you can without pain to stretch the hamstring of your right leg. If you can't touch your toes comfortably use a towel around the bottom of your foot to help you stretch. Hold for 30 seconds. Your right leg should lay flat on the ground but do not lock your knee. Your right quadriceps should be soft and relaxed during the stretch.



### **6. Upper Hamstrings and Hip Stretch:**

Hold onto the outside of your ankle with one hand, with your other hand and forearm around your bent knee. Gently pull the



leg as one unit toward your chest until you feel an easy stretch in the back of the upper leg. You may want to do this stretch while you rest your back against a wall for support. Hold for 15 to 30 seconds and repeat with the other leg.

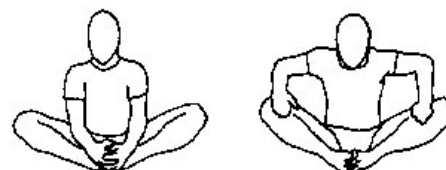
### **7. Piriformis (muscle – pelvis/hip/joint area) Stretch:**

Lie on your back, cross your legs just as you might while sitting in a chair. With both knees bent, place both hands under the knee of the lower leg and gently pull the leg towards your chest. Be sure to hold both thighs closely until a stretch is felt in the buttock and hips. Hold this for 30 seconds. Repeat crossing legs in the opposite way to stretch the other side.



### **8. Inner Thigh Stretch:**

Sitting with your back straight, bring the soles of your feet together and bring them about two feet away from your body. Lower your knees toward the floor. Place your hands on your knees and gently push downward. SLOWLY bend forward, trying to touch your nose to your feet. Hold for 30-60 seconds or until muscles feel looser.



### **9. Hip Rotation**

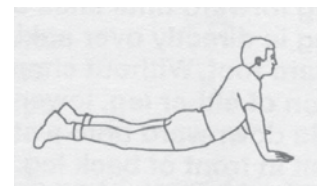
Lie on the floor on your back, knees bent and feet flat on the floor. Keep your shoulders on floor throughout the exercise. Keeping knees bent and together, gently lower legs to one side as far as possible without forcing them. Hold position for 10 to 30 seconds then return legs to upright position.



Repeat for the other side. Repeat 3 to 5 times on each side.

### **10. Abdominal Stretch**

Start by lying face down on the floor, hands directly under your shoulders. By extending your arms gently and slowly push your torso up. Hold for 15-30 seconds.



### **11. Cross Shoulder Stretch**

Stand with knees slightly bent and feet hip distance apart with toes pointing forward. Bend one arm at the elbow extending it across your chest. With your other arm on your outstretched elbow, apply pressure and gently pull your outstretched arm closer to your chest, keeping it as straight as possible. Keep your back straight and do not twist at your waist. Feel the stretch in your arm and shoulder. Hold 15-30 seconds and switch sides.





### 12. Triceps Stretch

Stand with knees slightly bent and feet hip distance apart with toes pointing forward. Bend one arm at elbow and raise it up towards your head. Try to touch the shoulder blade area with your fingers. Using your other hand gently pull your elbow back stretching your triceps. Hold 15-30 seconds and then switch sides.



### 13. Side Stretch

Stand with legs spread slightly more than shoulder width apart. Raise one arm overhead with palm open. Lean to side as far as possible keeping your back straight. Hold for 5 – 30 seconds. Return slowly to starting position. Repeat on other side. Repeat 3 to 5 times on each side.



### 14. Chest Stretch

Sit upright with shoulders back and chest out. Clasp your hands behind you and slowly lift your hands up and away from your body until they have reached their furthest comfortable position. Keep your chest out and your chin in without bending forward. Hold for 15-30 seconds.



### 15. Neck Stretch

While standing bring both arms behind your back. Grab your left wrist with your right hand and gently pull your left arm down towards the right. Bend your neck to the right until you feel a stretch. Hold for 15-30 seconds and repeat with the opposite side.



Source: Fitness First Solutions [www.my-ffs.com/stretching.htm](http://www.my-ffs.com/stretching.htm)

## Running Hot and Cold

To get the most out of your fitness plan, you have to be able to get out and exercise all year round. It's easy in the warm months. You just throw on a pair of shorts and a t-shirt, lace up the shoes and you're off.

It's harder in the winter. First, you can forget about making any kind of fashion statement. When it's blowing snow and -20°C, it's more important to be warm than to be in style.

Whether you're skiing, skating, running or snowshoeing, it's better to wear several layers of light clothing rather than one heavy layer. You will lose less heat and you can adjust more easily to changes in temperature. You can always take off a layer when you're in full stride and put it back on when you stop for a rest.

Polypropylene and polyester are the best materials for the inner layer. They provide good insulation and they draw perspiration away from the skin and keep you dry.

Wool is great for a middle layer. It provides warmth, wet or dry and it sheds the snow easily. Pile and fleece are great wool substitutes. They dry quickly and, like wool, keep you warm even when they're wet. Pile weighs only half as much as wool but provides the same amount of warmth.

Synthetic materials – polyester/cotton and tri-blends (cotton, polyester and nylon) – are ideal for the outer layer. They “breathe,” they're light and they protect you from wind and water.

Wear a light pair of polypropylene socks or a wool-nylon blend pair with a regular wool pair on top. A toque will keep your head warm on cold days. And remember your gloves or mitts.

## Discovering Your Fitness Personality

The toughest part of physical activity can be staying with it. One big reason we slack off is that we pick sports that fit our bodies but not necessarily our minds. Researchers show that a good match between your personality and your physical activity sharply increases the chances you'll stay with it. Finding this match is important to your physical activity program.

The trick to picking the best exercise for you is to work out your own fitness personality and compare your profile to the activity profile.

Here are some descriptions that will help you rate your fitness personality. Circle High, Medium or Low for each word that best describes you for each of the categories.

## Your Fitness Profile

**(worksheet can be found in the Record Book)**

- Sociability
  - A party animal – High
  - Enjoy team sports – Medium
  - Prefer to keep to yourself – Low
- Spontaneity
  - Love spur-of-the-moment activities – High
  - Need some planning for activities – Medium
  - Last minute changes upset you – Low
- Discipline
  - No pain, no gain – High
  - Usually able to reach goals – Medium
  - Easily discouraged – Low

- Aggressiveness
  - Not afraid to argue – High
  - Will argue sometimes – Medium
  - Will do anything but argue – Low
- Competitiveness
  - Needs competition to get going – High
  - Enjoys competitive games and sports – Medium
  - Prefers non-competitive activities – Low
- Mental Focus
  - Can shut out distractions without effort – High
  - Usually finishes a project – Medium
  - Easily bored – Low
- Risk Taking
  - Likes testing the limits – High
  - Sometimes likes to take chances – Medium
  - Never likes taking chances – Low

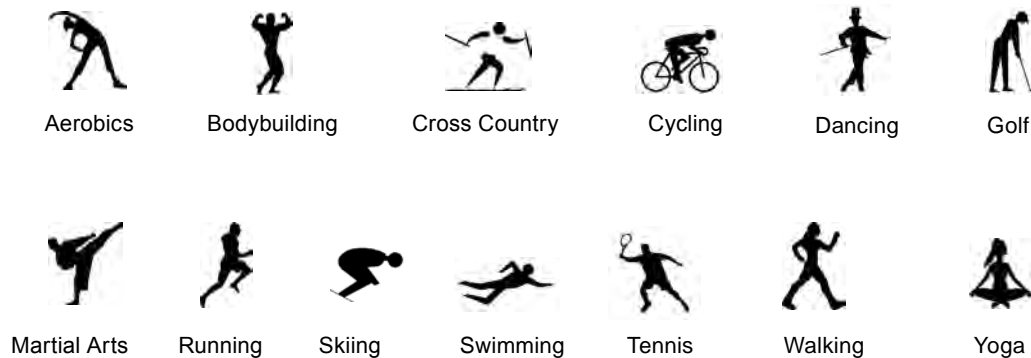
Now pick your sport. For example, if you rated yourself “High” on sociability and aggressiveness, you’d probably like golf, tennis, martial arts and downhill skiing – those are the sports that appeal to people with both those characteristics. Check the chart to see which other games might suit your personality. Are you surprised at what you’ve discovered?

## Your Personality/Your Sport

Chart can also be found in the record book.

	High	Medium	Low
Sociability			
Spontaneity			
Discipline			
Aggressiveness			
Competitiveness			
Mental Focus			
Risk-Taking			

### Legend



## The Food/Energy Equation

Everything we eat has calories in it. A calorie is a measure of energy. Every time we do something – play a game, go for a walk, for a swim or a job – we use up some of those calories. We even use up calories when we are sleeping, although not very many!

Depending on age, growth and activity level, daily intakes can vary. Can you find what your daily calorie level should be? See the definitions below to decide whether you are in the sedentary, low active or active level.

### ***Males (Calories per day)***

Age	Sedentary Level	Low Active Level	Active Level
2-3 y	1100	1350	1500
4-5 y	1250	1450	1650
6-7 y	1400	1600	1800
8-9 y	1500	1750	2000
10-11 y	1700	2000	2300
12-13 y	1900	2250	2600
14-16 y	2300	2700	3100
17-18 y	2450	2900	3300
19-30 y	2500	2700	3000
31-50 y	2350	2600	2900
51-70 y	2150	2350	2650
71 y +	2000	2200	2500

### ***Females (Calories per day)***

Age	Sedentary Level	Low Active Level	Active Level
2-3 y	1100	1250	1400
4-5 y	1200	1350	1500
6-7 y	1300	1500	1700
8-9 y	1400	1600	1850
10-11 y	1500	1800	2050
12-13 y	1700	2000	2250
14-16 y	1750	2100	2350
17-18 y	1750	2100	2400
19-30 y	1900	2100	2350
31-50 y	1800	2000	2250
51-70 y	1650	1850	2100
71 y +	1550	1750	2000

Source: Health Canada [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

These values are approximations calculated using Canadian average heights and weights that were derived from the average normal BMI for different levels of physical activity. Your individual values may be different. The requirement for energy varies between individuals due to factors such as genetics, body size and body composition. These values are not for women who are pregnant or breastfeeding.

***Sedentary:*** Your typical daily routine requires little physical movement (e.g., sitting for long periods, using a computer, relying primarily on motorized transportation) and you accumulate little physical activity in your leisure time.

***Low Active:*** Your typical daily routine involves some physical activity (e.g., walking to bus, mowing the lawn, shoveling snow) and you accumulate some additional physical activity in your leisure time.

***Active:*** Your typical daily tasks involve some physical activity and you accumulate at least 2 ½ hours of moderate- to vigorous-intensity aerobic physical activity each week. Moderate- to vigorous- physical activity will make you breathe harder and your heart beat faster.

## **Burning off Those Calories!**

As a rough calculation, for every 100 calories you eat, you have to walk briskly for 19 minutes, bicycle for 12 minutes, swim for 9 minutes or run or skip for 5 minutes to use up the energy provided by those calories.

### ***Get Active with Zumba!***

Zumba combines Latin and International music with a fun and effective workout system. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness activity. It is one of the world's largest and most successful dance-fitness programs.

There are 8 different kinds of Zumba:

***Zumba Fitness*** – Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy levels are soaring! It's easy to do, effective and totally exhilarating.

***Zumba Gold*** – Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. The zesty Latin music, like salsa, merengue, cumbia and reggaeton stay the same. Zumba Gold is a dance-fitness class that is friendly and fun.

***Zumba Toning*** – When it comes to body sculpting, Zumba Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-burning, strength-training dance fitness activity.

You will learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all your target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

***Aqua Zumba*** – Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

***Zumbatomic*** – Designed exclusively for kids (ages 4-12), Zumbatomic classes are rocking, high-energy fitness events packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Zumbatomic increases their focus and self-confidence, boosts metabolism and enhances coordination.

***Zumba in the Circuit*** – Zumba in the Circuit is 30 minutes of high-octane, Latin-inspired dance-fitness moves combined with circuit training; a series of strength exercises at timed intervals. Get the metabolism-boosting, strength-building benefits of circuit training while perfecting Zumba moves—all in the same class. Guaranteed to blast calories and thwart boredom, Zumba in the Circuit moves students from one exercise station to the next to the thumping beats of reggaeton, salsa, merengue, hip-hop and more. Be in and out in 30 minutes flat —this time-effective and efficient class can be adapted for all fitness levels.

***Zumba Gold-Toning*** – The Zumba Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness class with the benefits of safe-and-effective strength training. It’s an easy-to-follow, health-boosting dance-fitness program. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

***Zumba Sentao*** – The Zumba Sentao workout takes the thrill of the Zumba fitness and partners it with explosive, chair-based choreography to strengthen, balance and stabilize your core, and step up your cardio work in a whole new way. Grab a chair, feel the beat and learn how to use your own body weight to enhance muscle strength, improve definition and endurance, and tone your physique.

## Ready to Try Zumba?

Look for a class in your area. Make sure the class is being led by a certified Zumba instructor. If you can't find a class, there are many videos that you can purchase so you can do Zumba at home.

### ***What do I wear?***

You can wear any type of fitness clothes to sweat pants, shorts, tank tops, t-shirts – anything comfortable and cool. As for shoes, wear cross-trainers or dance shoes – anything that will give you support. Keep in mind, if your shoes “look like a tire” on the bottom (e.g., running shoes), do not wear them in class. You take the chance of injury to your knees, since you will be doing a lot of moves “side to side”.

### ***What kind of people participate in Zumba classes?***

People of all fitness abilities, ages, sizes and nationalities take Zumba classes.

### ***How will Zumba benefit me?***

It depends on how you exert yourself. Physically, you will burn between 350-900 calories in one-hour! You will build cardio strength and tone muscles. Mentally, it will help to relieve stress, stimulate your brain by learning coordination and new steps plus it makes you smile and sweat all at the same time!

### ***Can I just try one class to see if I like it?***

Most instructors encourage you to try out their class free for the first time. Make sure to ask the Instructor if you could try the class out.

### ***What if I'm not coordinated and I can't dance?***

Be patient and don't get frustrated. Zumba uses a lot of repetition steps in every class. After a few classes you will know the basic steps. Most of all, just have fun and feel the music. Even if you can't do a step, just move to however the music makes you feel. There is no wrong or right way to do Zumba!

## BEFORE THE NEXT MEETING

Complete the following activity:

How much time do you spend in front of the computer? TV? Playing video games?

Using the “**Screen Time Log**” sheet in your Record Book, record your screen time each day for a week. On the “**Active Time Log**” sheet in your Record Book, record how much time you spend being active. Compare the two sheets. Are you more active or do you spend more time in front of a screen?



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## MEETING 2 – DIGGING DEEPER

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### Why exercise is vital to health

Everyone knows that exercise is vital to maintaining health, yet many people continue to lead an inactive lifestyle. Perhaps it is because they think that exercise must be difficult and time-consuming in order to be beneficial. But, you don't have to train like a triathlete to reap the benefits. If you are able, simply walking to the store or taking the stairs instead of the elevator can make a lot of difference.

According to the Canadian Physical Activity Guidelines (a companion guide to Canada's Food Guide to Healthy Eating), you will gain significant health benefits just by adding physical activity to your daily routine. Your benefits will increase as you add more activities to your day.

And many people may not know that exercise does more for you than just help you lose weight or build muscle. Regular physical activity is a prescription for helping decrease stress; relieve depression, anxiety, heartburn and constipation; increase happiness; improve your fitness level; and prevent diabetes, heart disease, weight gain, osteoporosis and cancer.

You can find a copy of the Canadian Physical Activity Guidelines for your age group at: <http://www.csep.ca/english/view.asp?x=804>

### The Downside of Inactivity

The Physical Activity Guide was developed in response to research that indicated Canadians were unaware that physical inactivity is a serious risk factor for premature death, chronic disease and disability – a threat comparable to the risk of smoking. This may be one of the reasons that two-thirds of Canadians are considered inactive. It's an alarming statistic.

The human body is designed to move. Our modern lifestyle, with all of its conveniences, has made many of us inactive. We drive to work, sit in front of a computer, drive home and sit in front of the television. The result of an inactive life is not simply a lack of fitness. An inactive life is actually a threat to health.

Cardiovascular (heart) disease (CVD) is the leading cause of death among Canadian men and women. One-quarter of CVD deaths are the direct result of inactivity. Regular physical activity reduces the risk of high blood pressure and stroke.

Physical activity can reduce the risk of colon cancer by as much as 50%. It can also reduce the risk of developing type 2 Diabetes and coronary heart disease by 50%. One in four women over age 50, and one in eight men, develop osteoporosis. The risk of osteoporosis is reduced through regular physical activity in childhood, adolescence and even adulthood.

Obesity is a major health problem among Canadians. Over half of Canadians are overweight, with two-thirds of these considered to be at probable health risk. Physical activity promotes weight loss and reduces the risk of obesity-related diseases, such as coronary heart disease, type 2 Diabetes and osteoarthritis.

## What is type 2 diabetes?

Your body gets energy by making glucose from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin. Insulin is a hormone that helps your body control the level of glucose (sugar) in your blood. Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes.

If you have type 2 diabetes, glucose builds up in your blood instead of being used for energy. You can live a long and healthy life by keeping your blood glucose levels (the amount of sugar in your blood) in the target range set by your doctor (see our fact sheet, managing your blood glucose). You can do this by:

- Eating healthy meals and snacks
- Enjoying regular physical activity
- Taking diabetes medications (including insulin), if prescribed by your doctor

Type 2 diabetes is a progressive, life-long condition.

## Osteoarthritis

The word arthritis means inflammation of the joint (“arthr” meaning joint and “itis” meaning inflammation). Inflammation is a medical term describing pain, stiffness, redness and swelling. There are more than 100 types of arthritis.

Osteoarthritis is the most prevalent kind of arthritis, affecting more than three million Canadians. It occurs when cartilage (the tough elastic material that covers and protects the ends of bones) begins to wear away. Cartilage is an essential part of the joint. Not only does it act as a shock absorber, it also enables the joint to move smoothly. With osteoarthritis, the cartilage erodes, eventually resulting in pain, stiffness, swelling and bone-on-bone movement in the affected joint.

The risk factors for developing osteoarthritis include the following:

**Age** – As you get older, your chance of developing osteoarthritis increases. If you live long enough, many of you will experience osteoarthritis.

**Family history** – It is becoming clear that genetics plays a role in the development of osteoarthritis. This seems to be more of a factor with arthritis affecting the small joints in the hands.

**Joint injury** – Osteoarthritis can occur in joints that have been damaged by a previous injury. The initial injury may have damaged the cartilage or affected the way the joint moves, resulting in secondary osteoarthritis.

**Excess weight** – If you weigh too much, your feet, knees and hips have to carry more weight than they should. The good news is that losing weight, even just 10 pounds (4.5 kilograms), can help reduce strain on your knees. Even if you have osteoarthritis in your knees, losing weight can make you feel better and delay or maybe even prevent the need for surgery in the future. Less body weight means less stress on your joints and often less pain.

## Activity #6

### ***Judging Running Shoes***

Place 4 different types of running shoes on a table, labeled one through four. Using the Judging Sheet found in the Record Book, have the Members judge and give reasons for a class of running shoes (or any other objects you may wish to use).



# MEETING 3 – POSITIVE LIVING – SEEING YOURSELF IN A NEW LIGHT!

## Objectives

- Learn about self-esteem.
- Learn about eating disorders.
- Learn how to do yoga.

## Roll Calls

- What is positive self-esteem and body confidence?
- Name something you do for yourself that makes you happy.
- Have you ever done yoga before? If so, where?

## Sample Meeting Agenda – 2 hrs. 45 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Activity Related to Topic	Activity #8 – Self-esteem Supports – Have members complete the worksheet (instructions can be found at the end of Meeting #3).	15 min
Topic Information Discussion	Discuss self-esteem, body image and make-over magic.	20 min
Activity Related to Topic	Activity #9 – Fan Mail (instructions can be found at the end of Meeting #3)	20 min
Topic Information Discussion	Discuss what eating disorders are and the consequences.	15 min
Public Speaking/Judging Activity	Activity #10 Learn how to do Yoga!	60 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

## Topic Information

### ***What is 'self-esteem'?***

- How we value ourselves (our self worth)
- Our attitude to ourselves (how happy we are with the type of person we are)
- Our ability to manage difficult situations
- Our confidence in our own abilities
- How we see ourselves in our community and society (how we compare ourselves to others and connect with those around us)

### HIGH SELF-ESTEEM

High self-esteem can mean we are comfortable with who we are. People with high self-esteem often have the confidence to influence decisions, to express their individuality and to find success in life.

### LOW SELF-ESTEEM

Low self-esteem means that we don't value our true worth. This can lead to feeling helpless and not being in control of our lives, even feeling resentment or blaming others. Those with low self-esteem are unlikely to reach their full potential in life.

- With low self-esteem, we often fail to recognize what we achieve and feel good about it
- Low self-esteem can make us feel excluded and disconnected from society
- It can make us want to surrender our individuality and conform to stereotypes
- It can make us feel that we can't handle life's challenges or make us feel like a miserable failure
- It can lead to depression, destructive behaviour, self-harming, eating disorders or alcohol/drug abuse

### **Image Fact**

Boys aged 10-11 desire a larger body than their current shape while boys aged 12-13 desire a leaner body.

*Parkinson et al, Eur Eat Disorder Rev, Dove Self-Esteem Workshop Guide*

### ***Developing a Skill for Life***

Developing positive self-esteem is about establishing self-confidence, learning how to cope with emotions, looking at how to value ourselves and improving how effective we are at succeeding in the tasks we set ourselves.

**Image Fact**

Over 70% of girls avoid certain activities because they feel bad about their looks.

*'Beyond Stereotypes' Dove Global Study 2005*

**A Different You, A Different Me**

Did you ever look closely at an apple picked ripe off a tree? If you have, you'll have noticed that its size, shape and colour were slightly different from all the other fruits that grew on that same tree.

Human bodies are like that too. Each one of us is just a little different from all the others. Each of us is unique. In fact, our natural variety is one of the things that makes us all so interesting.

But sometimes it's hard to appreciate the ways in which you look different from other people. Perhaps you carry around a picture of yourself inside your head. You compare this picture of yourself to pictures of TV stars, athletes, rock stars, models or the friends you admire. That picture inside your head is your self-image. A lot of people want to change their body to fit some ideal picture. They aren't always happy with the way they look and feel.

It's important to understand that beauty defined by the media doesn't always reflect what real women look like – or what real beauty is all about. Young people need to know that their self-worth, and how others value them, does not rely on their looks.

Magazines photographs rarely show the true likeness of any woman (or of most men either). They go way beyond airbrushing out 'imperfections.' Physical proportions are often adjusted, making waists smaller, busts larger and legs longer before images are published.

**Image Fact**

The body fat of models and actresses portrayed in the media is at least 50% less than that of healthy women.

*Eating disorders, body image and the media, British Medical Association, 2000*

## The Body Beautiful

Our ideas of beauty keep changing, like clothing fashions, car models and music trends that go in and out of style.

- A few hundred years ago, artists thought that plump models were the most beautiful and used them in their paintings.
- People used to think that a fat baby was always a very healthy baby. Now we know this isn't true.
- In the late 1800's women used to struggle into tightly laced corsets to get a "wasp waist" figure. Women who dressed liked this may have thought they looked beautiful but they couldn't breathe properly and often fainted.
- Long hair, powdered wigs, moustaches and beards have been in and out of fashion since Biblical days. Who knows what will happen next?

### Image Fact

Six out of ten teenage girls think they'd be happier if they were thinner. While only 19% of teenage girls are overweight, 67% think they need to lose weight.

*Bliss magazine, 2004*

## Make-over Magic

You only have the body you were born with. It's a waste of time to wish you had longer fingers, smaller feet, a different nose or fewer freckles. It's far better to take care of the body you've got and be proud of what it can do.

Remind yourself of all the things you are – a caring person, a friendly person, a growing person, an intelligent person, a person with dreams.

Give up judgements about your body and make friends with it. You've tried wishing you could change your body. Try accepting it instead. Think of changing the things you can realistically do something about.

Reward yourself in some way other than by eating. Think of other ways to "nourish" yourself.

Make a list of all of the things you are waiting until you get thin to do. Do two things from this list each day, starting now.

You can give yourself better posture, which makes you look taller, feel better and seem more confident. You can give yourself better muscle tone by exercising regularly, which makes you look thinner and gives you more confidence in what your body can do.



You can eat nutritiously, which will give you more energy, less weight to carry around and can help you have a clearer complexion.

That's real make-over magic!

### **Image Quote**

It's not our bodies that need changing. It's our attitudes.

*Source: National Eating Disorder Information Centre (NEDIC)*

## **Dying To Be Thin**

### ***A Tale of Two Teens***

Katelyn is 14 years old and just a regular kid. Although she likes to go out with her friends for a pizza or a burger, she drives them wild by always talking about how fat she is, even though everyone can see that she's not. The funny thing is, she hardly ever seems to eat anything at all. She just talks about eating all the time.

Ashley, who's a bit older, does eat a lot. In fact, although she usually binges in private, sometimes her friends are amazed at the amount of food Ashley can eat in one sitting. It's almost a joke among them. Ashley's not fat either but she is afraid of getting fat. So, after one of her eating marathons, she usually makes herself throw up or uses laxatives to get rid of all the food she just ate.

Both Katelyn and Ashley have a problem with eating and their weight. Katelyn is suffering from anorexia nervosa. This is a condition where a person starves themselves, sometimes to death. Ashley suffers from bulimia nervosa, sometimes known as a 'bingeing and purging' syndrome. People who have this disorder commonly eat a lot of food during a binge. Then they either force themselves to throw up or they use laxatives to clear all the food out of their system.

Those who suffer from anorexia nervosa or bulimia are usually teenaged girls. Boys also suffer from these disorders too but 90 percent of people with anorexia or bulimia are girls.

How do you know if a friend or relative of yours may be in danger from one of these eating disorders? Here are some warning signs.

- Too much time spent counting calories or dieting
- Claims of "feeling fat" when weight is normal or low
- Guilt and shame about eating
- Frequent weighing of oneself

- Evidence of binge-eating
- Hoarding of food
- Use of laxatives or other similar medications
- Secretive vomiting: leaving for bathroom right after a meal
- Moodiness, irritability and depression
- Never being co-operative
- Low self-esteem and intense need for perfection
- Withdrawal from friends and intolerance of others
- Oversensitivity to criticism
- Only able to think in extremes. For example, “If I’m not thin, I’m fat.”

Anorexia nervosa and bulimia nervosa are serious problems. If untreated, Katelyn and Ashley, or any one of the thousands of people suffering from one or other of these disorders, may actually starve themselves to death.

If you think someone you know may be suffering from these eating disorders, talk to your parents, teachers or the principal for advice on what to do.

### **Image Fact**

Looking at magazines for just 60 minutes lowers the self-esteem of over 80% of girls.

*Dr. Raj, Persaud, Maudsley Hospital, London, UK*

## **Introduction to Yoga**

### ***Why Do Yoga?***

The quick answer is that yoga makes you feel better. Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit.

Research shows that yoga helps manage or control anxiety and stress, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches, heart disease, multiple sclerosis, stress and other conditions and diseases.

### ***The Top Ten Reasons Why Yoga Rocks!***

1. It builds physical and mental strength.
2. It increases attention span and concentration.
3. It develops self-discipline and self-control.
4. It helps people to relax.
5. It increases self-esteem and confidence.

6. It improves posture, balance and coordination.
7. It encourages a cooperative spirit.
8. It regulates weight and balances metabolism.
9. It stimulates whole-brain function.
10. It's energetic and fun!

Yoga helps us get in touch with our true selves. Yoga gives us control of ourselves and helps us to cut through the layers of emotions, sensations, desires, achievements and failures of daily life that arise in response to our actions, experiences and feelings. Yoga helps to calm us, clear the clutter in our lives and allows us to get back in touch with ourselves. And, yoga makes us feel really good about ourselves!

## Let's Get Started!

### ***Sukhasana (Easy Pose)***

Cross your shins, widen your knees, and slip each foot beneath the opposite knee as you bend your knees and fold the legs in toward your torso.

Relax the feet so their outer edges rest comfortably on the floor and the inner arches settle just below the opposite shin. You'll know you have the basic leg fold of Sukhasana when you look down and see a triangle, its three sides formed by the two thighs and the crossed shins. Don't confuse this position with that of other classic seated postures in which the ankles are tucked in close to the sitting bones. In Sukhasana, there should be a comfortable gap between the feet and the pelvis.

As always, you should sit with your pelvis in a relatively neutral position. To find neutral, press your hands against the floor and lift your sitting bones slightly off the support. As you hang there for a few breaths, make your thigh bones heavy, then slowly lower your sitting bones lightly back to the support. Try to balance your pubic bone and tail bone so they're equidistant from the floor.

Either stack your hands in your lap, palms up, or lay your hands on your knees, palms down. Lengthen your tail bone toward the floor, firm your shoulder blades against your back to your upper torso, but don't overarch your lower back and poke your lower front ribs forward



## Virabhadrasana II (*veer-ah-bah-DRAHS-anna*) (*Warrior II Pose*)

With an exhalation, step or lightly jump your feet 3 1/2 to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down.



Turn your right foot in slightly to the right and your left foot out to the left 90 degrees. Align the left heel with the right heel. Firm your thighs and turn your left thigh outward so that the center of the left knee cap is in line with the center of the left ankle.

Exhale and bend your left knee over the left ankle, so that the shin is perpendicular to the floor. If possible, bring the left thigh parallel to the floor. Anchor this movement of the left knee by strengthening the right leg and pressing the outer right heel firmly to the floor.

Stretch the arms away from the space between the shoulder blades, parallel to the floor. Don't lean the torso over the left thigh: Keep the sides of the torso equally long and the shoulders directly over the pelvis. Press the tailbone slightly toward the pubis. Turn the head to the left and look out over the fingers.

Stay for 30 seconds to 1 minute. Inhale to come up. Reverse the feet and repeat for the same length of time to the left.

## Utthita Parsvakonasana (*oo-TEE-tah parsh-vah-cone-AHS-anna*) (*Extended Side Angle Pose*)

On an exhalation, step or lightly jump your feet 3.5 to 4 feet apart.

Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down. Turn your left foot in slightly to the right and your right foot out to the right 90 degrees. Align the right heel with the left heel. Firm your thighs and turn your right thigh outward, so that the center of the kneecap is in line with the center of the right ankle. Roll the left hip slightly forward, toward the right, but rotate your upper torso back to the left.



Anchor the left (back) heel to the floor by lifting the inner left groin deep into the pelvis. Then exhale and bend your right knee over the right ankle, so that the shin is perpendicular to the floor. As you bend the knee aim the inner knee toward the little-toe side of the foot. If possible, bring the right thigh parallel to the floor.

Firm your shoulder blades against the back ribs. Extend your left arm straight up toward the ceiling, then turn the left palm to face toward your head and with an inhalation reach the arm over the back of your left ear, palm facing the floor. Stretch from your left heel

through your left fingertips, lengthening the entire left side of your body. Turn your head to look at the left arm. Release your right shoulder away from the ear. Try to create as much length along the right side of your torso as you do along the left.

As you continue to ground your left heel to the floor, exhale and lay the right side of your torso down onto (or bring it as close as possible to) the top of the right thigh. Press your right fingertips (or palm) on the floor just outside of your right foot. Actively push the right knee back against the inner arm; counter this by burrowing your tail bone into the back of your pelvis, toward the pubis. The inside of your right thigh should be parallel with the long edge of your sticky mat.

Stay for 30 seconds to 1 minute. Inhale to come up. Push both heels strongly into the floor and reach the left arm forcefully toward the ceiling to lighten the upward movement. Reverse the feet and repeat for the same length of time to the left. Then come up and return to a standing position.

### **Marjaryasana (Cat Pose)**

Start on your hands and knees in a “tabletop” position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor.

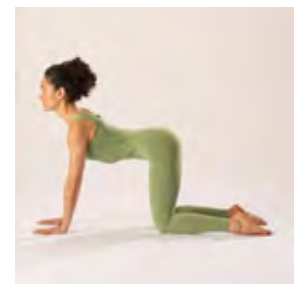


As you exhale, round your spine toward the ceiling, making sure to keep your shoulders and knees in position. Release your head toward the floor, but don't force your chin to your chest.

Inhale, coming back to neutral “tabletop” position on your hands and knees.

### **Bitilasana (Cow pose)**

Start on your hands and knees in a “tabletop” position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor.



As you inhale, lift your sitting bones and chest toward the ceiling, allowing your belly to sink toward the floor. Lift your head to look straight forward.

Exhale, coming back to neutral “tabletop” position on your hands and knees. Repeat 10 to 20 times.

**Garudasana** (*gah-rue-DAHS-anna*) (**Eagle Pose**)

Start in a standing position. Bend your knees slightly, lift your left foot up and, balancing on your right foot, cross your left thigh over the right. Point your left toes toward the floor, press the foot back, and then hook the top of the foot behind the lower right calf. Balance on the right foot.



Stretch your arms straight forward, parallel to the floor, and spread your scapulas wide across the back of your torso. Cross the arms in front of your torso so that the right arm is above the left, then bend your elbows. Snug the right elbow into the crook of the left, and raise the forearms perpendicular to the floor. The backs of your hands should be facing each other.

Press the right hand to the right and the left hand to the left, so that the palms are now facing each other. The thumb of the right hand should pass in front of the little finger of the left. Now press the palms together (as much as is possible for you), lift your elbows up, and stretch the fingers toward the ceiling.

Stay for 15 to 30 seconds, then unwind the legs and arms and stand straight again. Repeat for the same length of time with the arms and legs reversed.

**Malasana** (**Garland Pose**)

Squat with your feet as close together as possible. (Keep your heels on the floor if you can; otherwise, support them on a folded mat.)



Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs.

Press your elbows against your inner knees, bringing your palms to together in front of you and resist the knees into the elbows. This will help lengthen your front torso.

To go further, press your inner thighs against the sides of your torso. Reach your arms forward, then swing them out to the sides and notch your shins into your armpits. Press your finger tips to the floor, or reach around the outside of your ankles and clasp your back heels.

Hold the position for 30 seconds to 1 minute, then inhale, straighten the knees, and stand up straight.

**Balasana** (*bah-LAHS-anna*) (**Child's Pose**)

Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.



Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.

Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back.

Balasana is a resting pose. Stay anywhere from 30 seconds to a few minutes. Beginners can also use Balasana to get a taste of a deep forward bend, where the torso rests on the thighs. Stay in the pose from 1 to 3 minutes. To come up, first lengthen the front torso, and then with an inhalation lift from the tailbone as it presses down and into the pelvis.

**Baddha Konasana** (*BAH-dah cone-AHS-anna*) (**Bound Angle Pose**)

Sit with your legs straight out in front of you, raising your pelvis on a blanket if your hips or groins are tight. Exhale, bend your knees, pull your heels toward your pelvis, then drop your knees out to the sides and press the soles of your feet together.



Bring your heels as close to your pelvis as you comfortably can.

With the first and second finger and thumb, grasp the big toe of each foot. Always keep the outer edges of the feet firmly on the floor. If it isn't possible to hold the toes, clasp each hand around the same-side ankle or shin.

Sit so that the pubis in front and the tailbone in back are equidistant from the floor.

The perineum then will be approximately parallel to the floor and the pelvis in a neutral position. Firm the sacrum and shoulder blades against the back and lengthen the front torso through the top of the sternum.

Never force your knees down. Instead release the heads of the thigh bones toward the floor. When this action leads, the knees follow.

Stay in this pose anywhere from 1 to 5 minutes. Then inhale, lift your knees away from the floor, and extend the legs back to their original position.

### Savasana (*Corpse Pose*)

Sit on the floor with your knees bent, feet on the floor, and lean back onto your forearms. Lift your pelvis slightly off the floor and, with your hands, push the back of the pelvis toward the tailbone, then return the pelvis to the floor. Inhale and slowly extend the right leg, then the left, pushing through the heels. Release both legs, softening the groins, and see that the legs are angled evenly relative to the mid-line of the torso, and that the feet turn out equally. Narrow the front pelvis and soften (but don't flatten) the lower back.



With your hands lift the base of the skull away from the back of the neck and release the back of the neck down toward the tailbone. If you have any difficulty doing this, support the back of the head and neck on a folded blanket. Broaden the base of the skull too, and lift the crease of the neck diagonally into the center of the head. Make sure your ears are equidistant from your shoulders.

Reach your arms toward the ceiling, perpendicular to the floor. Rock slightly from side to side and broaden the back ribs and the shoulder blades away from the spine. Then release the arms to the floor, angled evenly relative to the mid-line of torso. Turn the arms outward and stretch them away from the space between the shoulder blades. Rest the backs of the hands on the floor as close as you comfortably can to the index finger knuckles. Make sure the shoulder blades are resting evenly on the floor. Imagine the lower tips of the shoulder blades are lifting diagonally into your back toward the top of the sternum. From here, spread the collarbones.

Stay in this pose for 5 minutes for every 30 minutes of practice. To exit, first roll gently with an exhalation onto one side, preferably the right. Take 2 or 3 breaths. With another exhalation press your hands against the floor and lift your torso, dragging your head slowly after. The head should always come up last.

Source: *Picture & Instruction Guides* [www.yogajournal.com](http://www.yogajournal.com)

## BEFORE THE NEXT MEETING

Try one of the following activities at home.

1. Create a promise card for yourself. On your card write down a promise to yourself to build body confidence. No one else needs to see what you have written. Examples of what you could write on your card include:
  - I will do a reality check when I read magazines.
  - I will hold my head up high when I walk through the front doors of the school.
  - I will think before commenting on other's looks.
  - I will play the sports I want to play and not care what other's think of my looks.
  - I will stop calling myself skinny/fat/ugly, etc.
  - I will make eye contact with myself in the mirror.



What will you do to help yourself keep this promise? Write this down on the back of the card.

Read your promise card in a month, or every week, as a reminder.

**OR**

2. ***Wanted Poster!*** Create a poster for a friend that shows the qualities that are most important to you. Remember to think about character and personality and not just looks and image. Bring the poster with you to the next meeting to share with the rest of the members.

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## MEETING 3 – DIGGING DEEPER

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Our ideas about what is beautiful or attractive are formed by what we are told and the things that we see around us. This can be different depending on who we are and where we are from. It is important for everyone to remember that we are judged by what is considered normal by the culture around us.

When looking through magazines, we are encouraged to feel that thin is better than fat, long hair is prettier than short, young is better than old and hairless is nicer than hairy. We make judgments on people based on things like hair colour, weight and clothing choice. The conclusions we reach depend on our values, culture and lifestyle as well as our time in history.

### Image Fact

Centuries ago, ladies kept out of the sun to ensure they had a pale complexion as having a tan implied you had a working-class job outdoors.

*Portrait of a woman, Jean-Baptiste Perronneau, The National Gallery, 2007.*

### Digging Deeper Activity

Select a country or culture. This can be somewhere you know nothing about or it could be where you were born or where your ancestor's originated from.

Spend some time finding out what people in this country or culture think is beautiful. What kind of clothes do they wear? Look at the size and shape of the people and their way of life. What do they eat? Be prepared to present your findings to the rest of the members at the next meeting.

If there is more than one senior member presenting to the group, have the group decide which culture they think has the best idea of beauty. Did the group all agree on the same one? How did the group come to this decision?

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## MEETING 3 – DIGGING DEEPER #2

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Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending themselves. Bullying is a form of abuse at the hands of peers that can take different forms at different ages. Bullying is defined as repeated aggression in which there is an imbalance of power between the person who bullies and the person who is victimized. Bullying can take place **anywhere** at **anytime**.

### The Many Forms of Bullying

**Physical** bullying includes behaviours such as: hitting, kicking, shoving, spitting, beating up, stealing, or damaging property.

**Verbal** bullying includes behaviours such as: name-calling, mocking, hurtful teasing, humiliating or threatening someone, racist comments, or sexual harassment.

**Social** bullying includes behaviours such as: rolling your eyes or turning away from someone, excluding others from the group, gossiping or spreading rumours, setting others up to look foolish, and damaging friendships.

**Electronic or Cyber** bullying includes the use of email, cell phones, text messages, and internet sites to threaten, harass, embarrass, socially exclude, or damage reputations and friendships.

**Racial** bullying includes behaviours such as: treating people badly because of their racial or ethnic background, saying bad things about a cultural background, calling someone racist names, or telling racist jokes.

**Religious** bullying is treating people badly because of their religious background or beliefs, saying bad things about a religious background or belief, calling someone names or telling jokes based on his or her religious beliefs.

**Sexual** bullying includes behaviours such as: leaving someone out or treating them badly because they are a boy or a girl, making someone feel uncomfortable because of their sex, making sexist comments or jokes touching, pinching or grabbing someone in a sexual way, making crude comments about someone's sexual behaviour, spreading a sexual rumour about someone, or calling someone gay, a fag, a lesbian, or other names like that.

**Disability** bullying includes behaviours such as: leaving someone out or treating them badly because of a disability, making someone feel uncomfortable because of a disability, or making comments or jokes to hurt someone with a disability.

## What are the effects of bullying?

Bullying makes people upset. It can make children feel lonely, unhappy and frightened. It can make them feel unsafe and think there must be something wrong with them. Children can lose confidence and may not want to go to school anymore and it may even make them sick.

Some people think bullying is just part of growing up and a way for young people to learn to stick up for themselves but they're wrong. Bullying can have long-term physical and psychological consequences. Some of these include:

- Withdrawal from family and school activities and wanting to be left alone
- Shyness
- Stomachaches
- Headaches
- Panic Attacks
- Not being able to sleep
- Sleeping too much
- Being exhausted
- Nightmares

If bullying isn't stopped, it also hurts the bystanders, as well as the person who bullies others. Bystanders are afraid they could be the next victim. Even if they feel badly for the person being bullied, they avoid getting involved in order to protect themselves or because they aren't sure what to do.

Children who learn they can get away with bullying continue to do so in adulthood. They have a higher chance of getting involved in dating aggression, sexual harassment and criminal behaviour later in life.

## What can be done to help eliminate bullying?

Awareness!!!

### ***Victim***

- Walk away
- Tell someone you trust
- Take the initiative to get help
- Say something complimentary to the bully to distract
- Stay groups to avoid confrontation

- Use humour to deflect the situation
- Never let the bully see you sweat
- Practice self-affirmation (i.e. I am a nice person)

### ***Bystander***

Instead of ignoring a bullying incident try the following:

- Tell a teacher (administration)
- Move toward or next to the victim
- Use your voice to say “stop” firmly
- Befriend the victim
- Lead victim away from the situation

Peers are present during 88% of bullying incidents. When peers intervene, bullying stops in less than 10 seconds, 57% of the time.

*Source: PREVnet 2012*

### ***Bully***

- Talk to a teacher/counsellor
- Put yourself in their shoes
- Stop the cycle
- Think before you act

People who bully count on the fact that the person they are bullying will not tell because they are afraid or embarrassed. The fact is, if you tell someone about a bullying situation you can help make the bullying stop and take away the bully’s power over you. You can do it, with a little help. Think about it!

Bullying is about power and control. A person who bullies wants to feel that they are more powerful than the person they hurt and that they can control that person by their actions. Take that control back by telling an adult and getting the help you deserve.

If you know someone who is being bullied, but is afraid to tell someone, talk to them and tell them what you know about making problems better by sharing them with a trusted adult. You can even offer to go with them to talk to an adult about their situation.

Who do you talk to if you are a victim of bullying? Here are some possibilities: parents, grandparents, care-givers, coaches, youth workers, friends of your family, your teachers, your neighbours, your relatives, your 4-H leaders – the right person for you is anyone you trust who you know cares for you. You can also always talk to someone privately and without giving your name at Kids Help Phone: 1-800-668-6868 or [kidshelpphone.ca](http://kidshelpphone.ca)

Bullying is everyone’s problem – not just a school problem. Bullying occurs in all places where children and youth live, learn, and play. All schools, homes and community

organizations share the responsibility for creating safe, welcoming, and violence-free environments. Help to be a part of this environment!

### **Activity #8 – Self-esteem Supports**

Think about what makes you feel good about yourself and builds your self-esteem. Be as specific as possible. Think about particular activities, places, times of day, past-times, people, etc. Write them in the bricks underneath 'you.'

Add more bricks if you have more ideas.

(use Activity #8 worksheet found in the Record Book).

### **Activity #9 – Fan Mail**

Often compliments that we would like to give to others get no further than the inside of our heads. However, it's a lot more helpful when those compliments are shared!

Have each member write their own name on an individual envelope.

Then have each member put a compliment in everyone else's envelopes. Examples of compliments include "You make me smile" or "You're very thoughtful." Make sure the compliments are positive, respectful and anonymous.

Have each member open their envelope and read their compliments to themselves or have members take envelopes home to read in private. At the next meeting ask members how they felt after reading the compliments in their envelope. Encourage each member to keep the envelope of compliments for when they feel a little low.

# MEETING 4 – TAKING CARE OF YOU INSIDE & OUT!

## Objectives

- Learn tips for healthy eating.
- Learn about Canada's Food Guide.
- Learn how to make healthy pizza.

## Roll Calls

- What is your favourite fruit? vegetable?
- What is your favourite breakfast food?
- What is your favourite pizza topping?

## Sample Meeting Agenda – 2 hrs. 20 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Topic Information Discussion	Discuss "Fan Mail" activity from Meeting #3 Discuss tips for healthy eating and food nutrients.	15 min
Activity Relating to Topic	Activity #11 Food Match (worksheet can also be found in the Record Book)	10 min
Topic Information Discussion	Discuss food basics, Canada's Food Guide the history of pizza and growing your own vegetables.	25 min
Activity Relating to Topic	Activity #12 – Making pizza!	45 min
Public Speaking/Judging Activity	Activity #13 – Nightmare on Veggie Street (worksheet found in Record Book) **to be completed while pizzas are baking.	10 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

## Topic Information

Eating a nutritious and balanced diet is one of the best ways to protect and promote good health. But, with fast food places on every corner, it can be hard to eat right.

There's probably not a person alive who *always* makes healthy choices. Learning how to eat right is not about never eating fast food with your friends. In fact, trying to avoid junk food completely may lead to greater consumption. Instead, learn which foods should be eaten in moderation and which make up a regular part of a healthy diet. By doing so, you can understand the components of a healthy diet and provide a foundation to make beneficial food choices.

As your body continues to grow, it is important to take care of it and fuel it with nutritious food so that it may develop to its potential. Whether you are a musician, dancer, avid reader, athlete or video game expert, your body needs healthy food to achieve top performance.

## Tips for Healthy Eating for Children, Teens & Young Adults

Consider the following healthy eating tips:

- *Always eat breakfast.* Make sure to include some kind of protein for continued energy. It would be even better to include some *complex carbohydrates* and a piece of fruit or fruit juice.
- Encourage healthy eating at lunch by investigating the healthy choices available at school or in the fast food restaurants around school.
- If you take your own lunch, load it up with fruit, veggies, complex carbs and lean protein.
- Make sure there are plenty of healthy snacks in the house for after-school munchies. Have a list of suggested healthy snacks posted on the fridge.
- Eat supper together as a family as often as possible. This may be difficult when everyone's schedule is crazy, but research has shown that teens who eat with their families tend to have *healthier diets* when they're older. They also smoke and drink less than other kids, and girls who have regular family meals have less incidence of eating disorders.
- Remember to make supper healthy as well. It may be the only meal you have any control over, so make it count with good lean protein (remember the vegetable sources of protein as well), whole grains, a couple of vegetables and, if you want dessert, something fruit-based.
- Learn how to moderate portion size.
- Teens tend to gulp down their meals quickly. This may cause them to overeat, because feeling full takes a few minutes. Practice attentive eating. Chewing slowly helps improve satiation (feeling full), causes you to eat fewer calories, and improves nutrient absorption. It also increases the opportunity for family socialization if everyone eats slowly and enjoys their meal.
- Have a varied diet with plenty of fresh fruits and vegetables. Eating the same foods repeatedly can lead to nutritional deficiency
- Make fast foods and dining out a treat rather than a regular part of family meals.



- Minimize sugar in your diet
- Minimize your use of processed foods that come in cans, boxes, bags, jars, and packages. These foods tend to be high in preservatives, sugar, and artificial ingredients

## Activity #11 – It’s What’s Inside That Counts

Choosing the right food can be a hard thing to do. You want to choose carbohydrates instead of fat and fibre instead of refined flour. And then there are all the different ways they put sugar into what we eat. Sugar can be listed as dextrose, sucrose, lactose, maltose, fructose, corn syrup, invert sugar, molasses, maple syrup or honey.

Here’s a challenge for you. Match up the foods listed on the left with their ingredients listed on the right. Below, list the number of different types of sugar found in these foods. (worksheet can also be found in the Record Book).

Fat Free Acai-berry Strawberry Banana Yogurt	Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors (vegetable source), caffeine.
Chocolate Chip Granola Bar	Skim milk, strawberries, banana and acaiberry, milk and whey proteins, modified corn starch, active bacterial cultures, gelatin, fruit juices : pomegranate and Goji berry, natural and artificial flavours, pectin, sucralose, locust bean gum, lemon juice concentrate, colour, vitamin A palmitate, vitamin D3, potassium sobate, made with vitamin A & D fortified skim milk.
Coca Cola Classic	Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), corn syrup, high fructose corn syrup, dextrose, soybean and palm oil (with TBHQ) for freshness), cracker meal, contains 2% or less of wheat starch, salt, dried blueberries, dried grapes, dried apples, leavening (baking soda, sodium acid, pyrophosphate, mono calcium phosphate), citirc acid, cornstarch, natural and artificial blueberry flavour, modified wheat starch, soy lecithin, eanthan gum, caramel colour, red #40, blue #1, blue #2, vitamin A palmitate, niacinamide, reduced iron, pyridozine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid.
Aero chocolate bar	Milk chocolate (sugar, modified milk ingredients, cocoa butter, cocoa mass, lactose, soy lecithin, polyglycerol polyricinoleate, artificial flavour.
Blueberry Unfrosted Pop- Tart	Granola (whole grain rolled oats, brown sugar, crisp rice (rice flour, sugar, salt, malted barley extract), whole grain rolled wheat, soybean oil, dried coconut, whole wheat flour, sodium bicarbonate, soy lecithin, caramel colour, nonfat drymilk), semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil.

*Note: Brand name food products are used as examples only. Their use in the project should not be viewed as an endorsement.*

## Food Basics

There are millions of different kinds of foods eaten all over the world but most can be slotted into four basic food groups according to the nutrients they provide to your body. Learning more about Canada's Food Guide will help you and your family know how much food you need and what types of foods are better for you. To stay in top form you need to eat food from all four food groups of Canada's Food Guide every day. The number of servings you need each day will vary depending on your age.

Canada's Food Guide can be found at:

[www.hc-sc.gc.ca/fn-an/alt\\_formats/hpfb-dgpsa/pdf/food-guide-aliment/view\\_eatwell\\_vue\\_bienmang-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf)

Eating the amount and type of food recommended and following the tips included in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

Where do you fit in the following chart?

### **Recommended Number of Food Guide Servings per Day**

	Children			Teens		Adults			
	2–3	4–8	9–13	14–18		19–50		51+	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7–8	8–10	7	7
Grain Products	3	4	6	6	7	6–7	8	6	7
Milk and Alternatives	2	2	3–4	3–4	3–4	2	2	3	3
Meat and Alternatives	1	1	1–2	2	3	2	3	2	3

Source: Health Canada [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Circle the numbers that correspond with your age and gender.

Do you think you get enough servings of each food group every day? \_\_\_\_\_

There are some foods which don't really fit into any of the four basic food groups. These are the extras. They are often high in fat, sugar or salt. Pop, donuts, chips, pickles and salad dressing are all extras. Extras add flavour and zest to food. It's okay to eat them now and again, as long as you don't eat too much.

Some foods belong to more than one food group, like a cheeseburger. Here's how to figure out what food groups you're eating when you have a cheeseburger.

- Bun – Grain Products
- Hamburger pattie – Meat & Alternatives
- Cheese – Milk and Alternatives
- Lettuce and tomato – Vegetables and Fruit
- Mayonnaise, mustard – Extras

Pizza is another food that, when prepared properly, can be a healthy meal that covers all four food groups.

## History of Pizza

The word “pizza” is thought to have come from the Latin word *pinsa*, meaning flatbread. A legend suggests that Roman soldiers gained a taste for Jewish Matzoth while stationed in Roman occupied Palestine and developed a similar food after returning home. By the Middle Ages these early pizzas started to take on a more modern look and taste. The peasantry of the time used what few ingredients they could get their hands on to produce the modern pizza dough and topped it with olive oil and herbs. The introduction of the Indian Water Buffalo gave pizza another dimension with the production of mozzarella cheese. Even today, the use of fresh mozzarella made from buffalo milk (*mozzarella di bufala*) in Italian pizza cannot be substituted. While other cheeses have made their way onto pizza (usually in conjunction with fresh mozzarella), no Italian Pizzeria would ever use the dried shredded type used on so many American pizzas.

The introduction of tomatoes to Italian cuisine in the 18th and early 19th centuries finally gave us the true modern Italian pizza. Even though tomatoes reached Italy by the 1530's it was widely thought that they were poisonous and were grown only for decoration. It wasn't until the peasants of Naples started using the supposedly deadly fruit in many of their foods, including their early pizzas, that the tomato started to catch on. Soon the aristocracy started eating tomatoes as well and the popularity of pizza rose quite quickly. There are numerous popular varieties of pizza made in Italy today.

Somewhere though between the brick ovens of Italy and the ovens of North America the pizza changed. The traditional Italian pizza made with just bread, cheese and tomatoes, is now decked out with inflated crusts, four-cheese toppings, and a surplus of pepperoni, all of which contribute to its quadrupled caloric count.

But, you can change this by making your own pizza! There are many ways to enjoy pizza that is both healthy and good for you. It is possible to have a healthy pizza recipe that is both low in saturated fat and loaded with veggies—and even fruit! Boost the fiber content of your healthy pizza recipes by 50% simply by using whole-wheat pizza dough, which

is widely available in grocery stores (check the label and avoid those that contain trans fats) or make your own whole-wheat pizza dough.

## Homemade Pizza

### **Materials Needed**

Cutting board, sharp knife, can opener, mixing/serving bowl, paper plates, toaster oven or regular oven, baking sheet, aluminum foil, flipper, oven mitts

Choose your favourite pizza items to assemble your pizza!

### **Crust:**

Whole wheat pita breads

Whole wheat crust (see recipe below)

### **Sauce:**

Low sodium pizza sauce (can be sprinkled with dried oregano)

### **Toppings:**

**Your choice** of low fat mozzarella cheese, feta cheese, ricotta, fontina cheese, partly skim milk cheese (20% milk fat or less).

**Your choice** of green, red, orange, yellow or jalapeno peppers, onions, broccoli, tomatoes, arugula, corn, spinach, zucchini, asparagus, chives.

**Your choice** of thinly sliced pepperoni, turkey sausage, grilled chicken, lean hamburger, low fat ham.

### **Thin-Crust Whole-Wheat Pizza Dough**

190mL (3/4 cup plus 1 tbsp.)	lukewarm water (105-115°F)
1 package	active dry yeast (2 1/4 teaspoons)
5mL (1 tsp.)	sugar
250mL (1 cup)	whole-wheat pastry flour
250mL (1 cup)	bread flour or all-purpose flour
2mL (1/2 tsp.)	salt
15mL (1 tbsp.)	extra-virgin olive oil
30mL (2 tbsp.)	fine cornmeal
	All-purpose flour for dusting

To prepare dough: Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and salt until the dough begins to come together.

Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball. Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 4 to 5 minutes more on low speed in a stand mixer.) Place the dough in an oiled bowl and turn to coat.

Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour.

Position rack in lower third of oven; preheat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly.

Sprinkle flour over work surface. Press out the dough to the size of the baking sheet and transfer to the baking sheet. Cover the dough with sauce. Scatter with your favourite toppings and sprinkle with cheese. Bake until the crust is crispy and the cheese is melted and starting to brown, approximately 15 to 20 minutes.

## Dessert Pizza

Change things up and make Dessert Pizza that's low in calories, cholesterol, saturated fat and sodium.

### ***Crust:***

Cottage cheese pastry crust

### ***Sauce:***

Red raspberry sauce

### ***Toppings:***

Your choice of: pineapple, strawberries, kiwi, dried cranberries, sliced grapes, cherries

### ***Cottage Cheese Pastry Crust***

175mL (3/4 cup)	whole-wheat pastry flour
125mL (1/2 cup)	all-purpose flour
10mL (2 tsp.)	baking powder
1mL (1/4 tsp.)	salt
125mL (1/2 cup)	low-fat cottage cheese
75mL (1/3 cup)	sugar
45mL (3 tbsp.)	canola oil
30mL (2 tbsp.)	milk
7mL (1 1/2 tsp.)	vanilla extract
Cornmeal	for dusting
15mL (1 tbsp.)	milk
12mL (2 1/2 tsp.)	sugar, divided

1. To prepare crust: Whisk whole-wheat flour, all-purpose flour, baking powder and salt in a small bowl. Puree cottage cheese in a food processor. Add sugar, oil, milk and vanilla and process until smooth. Add the dry ingredients and pulse 4 to 5 times, just until the dough clumps together. Turn out onto a lightly floured work surface and press the dough into a ball. Knead several times, but do not overwork. Dust with flour, wrap in plastic wrap and refrigerate for at least 15 minutes.
2. Position oven rack at the lowest level; preheat to 400°F. Coat a 12-inch pizza pan or large baking sheet with cooking spray. Sprinkle with cornmeal, shaking off excess.
3. On a lightly floured work surface, roll the dough into a 12-inch circle about 1/4 inch thick. Roll the dough back over a rolling pin and transfer to the prepared pizza pan or baking sheet. Finish the edges by turning them under. To glaze the border, brush it very lightly with a little milk and sprinkle with 1/2 teaspoon of the sugar.
4. Spread the crust with Red raspberry sauce; scatter fruit on top. Sprinkle with 2 teaspoons sugar. Bake at 450F until the crust is golden and crisp, about 20 minutes.

### ***Red Raspberry Sauce***

12 ounces	frozen unsweetened raspberries, thawed for 30 minutes
50mL (1/4 cup)	sugar, or to taste
5mL (1 tsp.)	lemon juice

Puree raspberries, sugar and lemon juice in a blender. Pass puree through a fine sieve set over a bowl.

## **Grow Your Own Vegetables!**

Having a garden lets you choose the kind of vegetables you want to grow, can save you money and it's a great way to get active outdoors. And there's a sense of satisfaction and pride in growing your own food!

Plan and start planting a vegetable garden. Cool weather crops can be planted in early spring including crops such as spinach, lettuce, cabbage, peas, cucumbers and radishes. Warm weather crops such as tomatoes, peppers and squash, can be started indoors and then transferred outside once the risk of frost has passed. And if you like herbs, they can be planted in your garden as well.

Don't have space in your back yard for a garden? Maybe you live in an apartment? Don't have access to a community garden? You can still have a garden. Planter boxes work well on front porches and balconies.

## BEFORE THE NEXT MEETING

Try one of the following activities.

1. What is your favourite vegetable? Can it be grown in a pot or planter box? Find a suitable container for growing your vegetable of choice, fill it with soil and try your hand at growing a vegetable indoors or on your front porch or balcony. Take pictures of your plant in various stages (eg. sprouting, growing leaves, etc.) and put them in your Record Book.

### **OR**

2. Create your own pizza recipe! Be creative. Do you like vegetable pizzas? Pizzas with meat? Fruit pizza? Dessert pizza? Keep Canada's Food Guide in mind when creating your pizza. Record your recipe in your Record Book and your findings of how it tasted.

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## DIGGING DEEPER – MEETING 4

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### Fad Diets

A fad diet is simply a weight loss diet that becomes very popular (often quickly) and then may fall out of favor (sometimes just as quickly). Just because a diet is called a “fad” does not necessarily mean the diet is a failure.

Examples of recent Fad Diets include:

- Atkins
- Acai Berry
- HCG
- Grapefruit
- 17 Day
- Cabbage Soup
- Zone
- South Beach
- Detox
- Macrobiotic
- Juice
- Tapeworm (now that’s extreme!)

Some nutritionists define a fad diet by a series of questions rather than assessing popularity:

- Recommendations that promise a quick fix
- Dire warnings of dangers from a single product or regimen
- Claims that sound too good to be true
- Simplistic conclusions drawn from a complex study
- Recommendations based on a single study
- Dramatic statements that are refuted by reputable scientific organizations
- Lists of “good” and “bad” foods
- Recommendations made to help sell a product
- Recommendations based on studies published without review by other researchers
- Recommendations from studies that ignore differences among individuals or groups
- Eliminates one or more of the four food groups

To avoid the dangers of fad diets, follow a basic rule: eat fewer calories than your body burns. People sometimes over-think weight loss. Dieting doesn’t work for long-term weight loss. The only thing that works is a healthy lifestyle change. Eat a variety of healthy foods and exercise 60 minutes a day.



Ask your doctor how many calories you need to maintain a healthy weight, as calorie needs vary from person to person. If you need to lose weight, you need to burn more calories than you eat.

## 10 Ways to Lose Weight Without Dieting

**Time Your Meals** – Set a timer for 20 minutes and reinvent yourself as a slow eater. This is one of the top habits for slimming down without a complicated diet plan. Savor each bite and make it last until the bell chimes. Paced meals offer great pleasure from smaller portions and trigger the body's fullness hormones. Wolfing your food down in a hurry blocks those signals and causes overeating.

**Sleep More, Weigh Less** – Sleeping an extra hour a night could help a person drop 14 pounds in a year. When sleep replaces idle activities – and the usual mindless snacking – you can effortlessly cut calories by 6%. Results vary for each person, but sleep may help in another way, too. There's evidence that getting too little sleep revs up your appetite, making you uncommonly hungry.

**Eat Breakfast** – *Breakfast* really is the most important meal of the day. Not only does it give you energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved performance. Children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination.

**Serve More, Eat More Veggies** – Serve three vegetables with dinner tonight, instead of just one, and you'll eat more without really trying. Greater variety tricks people into eating more food – and eating more fruits and vegetables is a great way to lose weight. The high fiber and water content fills you up with fewer calories. Cook them without added fat. And season with lemon juice and herbs rather than drowning their goodness in high-fat sauces or dressings.

**Eat seasonally** – You'll enjoy fruit and vegetables at their tastiest, most affordable and most available. In the summer eat fresh fruit such as peaches, nectarines, cherries and melons. In the fall you can make soups with squash, cabbage or tomatoes, and visit country markets, where you can buy directly from farmers. The health value of fruit and vegetables is undisputed. Nature's convenience foods are portable, full of nutrients, low in fat and high in fibre.

**Soup's on, Weight Come Off** – Add a broth-based soup to your day and you'll fill up on fewer calories. Try minestrone, tortilla soup or Chinese won-ton. Soup is especially good at the beginning of a meal because it slows you're eating and curbs your appetite. Start with a low-sodium broth or canned soup, add fresh or frozen vegetables and simmer. Beware of creamy soups, which can be high in fat and calories.

**Go For Whole Grains** – Whole grains such as brown rice, barley, oats, buckwheat and whole wheat also belong in your healthy weight loss strategy. They help fill you up with fewer calories and may improve your cholesterol profile too. Whole grains are now in many products including waffles, pizza crust, English muffins, pasta, and soft “white” whole-wheat bread.

**Try not to get too hungry** – It’s best to eat something every three to four hours, which usually translates to three meals and one or two snacks daily. Make a list of healthful snacks. Eating smaller meals helps you reduce the risk that you will binge. When you wait too long to eat in between larger meals, you will often eat more than you should because you feel very hungry. This leads to the consumption of unnecessary calories and weight gain. Therefore, smaller meals at multiple times throughout the day will help you resist the urge to overeat and will help to promote weight loss.

**Practice portion control** – It’s vital to weight management. Measure your cereal, pasta and dessert bowls and your drinking glasses, to see how much they actually hold. Change to a smaller serving bowl if necessary. Psychologically you think you’re eating more when you fill a small bowl than when you partially fill a large one.

**Stay well hydrated** – The best hydration comes from non-caffeinated, nonalcoholic beverages, soups and watery foods such as fruit and vegetables. Try to drink water with every meal and keep a bottle with you when you’re working. If you want a change from plain water, add some lemon or lime or a little cranberry juice.

# MEETING 5 – MUSCLES & INJURIES

## Objectives

- Learn how your muscles work.
- Learn how ligaments and tendons work.
- Learn what to do when someone suffers an injury.

## Roll Calls

- Name a muscle found in the body.
- Have you ever broken a bone playing a sport?
- Have you ever been injured playing a sport? What did you injure?

## Sample Meeting Agenda – 2 hrs. 20 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Topic Information Discussion	Discuss what muscles, ligaments and tendons are, what they do in the body and	20 min
Public Speaking/Judging Activity	Activity #14 – Fitness Bingo (instructions can be found at the end of Meeting #5)	25 min
Topic Information Discussion	Discuss what to do for a sports injury.	15 min
Activity Related to Topic	Activity #15 – 4-H Has Dance Talent!	45 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Choose one of the At Home activities to complete.	

## Topic Information: Muscles Making the Move

Whenever you jump for a basket or pedal a bike, muscles are moving the bones in your body to get you where you want to go. You have a total of 600 muscles working together in different combinations.

When you're ready to move, brain messages tell certain muscle fibres to contract (shorten or pull). These fibres are long, thin cells that lie alongside each other, like spaghetti in a box. Bundles of muscles fibres form the major muscle groups in your body.

The muscle fibres respond to the brain's message very quickly, within a few hundredths of a second. In between contractions, they relax. That's all any muscle can do: contract and relax. In other words, a muscle can only pull, not push.

Muscles work in pairs. If you want to use a muscle to push, your brain sends a message to the muscle's partner, another muscle that lies opposite it, often on the other side of a bone. That second muscle can then contract and move the body part in the opposite direction while the first muscle relaxes.

You can feel this happening when you bend your arm. First, make a fist. Now lift your arm. Feel the biceps muscle between your elbow and shoulder above the arm contract, making a bulge. Lower your arm. Can you feel the triceps muscle between your elbow and shoulder below your arm contracting now? What are your biceps doing?

Usually your muscles are slightly contracted and ready for action. This gives them their firmness which we call muscle tone. When muscles relax completely, inside a cast for example, they lose their muscle tone and become flabby. The stomach and buttocks are two areas where many people who don't exercise lose their muscle tone. If they start exercising these muscles, their bodies become firmer.

## The Master Muscle

Almost all of your muscles get a workout when you exercise but there's one muscle that works harder than any other – your heart. Your heart is called the Master Muscle because all the other muscles depend on it to bring them blood.

Your heart does one thing: it pumps blood. Blood, on the other hand has two very important jobs:

1. Carries fresh oxygen to the muscles and organs
2. Carries away carbon dioxide, heat and other waste products and gets rid of them.

The blood takes the waste products to the lungs, where you breathe them out. The blood also picks up fresh oxygen from the lungs from the air you breathe in.

Moving muscles need oxygen in a steady supply. Your body can store food energy but food is only the fuel. Oxygen is the flame that ignites the store energy and allows it to be burned.

Fitness begins inside the muscle cell. Unfit muscle cells can't use oxygen to make energy and consequently tire out quickly. Adequate exercise increases your muscles' capacity to take in and use oxygen to power your movement. Think of two furnaces: the first is starved of oxygen and therefore doesn't run very well; while the other, the one that uses oxygen runs smoothly, longer and at peak efficiency.

The harder you exercise, the harder your heart must work to bring in fresh supplies of oxygen. But there are limits. Your body knows those limits yet will sometimes go beyond them. But not for long.

But even when your body calls it quits and you can't go any further, your heart and lungs continue to bring in fresh supplies of oxygen. The huffing and puffing you do, and your pounding heart, are the outward signs of your body busily paying back its oxygen debt.

## The Training Effect

When you exercise for more than three minutes, your body begins to make some changes in the way it operates. Your breathing becomes slower and deeper as your lungs expand to take on greater amounts of oxygen. Your heart beats faster and also begins to push along more blood with each stroke. The larger blood flow expands the blood vessels. In the area around each muscle, new networks of blood vessels open up. The working tissues are flooded with oxygen and wastes are carried away more easily.

## Sports Injuries

There are two basic fitness rules:

1. Train, don't strain.
2. Progress slowly, gradually.

Despite knowing these rules, many athletes injure themselves when playing or exercising because they either go too fast or push themselves too far.

Proper stretching before starting to exercise will help to prevent injuries. Ligaments and tendons are more easily stretched or snapped when they haven't been used for a while. If you immediately start running 2 kilometres a day, you're asking for trouble.

Ligaments are strong bands that attach the bones together and prevent joints from moving into unsafe positions. For example, the ligaments around the knee prevent the knee joint from bending either forward or sideways. If these ligaments get damaged, the knee is more vulnerable to injury because there's nothing to stop it from popping out. Have you ever sprained the same ankle more than once? This is a common problem because once you have permanently stretched the ligaments around the ankle as a result of a severe sprain, your ankle is less stable and more likely to turn over and become sprained again.

Tendons, which are the strong cords that attach muscles to bones, can also be damaged if they are not strong enough to withstand sudden powerful forces during strenuous activities.

You can save yourself from ligament and tendon strain but it takes time. You will have to exercise at least six to eight weeks to see a change but its well worth the effort. Any moderately vigorous activity that repeatedly puts a bit of tension on the ligaments and tendons will gradually improve their stretching ability.

The following are some examples of the pain you can suffer if you don't take the time to ease into your exercise routine and take care of yourself.

***Achilles Tendonitis*** is an inflammation of the sheath surrounding the Achilles tendon (the tendon that connects from the calf muscle to the heel), which produces pain behind the heel, ankle and lower calf when you walk or run. It is caused by stretching the tendon suddenly or repeatedly and usually occurs when an athlete has been training too much. To help prevent this injury, focus on eccentric training (strengthening while lengthening). For example, using one leg at a time, stand on your tip-toes on the edge of a step and then slowly lower yourself until the heel hangs below the step. Then, use your other leg to raise yourself back to your toes to start again.

If you experience this pain the first thing to do is to stop running. If the injury came on quickly, apply a cold pack right away. Wear shoes with some heel – a height of about three centimetres is good or insert a one centimetre heel pad. Do not wear tennis shoes or flip flops. If the pain goes away, start doing the heel cord stretches (page ?). When you can do them pain free, you can resume running gradually. If mild pain returns after you run, apply an ice pack to the area. If these measures don't work, and the pain remains severe, then it's time to see your doctor.

***Shin Splints*** is an inflammation of the tendons or muscles in the front or inside of the lower leg. It's caused by the same kind of overuse that leads to Achilles Tendonitis. The affected area is painful when you walk or run and frequently it's worse when you go up hills or stairs.

Again, stop running. Pay particular attention if the pain seems to return on inclines. When you are free from pain, begin hamstring and heel cord stretches (see page ??). Resume running gradually when the exercises are painless and avoid hard surfaces and inclines until you're back in shape. If you're not better after following this procedure, see your doctor.

***Ankle Sprain*** is the most common injury to the foot. A sprain is the stretching or tearing of the ligaments which are around the ankle and hold the ankle bones together. The cause of an ankle sprain is usually when the foot rolls in (an inversion sprain) or out (an eversion sprain) a twisting motion or a direct blow. When a sprain occurs you can often hear a pop or a click from the ankle and there is likely to be chronic ankle pain. Later the ankle swells which can be on both inside and outside of the ankle. Possible discoloration may appear.

A sprained ankle usually takes about 4 to 8 weeks to heal. This of course depends on the severity of the injury; a ligament can be stretched, slightly torn or fully torn so of course this will determine how long your ankle will take to heal. Protecting your ankle from further injury is important because after a sprain, the risk of further injury to the ankle is increased by as much as 40% – 50% but if exercises are performed this will decrease the risk of further injury in the future.

Wear shoes that have good support or shoes that comfortably allow you to wear a brace inside. Avoid playing on uneven ground and slippery surfaces and always warm up before you participate in any physical activity.

## Taking Care of Your Feet!

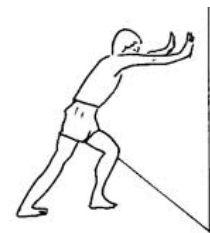
The foot which includes everything below the ankle bone, is a strong complicated structure. Each foot has 26 bones and together they have almost one-quarter the total number in the entire body! Thirty-three joints make the feet flexible and about 20 muscles control movement of foot parts. The tendons stretch like rubber bands between the muscles and bones. A concentration of nerve endings makes the foot very sensitive – that's why feet are so ticklish! And more than 100 ligaments hold the whole structure together.

## Athlete's Guide to Warming Up Your Feet & Leg Muscles

You can keep yourself and your feet and legs healthy if you follow a simple warm up routine! Before you begin your activity, warm up your feet and leg muscles with these two stretching exercises.

### ***Heel Cord Stretch***

Stand with your hands against a wall and your feet well away. Your body should be straight. Lean forward as if you were going to touch the wall with your nose. Hold this position for 5-10 seconds, then return to a standing position. Repeat 10 to 15 times.



### ***Hamstring Stretch***

Sit with your left leg extended and your right leg tucked under your left. Reach to touch your toe with your hands. Repeat 5 times then do the same thing, but with your right leg tucked back.



Do these exercises again after you have run or played. If you have foot or leg pain when exercising, STOP. Don't try to run through the pain.

## Sports Injury – What Do I Do First?

### ***R.I.C.E.***

Rice is an easy way of remembering how to treat an injury immediately after it has happened.

***Rest*** is the first thing. Stop the athlete from performing the sport and immobilize the injury. Assess whether medical help is needed. If not, proceed with the following steps.

***Ice*** should be applied as soon as possible to the affected area to help relieve pain and reduce swelling caused by bleeding and fluid loss. Ice should be applied for about 15 minutes every few hours during the first 24 to 48 hours, but place a thin towel between skin and ice to prevent ice burn.

***Compression*** is used to control swelling. Wrap a bandage or whatever you can find to do the job, around the injury and wrap it firmly but not tightly. Check now and again to make sure the bandage is not too tight.

***Elevation*** also helps to reduce swelling. Raise the injured limb above heart level for the first 48 hours because even the effect of gravity can cause fluid from the injured area to be released and slow down the healing process, as does movement, which is why it is important to rest the limb.

## Learn to Dance!

Movement and rhythm, as expressed through dance, have long been the heart and soul of all cultures.

Dance is the art of gesture and movement. It transforms images, ideas, and feelings into movement sequences that are personally and socially significant. Dance organizes physical energy within time and space and may draw upon the power of music, literature, drama and the visual arts. Dance is a natural means of communication and expression, integrating movement, feeling, and intellect.

As a fine art, dance is a balance of knowledge, skills, and attitudes. It embraces movement, creation, and performance. Dance demands our personal best. It stretches the limits of our physical ability, of our expressiveness, and of the human spirit. Dance can be powerful, vital, and joyful. People dance for many reasons and in all stages of life. Appreciation of dance provides a context for understanding the world and contributes to a vibrant culture.

Dance can have many positive outcomes on the physical health and well-being of children and youth:

- Improves cardiovascular fitness through vigorous movement patterns



- Creates and explores various ways of moving
- Demonstrates positive interaction with peers
- Recognizes the relationship between dance and music
- Is educational and multicultural
- Develops motor patterns in both individual and group settings

## Dance styles

**ballet** – is an important base for all types of dancing. It develops better form, control, poise and balance, as well as creating a joy in movement and music.

**belly dancing** – based on one of the oldest social dances in world history, originating in North Africa, Asia, and the Middle East. Belly dancing is both a beautiful form of dance and a great way to exercise. It will help you stay in shape and allow you to express your personal creativity. Performed by the abdomen, these belly movements may be circular, rolling, angular or vibrating.

**country & western** – refers to a variety of techniques, moves and dance styles (including square dancing) usually danced to country-western music. The most popular style is usually the two-step.

**flamenco** – is a highly-expressive, Spanish dance form. The flamenco is a solo dance characterized by hand clapping, percussive footwork and intricate hand, arm and body movements.

**folk** – is a form of dance developed by a group of people that reflects the traditional life of the people of a certain country or region. Folk dancing originated in the 18th century to distinguish dance forms of common people from those of the upper classes. The steps of folk dances are passed through generations, rarely being changed. Popular folk dances include square dancing, clogging, contra dancing, highland dancing and Irish jigs.

**hip-hop** – is part of popular urban culture, closely associated with rap music. It also refers to speech, fashion and personal style. This dance form is adopted by many youths, particularly in urban areas. It ranges from popping, locking, breaking and funk.

**jazz** – teaches body segregation, which like ballet is a must for the serious dancer. A dance form of African American origins and a product of the 20th century.

**line** – are choreographed dances with a repeating series of steps that are performed in unison by a group of people in lines or rows. All of the dancers performing a line dance face the same direction and perform the steps at exactly the same time.

**modern** – is a dance style that centers on a dancer's own interpretations instead of structured steps, as in traditional ballet dancing. These dancers favour a more relaxed, free style of dancing and often dance in bare feet and revealing costumes.

**salsa** – a very energetic Latin dance. Lots of fun, complete with spins, sharp movement, and crisp turns.

**swing** – is a lively style of social dancing in which a dancer often lifts, spins and flips his or her partner.

**tango** – there are several different styles of Tango. The three most popular are American, International, and Argentine. Both American and International travel around the ballroom following the line of dance. Tango is a stylish and very popular dance!

**tap** – teaches an awareness of beat, timing, and rhythm which provides a good foundation on which to create further dances.

**waltz** – continues to be one of the most romantic and elegant dances of all times with long sweeping movements and constant rotating with stylish poses.

## Before the Next Meeting

Try one of the following activities.

1. Conduct a survey among 5 friends and/or family to see what kinds of dances they know. Find out how they learned it, do they still dance and what their favourite dance is. Record your results in your Record Book.

**OR**

2. Read through the newspaper for the past week. Cut out any articles about athletes that have been injured while playing a sport. Collect the articles in your record book. How long is the athlete not able to play for? What type of medical attention did the athlete need? Is it a career ending injury?

## DIGGING DEEPER – MEETING 5

### Concussions in Sports

Concussions can occur in *any* sport or recreation activity so all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs. *All* concussions have the potential for serious and long-lasting symptoms and so must be treated carefully and in consultation with a physician.

#### ***What is a Concussion?***

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans or MRI's. They are caused by excessive, rapid movement of the brain inside the skull. This movement causes damage that changes how brain cells function, leading to symptoms that can be physical (headaches, dizziness), cognitive (problems remembering or concentrating), or emotional (feeling depressed). A concussion can result from a blow to the head or body in any number of activities including receiving a check in hockey, falling from a jungle gym, being in a motor vehicle collision, or slipping on an icy sidewalk.

#### ***What are the Symptoms and Signs of a Concussion?***

THINKING PROBLEMS	ATHLETE'S COMPLAINTS	OTHER PROBLEMS
Does not know time, date, place, period of game, opposing team, score of game	Headache	Poor coordination or balance
General confusion	Dizziness	Blank state/glassy eyed
Cannot remember things that happened before and after the injury	Feels dazed	Vomiting
Knocked out	Feels "dinged" or stunned; "having my bell rung"	Slurred speech
	See stars, flashing lights	Slow to answer questions or follow directions
	Ringing in the ears	Easily distracted
	Sleepiness	Poor concentration
	Loss of vision	Strange or inappropriate emotions (ie. laughing, crying, getting mad easily)
	See double or blurry	
	Stomachache, stomach pain, nausea	Not playing as well

***Pocket SCAT2 Card***

A quick guide for dealing with concussions for coaches, trainers, parents and officials can be downloaded from:

[http://concussioneducation.ca/Documents/Res\\_Pocket\\_SCAT2.pdf](http://concussioneducation.ca/Documents/Res_Pocket_SCAT2.pdf)

***What should you do if you get a concussion?***

*You should stop playing the sport right away!* Continuing to play increases your risk of more severe, longer lasting concussion symptoms as well as it increases your risk of other injury. It is important to tell a family member, friend, teammate, trainer or coach if you think you have had a concussion. It is extremely important to seek medical advice immediately upon receiving a blow to the head or body that results in signs or symptoms of a concussion. Often, concussions can go untreated (and even unnoticed by others) because few symptoms are visible to casual observers. Many times, the symptoms of a concussion may not be identified until the person recovers to the point where increased exertion causes symptoms to worsen. In fact, 4 out of 5 professional athletes do not even know that they have received a concussion.

***How long will it take to get better?***

The signs and symptoms of a concussion often last for 7-10 days but may last much longer. In some cases, athletes may take many weeks or months to heal. Having had previous concussions may increase the chance that a person may take longer to heal. You should not return to activity or play until you have completed the 6 Steps to Return to Play and have been cleared by your doctor.

***The 6 Steps to Return to Play include:***

1. No activity. Mental and physical rest until symptom free
2. Light aerobic activity like walking or stationary cycling
3. Sport specific activity like skating or running
4. Training drills without body contact
5. Training drills with body contact – only once cleared by a physician
6. Game play

These steps do not correspond to days, although each step must take a minimum of one day. If symptoms return during this process, the individual should stop the activity and return to rest until symptoms resolve before they try any activity again. A physician should be consulted if symptoms persist.

You should not go back to sports until you have been cleared to do so by a doctor!

**The Good News:**

Researchers estimate that 90 per cent of all injuries are predictable and preventable.

Bike helmets can prevent up to 88 per cent of brain injuries when used properly.

Skiers and snowboarders who wear helmets reduced their risk for head injuries by 60 per cent.

It is estimated that each dollar invested in a helmet saves \$30 in social costs.

**Prevention**

It is important to take a preventative approach when dealing with concussions. This is especially true with recent concussions as the brain is still very vulnerable at that time. Concussions are an invisible injury, making it important to share information with the people surrounding you. This will help them understand your own situation and educate them for the future.

Protective equipment can reduce the risk and severity of injuries to the face and skull but there is no concussion proof helmet, nor is there research to support that mouth guards prevent concussions. It is important that helmets are of high quality and properly fitted for collision sports.

For more information about concussions, sign, symptoms and prevention, visit Think First Canada at [www.thinkfirst.ca](http://www.thinkfirst.ca)

## Activity #14 – Fitness Bingo

Have members work in groups of two or three. Give each group a blank “Bingo” card (found in the Record Book) with the title ‘ACTIVE’ across the top. Have them fill in the squares using the list of suggested activities.

Have each of those activities written on individual separate cards. Place the individual activity cards face down in the centre of the room. Each group chooses someone to pick a card from the centre. That person then has to do the activity on the card for 30 seconds. Once the activity is complete the card is placed back in the centre of the room, upside-down, and the group marks their Bingo card for that activity. The next person in the group then chooses a card, does the activity and marks their group’s Bingo card. If a person chooses an activity that has already been done by their group, they still must do the activity and return the card to the pile before the next person in their group can pick a card. This continues until a group yells out “Active!”

Background music is great at building on the participant’s energy.

## Activity #15 – 4-H Has Dance Talent!

If possible, have someone from your community attend this meeting to teach one (or more) of the above dances. Suggestions of sources for dance instructors can include local dance schools or members of a local Junior Farmer club (square dancing) To find a contact for the Junior Farmer club in your area e-mail: [info@jfao.on.ca](mailto:info@jfao.on.ca) .

If it isn’t possible to have someone attend the meeting, check out the following websites for lessons on how to learn various types of dances:

[www.learntodance.com](http://www.learntodance.com)

[www.fitforafeast.com](http://www.fitforafeast.com)

[www.passion4dancing.com](http://www.passion4dancing.com)

## MEETING 6 – PUTTING IT TO THE TEST

### Objectives

- Learn what winning in sports really is.
- Learn about pressure in sports.
- Learn proper eating when playing competitive sports.
- Learn what a PAR Trail is and other activities.

### Roll Calls

- What is your favourite sport or activity? Is it competitive?
- Have you ever seen bad behavior at a sporting event? How did it make you feel?
- Have you ever participated in a PAR Trail (or a Fitness Trail)?

### Sample Meeting Agenda – 2 hrs. 40 minutes

Welcome, Call to Order & Pledge		10 min
Roll Call		5 min
Parliamentary Procedure	Minutes & Business	10 min
Topic Information Discussion	Have members re-assess their Fitness Level that was determined in Meeting #1 to let them see if any progress has been made.  Discuss competition and pressure in sports.	30 min
Activity Related to Topic	Activity #16 – Fitness Monopoly (instructions can be found at the end of Meeting #6)	20 min
Topic Information Discussion	Discuss eating for performance. Discuss Achievement Day.	30 min
Public Speaking/Judging Activity	Activity #17 – PAR Trail, Geocaching, Silly Olympics (instructions found in this Reference Manual)	45 min
Wrap up, Adjournment & Social Time!		10 min
At Home Challenge	Get ready for the Achievement Program!	

### Topic Information

#### *It's All In The Attitude: Competitive Sport vs. Recreational*

Sports are a great way to have fun and stay active. Kids have lots of choices about which sports to do and whether to compete in sports or just play them for fun. One kid

might be happy to shoot baskets at the park, whereas another kid may prefer being on a basketball team that competes against other teams.

Competition can make sports more exciting. But because somebody wins and somebody loses, competition also can make kids feel pressure. A little pressure can be OK. Too much pressure is bad news.

Most parents encourage their kids to take up a competitive sport so they can learn how to win and how to lose. Along the way, they want their kids to learn how to play co-operatively and honestly and how to respect the people they play against.

But sometimes these same parents will come to the arena with their kids, or to the sports field, and either as spectators or coaches undo everything the kids may have learned about these values by yelling abuse at the opposing team, putting down the kids that make a mistake and teaching their kids that it's only winning that counts.

The behavior of coaches and parents, more than anything, determines what the kids are going to learn when they are playing a game.

Winning is not just scoring more goals or baskets or homeruns than the opposing team. If that were the case, then only half of the people who ever played a particular game would learn how to win. However, if winning is doing the best that you can or beating your own best performance, then everyone has a chance to win every game.

Losing is never fun, but it doesn't have to be a totally negative experience. You have to accept that you won't always get a higher score than your opponent, but you can turn that loss into a motivator for improving.

Playing and participating in a sport should be a fun experience. When it stops being fun, it's time to assess what the reason is for the sport no longer being a fun experience. Maybe a change in attitude is needed (by either the participants, coaches and/or parents) or maybe it's time to try a new sport.

## **What Is Competition?**

There are different kinds of competition in sports. You may compete by yourself, as part of a team, or both. For instance, a swimmer or a wrestler might compete individually, but the person's score may also contribute to the team score. If baseball or soccer is your sport, you might be the lucky one to score a goal or a homerun, but it usually takes a team effort to win the game.

What all sports competitions have in common is that all of the competitors want to win. But usually only one person or team does.



## Why Do I Feel Pressure?

Do you ever have “butterflies” in your stomach? It’s that nervous feeling some people get when starting a new school, taking a first airplane ride, or gearing up for a big soccer match. In sports, almost everyone worries about playing well and doesn’t want to make a mistake. Believe it or not, the best player on your team and the teenagers who play on high school teams get nervous before a big game. Even professional players feel nervous sometimes!

Feeling a little excited or nervous is OK, though. This helps your body and mind get ready to compete. Your body makes adrenaline (ah-dren-null-in), which is a hormone that gives you extra energy. But if you’re getting so nervous that you aren’t having much fun, it’s time to figure out why.

## What Can I Do to Ease Pressure?

When you’re competing in sports, you need a lot of energy. One secret to having lots of energy is to get plenty of *sleep*. Be sure to get to bed on time or even a little early the night before a big game. And don’t forget to *eat* well on game day.

One way to chase the butterflies away is by being ready to play. Try to attend all of your team’s practices. By practicing, you’ll improve your playing skills and your team will learn how to work together. In some ways, playing a sport is like learning a part in a school play or how to play the piano — the more prepared you are, the better you’ll feel and the more fun you’ll have.

Try to find a way to relax right before the game. You might take a few slow, deep breaths or do some gentle stretches to warm up your body. Some teams have a group cheer or huddle before heading onto the field. Let any tension you feel melt into the excitement of the first play.

## Time for a Change?

If these steps don’t help, and you feel sick or *sad* about your sport more than you feel happy, you should talk with your parents or coach. Too much pressure can come from your coach, your parents, your teammates, or even from yourself. If your coach or parents are making you nervous, talk to them about what would make you feel more confident during practice and games.

A grownup also may be able to help you cope with pressure you’re putting on yourself. Some kids want to be experts at a sport, right from the start. But becoming skilled at a sport often takes a lot of work over many seasons.

If the pressure is too much, it's OK to decide that you want to take a break from sports competition. You might decide to return to the team next season. Or you might keep doing your sport, but without being part of a team.

If neither one of those solutions seems right, it could be time to try something new. There are dozens of sports and activities that kids can do. Your job is to find the ones that you like best and do them regularly. With or without a team, you'll win by being an active kid!

## Eating for Performance

There's a lot more to eating for sports than chowing down on carbs or chugging sports drinks. The good news is that eating to reach your peak performance level likely doesn't require a special diet or supplements. It's all about working the right foods into your fitness plan in the right amounts.

Some people think they can improve their performance on the field or on the court by eating things like wheat germ oil, gelatin, honey or dextrose and not eating certain foods like milk. Some people also take huge doses of vitamins, thinking this will boost their performance. Although doing some of these things may make you think you will perform better, there is no scientific evidence that they actually affect your performance. Doing some of these things like taking lots of vitamins, may actually hurt you.

There is no magic food or pill that can increase your performance. The best place to start when you are planning a diet is with Canada's Food Guide. We all get energy from the protein, fat and carbohydrate in our food. Carbohydrate is the most efficient and protein is the least efficient energy source.

People who are involved in sports, exercise classes and other athletic activities basically need the same levels of nutrition as a person who is moderately active at work.

People who are training, or in a competitive sport or endurance event, need a higher energy intake because they use more energy. They may also need more fluids and salt in their diets. To get this, all these people have to do is eat more, from all groups in Canada's Food Guide.

Teen athletes have unique nutrition needs. Teens generally need extra calories to fuel both their sports performance and their growth. Depending on how active they are, teen athletes may need anywhere from 2,000 to 5,000 total calories per day to meet their energy needs.

So what happens if teen athletes don't eat enough? Their bodies are less likely to achieve peak performance and may even break down rather than build up muscles. Athletes who don't take in enough calories every day won't be as fast and as strong

as they could be and may not be able to maintain their weight. And extreme calorie restriction could lead to growth problems and other serious health risks for both girls and boys.

## Carbohydrate Loading

This is a controversial and possible dangerous practice. Carbohydrate loading attempts to increase glycogen stores in the muscles and thus improve performance during events that go on longer than 30 to 60 minutes.

Carbohydrates are an important source of fuel, but they're *only one* of many foods an athlete needs. It also takes vitamins, minerals, protein, and fats to stay in peak playing shape. Athletes should never use a carbohydrate loading strategy without the supervision of a physician.

## Pre-Game Eating

When, what and how much you eat before an athletic event depends on your physiology and the type of activity. As well, your performance on game day will depend on the foods you've eaten over the past several days and weeks. But you can boost your performance even more by paying attention to the food you eat on game day. Strive for a game-day diet rich in carbohydrates, moderate in protein, and low in fat.

Eat a meal 2 to 4 hours before the game or event. Choose a protein and carbohydrate meal (like a turkey or chicken sandwich, cereal and milk, chicken noodle soup and yogurt, or pasta with tomato sauce).

If you aren't able to have a meal 2 to 4 hours before and need to eat in the two hours before the game or event, have a light snack such as low-fiber fruits or vegetables (like plums, melons, cherries, carrots), crackers, a bagel, or low-fat yogurt.

Consider not eating anything for the hour before you compete or have practice because digestion requires energy — energy that you want to use to win. Also, eating too soon before any kind of activity can leave food in the stomach, making you feel full, bloated, sick and cause cramps.

Everyone is different, so get to know what works best for you. You may want to experiment with meal timing and how much to eat on practice days so that you're better prepared for game day.

## Post-Game Eating

You probably won't feel hungry right after your game or event but after exercise, your dietary goals should be to provide adequate fluids, electrolytes, energy and carbohydrates to replace muscle glycogen and to ensure rapid recovery. A carbohydrate intake of 1.0 to 1.5g/kg (0.5 to 0.7g/pound) of body weight during the first 30 minutes and again every 2 hours for 4 to 6 hours after exercising will be adequate to replace glycogen stores. Protein consumed after exercise will provide amino acids for building and repair of muscle tissue.

**Source:** *Nutrition and Athletic Performance (by the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine)*

## Recreational Sports

Competitive sports at a high level aren't for everyone, but being active is. Eating properly and getting outdoors is a great way to stay fit and healthy, get fresh air and have fun. There are several outdoor recreational sports you can do no matter what the season such as cross-country skiing and snowshoeing in the winter and walking and swimming in the summer. If you have a group of friends it makes it even more fun and you're more likely to be motivated to get and stay active.

Try out some of the following outdoor activities:

## Set Up A Par Trail (Parcourse/Fitness Trail)

What's a Par Trail? It's a path with several stations. At each station you do a different activity. In some cities and towns there are par trails already set up. Sometimes they are also called Fitness Trails. It can be fun to set up your own Par Trail. Just be careful. Don't set up a station where someone could get hurt. Here are some guidelines for setting up your own Par Trail.

- Par Trails can have as many or as few stations as you want.
- Par Trails can be very simple or very difficult.
- Par Trails can be designed to be used by one person at a time or a whole group of people.
- Par Trails can be set up in a backyard, in a park, the school yard or in a gymnasium or community hall. All it takes is a little imagination.

Some suggestions for activities along your Par Trail can include:

- Ride a bike down the block. Touch something like a light post or a wall and ride back.
- Set up an obstacle course, kick a ball around it.
- Hit a ball against a brick wall 10 times.

- Jump over bushel baskets or cardboard boxes. Jump over piles of leaves or snow.
- Do 20 hula-hoop twirls.
- Jump on a pogo stick 10 times.
- Do 5 somersaults in a row, followed by 2 cartwheels.

## GeoCaching

Geocaching is a real-world outdoor treasure hunting game. Players try to locate hidden containers, called geocaches, using GPS-enabled devices and then share their experiences online. Once the geo-cache is found, players take something from the geo-cache and replace it with something of equal value so there's something there for the next team that discovers the geocache. Once a team has put in their item, the geocache box is to be returned to the exact spot it was found.

If you don't want to do the online version, you can design your own Geocaching for you and your friends. And, if you don't have access to a GPS-enabled device, a compass will work too.

### ***Equipment needed for setting up your Geocaching Adventure:***

Compasses, boxes for geocaching, something to put in the geocaches (candy, stickers, etc.), paper, pens.

### ***How to Use a Compass***

Hold the compass flat on your hand with the big arrow pointing forward. Turn the dial around the compass so the direction you want to go is facing forward (lined up with the big arrow). Move your body so the moving arrow in the middle is pointing towards the north on the dial.

### ***Finding the Geocache***

Hide a few Geocaches ahead of time. In groups (2 or 3), members will be sent to find a certain Geocache (give each group a different set of coordinates). When they find it, they can sign the paper in the Geocache and bring back proof (candy, sticker) that they have found it.

## Silly Olympics

Host a "Silly Olympics" in your neighbourhood. Competitions can include:

- Steeplechase – set up low platforms and shallow dishes of water to 'steeplechase' over. Time each person to see how fast they can make it through the course without touching the platforms as they jump over them or without stepping in the water.
- Discus – tape two paper plates front-to-front to make a discus. Take turns throwing the discus and measure the distance each person throws it.
- 100m Race – put a spin on it and have everyone do it backwards!

- Synchronized Swimming – perform a synchronized swimming routine without the water
- Javelin – throw a straw and see who can throw it the longest distance.
- Shot Put – roll up a sock into a ball. Each member ‘puts’ the rolled up sock as far as they can.
- Cross Country Skiing – use two 2X4 boards with ropes attached. Have people work in pairs or a group of three to all ski at once using the boards.
- Hammer Throw – stuff a small paper bag with newspaper. Tie it off with a 30cm of string. Hold the end of the string. Spin around 3 times and let go. See who can throw it the longest distance.
- Be creative! Think of more Olympic sports that can be adapted to Silly Olympics!

## Activity #16 – Fitness Monopoly!

This game is similar to the Monopoly board game.

**Materials Needed:** a few pairs of dice, whistle, activity/exercise cards, fake \$200 bills (can use out of a monopoly game), get out of jail sign, Go & Collect \$200 sign

Post each of the activity/exercise cards around the room. Divide the group into teams of 2 to 4 members. Each group is to go and stand at a different square on the wall. This is where they start the game. Examples of the squares are: 25 push-ups, 50 step-ups, 30 sit-ups, skip rope for a minute, etc.

When the whistle is blown, each group performs the task on their activity square (each person in the group must perform the activity) and then runs to the centre of the room. The dice are located here. The group can only roll when all the members of their group are present in the middle of the room.

After the group rolls, the members run in a clockwise direction past however many stations they rolled with their dice to their next station and the whole process starts again.

The object of the game is for each group to get around the board as fast as they can and as many times as they can so they can pass Go and collect \$200. The group with the most money at the whistle (usually after 5 to 10 minutes) wins.

## GENERAL REQUIREMENTS FOR THE “FITNESS & HEALTH P.L.A.Y.” PROJECT

A member will complete a project satisfactorily by:

- Participate in at least 2/3 of his/her own club meeting time. Clubs must have a minimum of 12 hours of meeting time.
- Complete the project requirement to the satisfaction of the club leaders.
- Take part in the project Achievement Program.
- Fill in and complete the Record Book.

### ***Junior Projects***

- Using 10 of your favourite foods, plan your menu for one day. Use Canada’s Food Guide to evaluate how healthy your menu would be.
- Design a poster or an advertisement to promote fitness (Group project).
- Try a new sport or fitness activity and report to the club on your experience.
- Figure out 5 ways you can get more fit, such as riding a bike to a friend’s house instead of getting someone to take you in the car and make a report to the club.
- Using Canada’s Food Guide, plan a week of menus.
- Plan a physical activity program that you would enjoy for the year and that you will carry out.

### ***Senior Projects***

- Compare two weight loss or weight gain programs.
- Research ideal body shapes through the ages, making good use of photographs and art books (Group project).
- Research anorexia nervosa and bulimia.
- Plan a physical activity program that you would enjoy for the year and that you will carry out.
- Report on the recreation facilities available in your community (Group project).
- Collect the labels of products to make a bulletin board display, which you can call “Can You Guess The Product?” or “Mystery Foods” by exposing only the list of ingredients.
- Take a list of your 20 favourite foods and using as many of them as possible, make a nutritious menu plan for an entire week. Be sure to include the calorie count and nutritional benefits for each meal.
- Develop a 30 minute exercise routine and have it safety-checked by a qualified fitness instructor. Then, lead the club through it (Group project).
- Develop a video on either fitness, eating right or positive self-image and post it on YouTube.
- Try a new sport or fitness activity and report to the club on your experience.
- Make a presentation on how to choose the right shoes for the right sport.

- Prepare a presentation on ways to incorporate fitness into everyday life, for example, using stairs instead of elevators.
- Report on a day spent with a physiotherapist who specializes in sports/fitness injuries.
- Using Canada's Food Guide, plan one week of menus.









[www.4-hontario.ca](http://www.4-hontario.ca)

## 4-H ONTARIO PROJECT



**Fitness & Health P.L.A.Y.  
(Positive Living Active You)**

**RECORD BOOK**



Original Fitness & Health The 4-H Way written by: Vivian Webb

Fitness & Health P.L.A.Y. revised by: Elizabeth Johnston, 4-H Ontario

Edited by: Shannon Kelly, Junior Farmers' Association of Ontario & PLAY Program Organizer

Edited by: Dr. Michael Ciolfi, BPE (Hons), BSc, DC, EMBA, Chair, Chiropractic Principles and Practice, Canadian Memorial Chiropractic College

Edited by: Dr. Scott Howitt, BA, CK, MSc, DC, FRCCSS(C), FCCPOR(C), Assistant Professor, Clinician, St. John's Rehabilitation Hospital, Toronto

Cover Photo courtesy of the Lanark 4-H Crazy Crafters Fitness Club.

Layout: Art Kilgour, WriteDesign

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Thank you to the 4-H Volunteers and Members that piloted this project for us!

*Renfrew*

4-H Volunteers – Anne Bromley, Janet Edwards

4-H Members – Cailen Bromley, Tanner Bromley, Meeka Bromley, Sean Bromley, Colin Edwards, Kelsey Edwards, Carson Edwards, Jamie Schultz, Erin Sweeney, Sherry Ethier, Amber Ethier, Dustin Ethier, Alexis Brydless, Payton Rochon, Taylor Henderson, Keeley Henderson, Sabrina Tysick, McLean Rice, Kinely Rice, Drew Veryken, Cassie Veryken, Aurora Daement, Samantha Austin, Alyssia Peever

*Lanark*

4-H Volunteers – Melissa Ferguson, Laura Gale, Bev Savard

4-H Members – Alyssa Pollack, Ashley Gale, Breanna Lunn, Carrie Savard, Elizabeth Gale, Emily MacDonald, Jenny Childs, Jessica Pollack, Jessica Savard, Julie MacDonald, Katelyn Bradley, Molly Pinhey, Rebecca MacDonald, Zoey Read-Stafford, Alexa Button

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# RECORD KEEPING – WHY?

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Record Books are to document time and money spent, what you have learned, your ideas, memories and what you liked and didn't like. Your Record Book also....

- Helps you set goals for this project
- Has space to record important dates, your elected executive and the names and contact information of your leaders and club members
- Is a great way to get and stay organized

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

### ***How do I organize my materials?***

Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.

Use a three ring binder or duotang to hold your materials and divide your information into sections using dividers. This will keep things from becoming lost and will it easier to find what you need later on. This will also allow you to add extra pages later.

### ***How do I keep good records?***

Keep track of activities throughout the meetings, as you complete different parts of the project. It's often difficult to remember things that happened in earlier meetings.

Make sure the information you write in your Record Book is complete and accurate. If you're not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community or do some research on your own. If you borrow information from someone or someplace else, make sure you write down where you found it.

Remember that this is YOUR Record Book so make it your own! And, remember to bring your Record Book to every meeting!





## Member Expectations and Goals

Why did you join the Fitness & Health P.L.A.Y. Project?

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What is one goal that you want to achieve in this project?

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Do you have any ideas for fun things to do during the project?

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Do you have any ideas for an Achievement Program for the Fitness & Health P.L.A.Y. Project? (Keep in mind that an Achievement Program should include the community in some way).

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## Member Responsibilities

- Be a current paid member of 4-H Ontario
- Attend at least 2/3 of the meeting time allotted for this project
- Complete the Record Book for this project. Bring it with you to each meeting!
- Put your Record Book in a binder or duotang so you don't lose any of the pages.

Remember the more you put into your 4-H club the more you will get out of it!



**Roll Calls - In my Opinion ...**

	<i>Roll Call:</i>	<i>My Answer:</i>
<i>Meeting 1</i>		
<i>Meeting 2</i>		
<i>Meeting 3</i>		
<i>Meeting 4</i>		
<i>Meeting 5</i>		
<i>Meeting 6</i>		

## Project Summary – Fitness & Health P.L.A.Y. Project

### A. Member Comments

1. What did you gain from taking this project?

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2. Which meeting or topic was the most/least interesting? Why?

Most: \_\_\_\_\_

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Least: \_\_\_\_\_

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3. Comment and/or give suggestions for improvements on the overall project (eg. Activities, tours, achievement program plans, member presentations, special activities, judging information).

4. What interests would you like to explore through future 4-H projects?

### B. Parent/Guardian Comments:

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### C. Leader Comments:

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### D.

This project has been completed satisfactorily!

Member: \_\_\_\_\_ Leader: \_\_\_\_\_

Date: \_\_\_\_\_ Leader: \_\_\_\_\_

## Activity #2 (Meeting #1) - Assess Your Fitness Level!

### *The Results!*

Pulse Rate Before Walking: \_\_\_\_\_

Pulse Rate After Walking: \_\_\_\_\_

What did you discover with the Sit & Reach Test?

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Sit ups in one minute \_\_\_\_\_

My BMI \_\_\_\_\_

Keep these results handy as you will be referring to them again as you complete this project!

### *What is Your Target Heart Rate?*

	Example	Your THR
Everyone starts here	220	220
Subtract your age	-13	
This is your predicted maximum heart rate. This is the fastest your heart should beat at your age.	207	
Subtract your resting heart rate.	-77	
Choose your target zone. If you are a beginning exerciser, multiply by 0.6; regular exercisers multiply by 0.7; competitive athletes multiply by 0.8.	x0.6	
Add your resting heart rate	+77	
Your target heart rate. Ideal for aerobic exercise is:	159	
Here's a trick! Divide your THR by 6 so you can take your pulse for just 10 seconds while exercising.		
Your 10-second target heart rate is:	26	

## PAR-Q & YOU

This is the Physical Activity Readiness Questionnaire, designed to help you help yourself. Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Being more active is safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you answer “yes” to any of these questions, talk to your doctor about the type of exercise program you should have.

If you answer “no” to all of the questions, you can be pretty sure that you are ready for a good, sensible exercise program.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? \_\_\_\_\_
2. Do you feel pain in your chest when you do physical activity? \_\_\_\_\_
3. In the past month, have you had chest pain when you were not doing physical activity? \_\_\_\_\_
4. Do you lose your balance because of dizziness or do you ever lose consciousness? \_\_\_\_\_
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? \_\_\_\_\_
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? \_\_\_\_\_
7. Do you know of any other reason why you should not do physical activity?

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## Take Home Activity #1 (Meeting #1)

### *Healthy Snacks*

What are your favourite foods? Research ways to incorporate your favourite foods into a healthy, quick snack. Record your findings below.

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## Take Home Activity #2 (Meeting #1)

Get your dog (and you) into better shape. Find new places to walk, run and explore. Even your dog gets tired of pacing around the same old neighbourhood route. If you are going to be travelling away from your home make sure you have permission from an adult before you go, or better yet, have them go for a walk with you! Record the new areas you have been on your walks below.

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## Activity #5 - Discovering Your Fitness Personality (Meeting #2)

### *Your Fitness Profile*

For each personality type, circle whether you are high, medium or low.

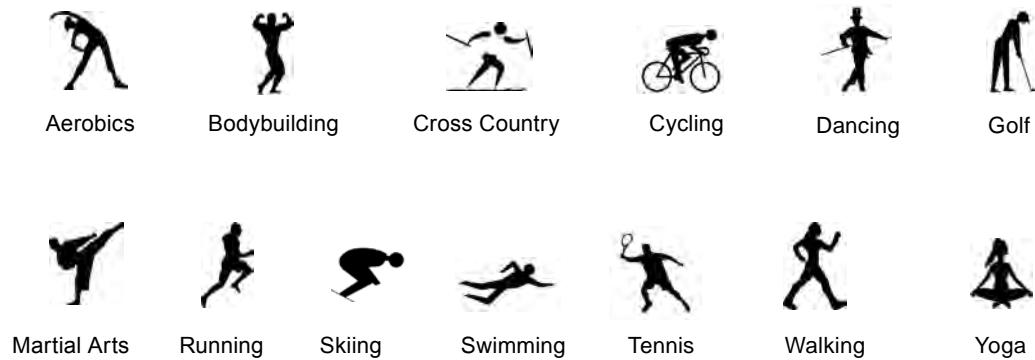
- Sociability
  - A party animal – High
  - Enjoy team sports – Medium
  - Prefer to keep to yourself – Low
- Spontaneity
  - Love spur-of-the-moment activities – High
  - Need some planning for activities – Medium
  - Last minute changes upset you – Low
- Discipline
  - No pain, no gain – High
  - Usually able to reach goals – Medium
  - Easily discouraged – Low
- Aggressiveness
  - Not afraid to argue – High
  - Will argue sometimes – Medium
  - Will do anything but argue – Low
- Competitiveness
  - Needs competition to get going – High
  - Enjoys competitive games and sports – Medium
  - Prefers non-competitive activities – Low
- Mental Focus
  - Can shut out distractions without effort – High
  - Usually finishes a project – Medium
  - Easily bored – Low
- Risk Taking
  - Likes testing the limits – High
  - Sometimes likes to take chances – Medium
  - Never likes taking chances – Low

Now pick your sport. For example, if you rated yourself “High” on sociability and aggressiveness, you’d probably like golf, tennis, martial arts and downhill skiing – those are the sports that appeal to people with both those characteristics. Check the chart to see which other games might suit your personality. Are you surprised at what you’ve discovered?

## Your Personality/Your Sport

	High	Medium	Low
Sociability			
Spontaneity			
Discipline			
Aggressiveness			
Competitiveness			
Mental Focus			
Risk-Taking			

### Legend



## Activity #6 – You Be The Judge! (Meeting #2)

### *Judging Running Shoes*

#### CRITERIA

1. Appearance - Do the running shoes look in good shape? Are they appealing for someone to buy? Are they clean? Do they have any holes?
2. Performance – Do they have good tread on the bottom? Are they a good sturdy shoe? Are there any loose parts on the shoe that might cause someone to trip? Are the laces long enough to tie up?

#### ***Giving Reasons:***

I place this class of running shoes \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

I place this running shoe \_\_\_\_\_ first because.....

I place this running shoe \_\_\_\_\_ over this running shoe \_\_\_\_\_ because.....

I place this running shoe \_\_\_\_\_ over this running shoe \_\_\_\_\_ because.....

I place this running shoe \_\_\_\_\_ over this running shoe \_\_\_\_\_ because.....

I place this running shoe 4<sup>th</sup> because \_\_\_\_\_

For these reasons, I place this class of running shoes \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.


Official Placing \_\_\_\_\_.




## Take Home Activity (Meeting #2)

How much time do you spend in front of the computer? TV? Playing video games? Using the **Screen Time Log** sheet in your Record Book, record your screen time each day for a week. On the **Active Time Log** sheet in your Record Book, record how much time you spent being active. Compare the two sheets. Are you more active or do you spend more time in front of a screen?

### Screen Time Log

	TV	Video Games	DVD	Computer/ Internet	Total Hours Per Day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
				TOTAL HOURS 	

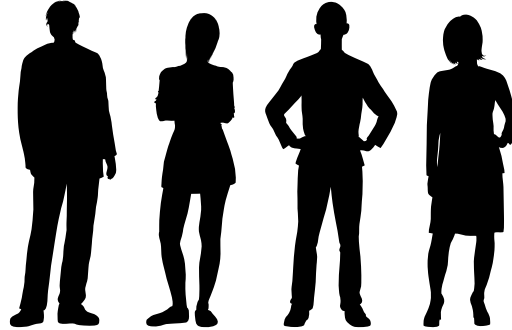
**Active Time Log**

	Type of activity(ies)	What time of day?	How long did you do this activity?	Who did you do this activity with?	Total Hours Per Day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
				TOTAL HOURS 	

## Activity #8 (Meeting #3) Self-esteem Supports

Think about what makes you feel good about yourself and builds your self-esteem. Be as specific as possible. Think about particular activities, places, times of day, past-times, people, etc. Write them in the bricks underneath 'you.'

Add more bricks if you have more ideas.



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We are affected by what is around us. The more time we spend surrounded by things that energize us, the better we feel. The opposite is true. Keep this sheet handy. When you're going through a difficult patch, remind yourself of these positive sources of energy and inspiration.

## Activity #11 (Meeting #4) It's What's Inside That Counts!

Here's a challenge for you. Match up the foods listed on the left with their ingredients listed on the right. Below, list the number of different types of sugar found in these foods.

Fat Free Acai-berry Strawberry Banana Yogurt	Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors (vegetable source), caffeine.
Chocolate Chip Granola Bar	Skim milk, strawberries, banana and acaiberry, milk and whey proteins, modified corn starch, active bacterial cultures, gelatin, fruit juices : pomegranate and Goji berry, natural and artificial flavours, pectin, sucralose, locust bean gum, lemon juice concentrate, colour, vitamin A palmitate, vitamin D3, potassium sobate, made with vitamin A & D fortified skim milk.
Coca Cola Classic	Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), corn syrup, high fructose corn syrup, dextrose, soybean and palm oil (with TBHQ) for freshness), cracker meal, contains 2% or less of wheat starch, salt, dried blueberries, dried grapes, dried apples, leavening (baking soda, sodium acid, pyrophosphate, mono calcium phosphate), citirc acid, cornstarch, natural and artificial blueberry flavour, modified wheat starch, soy lecithin, eanthan gum, caramel colour, red #40, blue #1, blue #2, vitamin A palmitate, niacinamide, reduced iron, pyridozine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid.
Aero chocolate bar	Milk chocolate (sugar, modified milk ingredients, cocoa butter, cocoa mass, lactose, soy lecithin, polyglycerol polyricinoleate, artificial flavour.
Blueberry Unfrosted Pop-Tart	Granola (whole grain rolled oats, brown sugar, crisp rice (rice flour, sugar, salt, malted barley extract), whole grain rolled wheat, soybean oil, dried coconut, whole wheat flour, sodium bicarbonate, soy lecithin, caramel colour, nonfat drymilk), semi sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil.

*Note: Brand name food products are used as examples only. Their use in the project should not be viewed as an endorsement.*

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## Activity #13 (Meeting #4) – Nightmare on Veggie Street

### **Directions:**

Fill in the following blanks:

A. Favourite song: \_\_\_\_\_

B. Favourite colour: \_\_\_\_\_

C. Type of Animal: \_\_\_\_\_

D. A room in your house: \_\_\_\_\_

E. Favourite vegetable: \_\_\_\_\_

Use your answers to fill in the letter blanks in the story below.

Use the following words in the matching number blanks.

1. Corn 2. Potato 3. Squash 4. Eggplant 5. Mushrooms

### **Nightmare on Veggie Street**

Thinking I was all alone, I started to sing A: \_\_\_\_\_ at the top of my lungs. Little did I know that a crazy yellow vegetable was listening (and laughing at me)!

I guess it makes sense when you think about it because a 1: \_\_\_\_\_ plant is known for its ears. Next, I noticed that a 2: \_\_\_\_\_

was watching me (they can grow eyes, you know). This tater lady told me she

didn't like the B: \_\_\_\_\_ sneakers I was wearing. She actually

wanted to 3: \_\_\_\_\_ them and throw them out the window!

Just when I thought things couldn't get any weirder, I looked outside and saw a C:

\_\_\_\_\_ laying an 4: \_\_\_\_\_! Frightened, I headed

for the D: \_\_\_\_\_ but the only "rooms" in my house I could find were

5: \_\_\_\_\_. Luckily, I woke up and realized I was having another one

of those crazy veggie dreams! I hurried downstairs to the kitchen and snacked on E:

\_\_\_\_\_. In case you didn't know, that's the only cure for a nightmare

on veggie street!



**Activity #14 (Meeting #5) - Fitness Bingo**

<i>AC</i>	<i>T</i>	<i>I</i>	<i>V</i>	<i>E</i>
		<b>FREE SPACE</b>		

***Suggested Activities***

Arm circles	Leg stretches
Arm stretches	Lifting weights
Baseball	Long jump
Basketball	Push Ups
Bowling	Riding a bike
Boxing	Row a boat
Cross country skiing	Running on the spot
Curling	Sit ups
Dancing	Sitting still
Fencing	Speed walking around the room
Figure skating	Swimming
Golfing	Tennis
Hockey	Throwing a shot put
Jumping Jacks	Triple jump
Jumping up and down in one spot	Volleyball
Karate	Yoga

### Take Home Activity #1 (Meeting #5)

Conduct a survey among 5 friends and/or family to see what kinds of dances they know. Find out how they learned it, do they still dance and what their favourite dance is. Record your results below.

Person's Name	What kind of dances do they know?	How did they learn the dance?	Do they still dance?	What is their favourite dance?

### Take Home Activity #2 (Meeting #5)

Read through the newspaper for the past week. Cut out any articles about athletes that have been injured while playing a sport. Collect the articles in your record book. How long is the athlete not able to play for? What type of medical attention did the athlete need? Is it a career ending injury? Add more pages to your record book if necessary.



## EXTRA ACTIVITIES

*Activity #18***Positive Living**

P O T E N T I A L S E L I M S O T U S B  
 F Z K P N M A X M C E K C B Z H C U E H  
 X B D Y H B P D A E S N F W O J K C D X  
 T M R O B X C R J S R C I U S L Y C U L  
 N B C O N F I D E N C E G Z T U G N T C  
 E L T K X N N N B H F H V Q A F Q M I G  
 M I N M G F I N W H T Y O Q M G E N T Z  
 E F J M B P W L A F E I P E T E A Y T S  
 V E J U P D D I U P R A M O T W U M A C  
 E S Z A E K W L Y S P Z L S A E F Z R O  
 I K H E X X H F N W B E E T D M I Y T X  
 H I I F L Q C K P G I F A U H M T P Z I  
 C L H A U Q D I N U L A Y R D Y V O N A  
 A L O N D O Y Z U E L A P N A R H N Y C  
 E S K A U Z M X S E O Q A S P N T C C P  
 R Z V T O O D G B E I U G G M P C M B S  
 B X L U Q C N W B F G S R D M D E E O U  
 V P C R V C Z P N K A T P Y H P G M N W  
 B N C A Y G U D R L U F I T U A E B C T  
 F U Q L N A I Q B S L W P V K K B J Z K

ACHIEVEMENT

APPEARANCE

ATTITUDES

BEAUTIFUL

CARING

CONFIDENCE

HAPPINESS

HEALTHY

LIFESKILLS

MAGAZINES

NATURAL

POTENTIAL

SELFESTEEM

SMILE

THOUGHTFUL

## Activity #19

### ***Shark Attack!***

One player is chosen to be the “Shark”, all other players are the “Fish”

The “Shark” is at one end of the playing field with their back turned, and the fish are at the other end

The Shark says “Fish! Fish! \_\_\_\_\_ in my ocean” (Give a command)

- Swim
- Walk
- Run
- Jump
- Hop...etc.

When the “Shark” feels there are “Fish” close to them they can yell “Shark Attack” and turn around.

When they turn around they chase the “Fish” that are close to them and try to tag them before they make it back to the starting line

If a “Fish” is tagged they become another “Shark”...all new “Sharks” join the “Head Shark” and turn their backs

The “Head Shark” continues to give commands...

Play continues until there is only one “Fish” left. That person becomes the “Shark” for the next game.

## Activity #20

### *Red Light/Green Light*

One player is chosen to be the “Stop Light”, all other players line up about 15 feet away in a straight line

The “Stop Light” turns their back on the players

If the “Stop Light” says “green light” all players are allowed to move toward the “Stop Light”.

If the “Stop Light” says “red light” the players must stop. When the “Stop Light” says “red Light” they turn around.

If players are caught moving they are out.

Play continues when the “Stop Light” turns back around and yells “green light”

The “Stop Light” wins if they catch ALL the players moving before anyone is able to touch them.

Otherwise...the 1st player to touch the “Stop Light” is the next “Stop Light”

## Activity #21

*Jump Rope to these Fun Rhymes!*

### Cinderella

Cinderella dressed in red

Went downstairs to bake some bread

How many loaves did she bake?

*(Count as rope turns faster and faster.)*

Cinderella dressed in green

Went upstairs to eat ice cream

How many spoonfuls did she eat?

*(Count as rope turns faster and faster.)*

Cinderella dressed in blue

Went outside to tie her shoe

How many seconds did it take?

*(Count as rope turns faster and faster.)*

Cinderella dressed in yellow

Went downstairs to see a fellow

Made a mistake and ate a snake

How many doctors did it take?

*(Count as rope turns faster and faster.)*

### Teddy Bear

*(Do actions for each line.)*

Teddy Bear, Teddy Bear, turn around

Teddy Bear, Teddy Bear, touch the ground

Teddy Bear, Teddy Bear, show your shoe

Teddy Bear, Teddy Bear, that will do

Teddy Bear, Teddy Bear, go upstairs

Teddy Bear, Teddy Bear, say your prayers

Teddy Bear, Teddy Bear, turn out the light

Teddy Bear, Teddy Bear, say good night

## Activity #22

### *Blinded Ball Retrieval*

Required: Containers, balls and blindfolds

Required: Containers, balls and blindfolds

Players: Small to large groups

Separate the group into teams of 4-8 players and each team will have one container of balls and one blindfold. Each container will have the same amount of balls (about 3-5 depending on the size of the teams). The container of balls will be placed about six feet in front of the teams. The first player will put on the blindfold and then the balls will be dumped out. Each player will try to retrieve 3 balls and place them back into their own container by following instructions given by the rest of the team. Once they have done this they can remove their blindfold and return to the next person in line. That person will put on the blindfold and the balls will be dumped. They will also retrieve 3 balls for their container. The balls can be any balls that they find but they have to go into their own container. If they put a ball into the wrong container it will count for the other team. Caution the players not to run because they can bump into the other players that are blindfolded. It's best if only one person from the team tells the blindfolded player where to go. It will take teamwork trying to keep quiet so that the player can listen for direction. The first team done with the rotation is the winner.

## Activity #23

### *Hidden Surprise*

Required: Pill bottle, tape, newspaper, money, dice

Players: Small to medium groups

Take an empty pill bottle and place an amount of money in it (whatever amount you decide you want the winner to have). Wrap it up with layers of newspaper and duct tape, electrical tape or any other kind of tape. You can even layer it with different types and make a huge tape ball. Have everyone stand in a circle. Take a set of dice and place them in a flat box. If the person rolls a double, they must go inside the circle and start working on getting the tape ball apart. They continue unwrapping until the next person rolls a double. Keep going until someone wins the money. This game can take a while!

You can modify this game using different containers to hold food or other prizes.

## Extra Activity #18 Solution

### Positive Living

P O T E N T I A L S E L I M S + T + S +  
 + + + + + + + + C E + + + H + + E +  
 + + + + + + + A + S N + + O + + + D +  
 T + + + + + R + S + + I U + + + + U +  
 N + C O N F I D E N C E G Z + + + + T +  
 E L + + + N + N + + + H + + A + + M I +  
 M I + + G + I + + H T + + + + G E + T +  
 E F + + + P + + A F E + + + + E A + T +  
 V E + + P + + + U P + A + + T + + M A +  
 E S + A + + + L + + P + L S + + + + + +  
 I K H + + + + + + + + E E T + + + + + +  
 H I + + + + + + + + F A + H + + + + + +  
 C L + + + + + + + + L + + R + Y + + + + +  
 A L + N + + + + + E + + + + A + + + + + +  
 + S + A + + + + S + + + + + + N + + + + +  
 + + + T + + + + + + + + + + + C + + + +  
 + + + U + + + + + + + + + + + E + + + +  
 + + + R + + + + + + + + + + + + + + + +  
 + + + A + + + + + L U F I T U A E B + + + +  
 + + + L + + + + + + + + + + + + + + + +

### *(Over,Down,Direction)*

ACHIEVEMENT(1,14,N)  
 APPEARANCE(9,8,SE)  
 ATTITUDES(19,9,N)  
 BEAUTIFUL(18,19,W)  
 CARING(10,2,SW)  
 CONFIDENCE(3,5,E)  
 HAPPINESS(3,11,NE)  
 HEALTHY(10,7,SE)  
 LIFESKILLS(2,6,S)  
 MAGAZINES(18,9,NW)  
 NATURAL(4,14,S)  
 POTENTIAL(1,1,E)  
 SELFESTEEM(9,15,NE)  
 SMILE(15,1,W)  
 THOUGHTFUL(17,1,SW)



