meaningful, fun CRE8 Physical Activity

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STEP 4

LEAD APPROPRIATE, FUN PHYSICAL ACTIVITY

IN THIS SECTION, YOU WILL LEARN:

- **The qualities of strong physical activity leaders**
- **The 3 recommended daily activities**
- **How to put it all together and create your own Exercise Program!**

The reason we get to know our physical activity environment and advocate for positive change is so we can create more opportunities for youth to be active. Once those opportunities are there, it's time to make the most of each one. A huge part of getting youth interested and involved in physical activity is being a strong leader.

STRONG PHYSICAL ACTIVITY LEADERS:

1. Establish boundaries and rules for play.
2. Regularly inspect facilities and equipment to ensure safety.
3. Are prepared and plan ahead so youth can start the activity right away.
4. Show excitement about and participate in physical activity.
5. Supervise all youth before, during, and after each activity.
6. Give youth opportunities to lead activities.
7. Always focus on the Soul Principles!

Keep these qualities in mind when beginning to try out some of the exercise ideas in this guide.

DAILY ACTIVITIES: FREQUENCY, INTENSITY, TIME, TYPE

Based on the popular framework of the F.I.T.T. Principle, most successful activity and exercise programs address each of these aspects:

FREQUENCY
INTENSITY
TIME
TYPE

This guide intentionally focuses on providing a number of ways (type) to build in exercise into your program every day (frequency). Rather than concentrating on the intensity of the exercise or the number of minutes (which can vary based on age, ability, and skill level), we suggest that youth providers find ways to: 1) teach **APPROPRIATE** activity **DAILY** & 2) provide a **VARIETY** of activities that youth of all skill levels will enjoy. In other words,

> **"Keep exercise simple by: making sure there are options, providing it often and doing it right!"**

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DAILY ACTIVITIES

1) EVERYDAY WARM-UP & STRETCH

After a long day of school: start your program off with a light warm-up. Have youth warm up for 5-10 minutes before stretching to get blood flowing to the muscles.

YOUTH TALK: WHY DO I HAVE TO STRETCH?

Increased flexibility will help to loosen the muscles and reduce the chances of injury as youth grow older. We recommend at least 10 minutes of stretching per day (from head to toe).

WARM-UP: Examples (5-10 mins)

- Walking/jogging in place
- Shaking out your entire body until loose
- Arm and leg circles (forward and backward)

NOTE: If youth walked to their after school program, that could be considered a warm-up and you can go right into stretching.

DAILY STRETCH (5-10 mins)

Stretching should be a major component of activity in your program at least once a day. We encourage stretching for at least 5-10 minutes every day, which will keep youthful bodies flexible and active and help get them to a calmer state.

TIPS FOR MAKING STRETCHING ACTIVITY MORE FUN:

Participate with the youth!

Have youth lead the stretching portion.

Do different stretches and activities everyday

Add variety!

SAMPLE: 10-MINUTE CLASSROOM DESK STRETCHES

Try these exercises while standing or seated at your desk!

For an easy reminder, start from Head to Toe!

UPPER BODY STRETCHES

HEAD ROTATIONS Carefully move your head to the left and hold for 8 seconds. Bring your head back to the center and repeat to the right. Do this forward and back as well.

SHOULDER SHRUGS Bring your shoulders up towards neck, hold for 2 seconds and roll back slowly to normal position. Repeat this slowly 10 times.

ARM CIRCLES Bring your arms out away from your body. Do arm circles in a forward direction 10x and in a back direction 10x.

REACH FOR THE SKY Bring your arms up towards the sky and hold for 8 seconds. Slowly bring your arms back down. Repeat 5x.

LOWER BODY STRETCHES

Do these while sitting on a chair with your feet on the floor:

LEG EXTENSIONS Extend one leg up and hold for two seconds. Bring that leg down and extend the other leg for 2 seconds. Do 10 times for each leg (or count to 20 to complete).

LEG LIFTS Bring one leg up off the chair towards your stomach and hold for 5 seconds. Bring the leg back down and repeat with other leg. Do 10 times for each leg (or count to 20 to complete).

WRITING THE ALPHABET Lift one foot to write each letter of the alphabet. Switch foot and repeat.

HEEL LIFTS Press down on the toes of one foot as you lift your heel. Hold for 5 seconds, and then lower. Repeat with the other foot. Do 10x with each foot.

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2) ACTIVITY SESSION

It's not news that youth should complete at least 60 minutes of physical activity a day. That includes a combination of moderate to vigorous physcal activity (MVPA) and regular daily physical activity. If 60 minutes is difficult to do all at once, break up activity into 10-minute intervals per hour of programming. Aim to achieve 30 to 60 minutes MVPA in your program. Moderate physical activity refers to activities equivalent in intensity to brisk walking or bicycling. Vigorous physical activity produces large increases in breathing or heart rate, such as jogging, aerobic dance or bicycling uphill.

How can you tell if youth are working hard enough to be considered MVPA?

1. The **talk test** is a simple way to measure relative intensity during exercise. As a rule of thumb, if you're doing moderate-intensity activity you can talk, but not sing, during the activity. If you're doing a vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath. **Use the talk test with you to monitor their fitness level.**
2. Finding a youth's **target heart rate** range is another way to measure the intensity during exercise. Here's a simple and fun math activity to do with youth to determine their own target heart rate during or after activity.

TRY THIS WITH YOUTH!

Target Heart Rate Activity: Using Math to determine MVPA

During or after exercise, use this simple formula (also known as the Karvonen Formula) to determine a youth's exercise intensity level:

- 220 - (your age) x 60% and x 80%
- Divide both values by 4 (represents heart rate range for 15 seconds)

For example, a 15-year-old would calculate their target zone using the above formula:

- 220-15 (years old) = 205
  205 x .60 =123 (lower-intensity exercise heart rate)
  205 x .80=164 (higher-intensity exercise heart rate)
- 123/4 = 30 beats per 15 seconds
  164/4 = 41 beats per 15 seconds

To be at optimal level and achieve MVPA, this individual should try to keep his/her heart rate between 123 (low end) and 164 (high end), or 30-41 beats per 15 seconds.

How do I measure my target heart rate?

The most common places to measure heart rate using the palpation method is at the wrist (radial artery) and the neck (carotid artery). You should always use your fingers to take a pulse, not your thumb, particularly when recording someone else's pulse, as you can sometimes feel your own pulse through your thumb.

CAROTID PULSE (NECK) To take your heart rate at the neck, place your first two fingers on either side of the neck. Be careful not too press to hard, then count the number of beats for 15 seconds, starting with 1, then multiply by 4.

RADIAL PULSE (WRIST) - place your index and middle fingers together on the inside of the opposite wrist, about 1/2 inch above the wrist, in line with the index finger. Once you find a pulse, count the number of beats you feel within 15 seconds. Multiply by 4.

For example, if a 15-year-old checked his/her pulse and it beats 37x in 15 seconds, he/she would be at 148 beats per minute (37 x 4) which is within the 123-164 optimal range.

YOU CAN ALSO USE THIS TABLE TO CALCULATE THE RANGE FOR 10–18 YEAR OLDS AT EXERCISE INTENSITIES OF 60%–80% OF THEIR MAX HR.

AGE	60%	70%	80%
10	126	147	168
11	125	146	167
12	125	145	166
13	124	145	165
14	123	144	165
15	123	144	164
16	122	143	163
17	122	142	162
18	121	141	162

HELPFUL HINT:

According to the chart, the average ideal exercise intensity level was between:

30-– 41 beats/per 15 seconds.

If a youth exceeds that, make sure to scale down their activity level.

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3) COOL DOWN

After exercising, remember to incorporate some time for the youth to cool down. This will allow for the heart rate to go back to a normal resting rate, decrease the risk for injury and improve overall flexibility. Provide a light stretch by following some of the stretches listed in the everyday warm-up and stretch section.

SAMPLE COOL-DOWN EXERCISE:

In a standing position, starting from head to toe:

1. Slowly and lightly stretch your head (forward, back, left and right) each for 5-10 seconds.
2. Place your hands above your chest and twist your back to one side carefully and hold for 5-10 seconds. Bring back slowly to normal position and repeat to the other side. Do this 5 times each side.
3. Shake out each of your arms and legs to loosen up.

INCLUSION TIP

Alternative activities, such as hip-hop dancing or martial arts, can draw in those who do not like to participate in traditional sports.

EXERCISE DO'S AND DON'TS

STRETCHING			
DO	Stretching is so important in keeping your body flexibile & injury-free. If time is a factor, stretch when you wake up in the morning or before you go to bed.	DON'T	Neglect stretching, even if you have no time!
DO	Stretch 5-10 minutes before AND after your workout, no matter what you do or how long your activity was.	DON'T	Just stretch before activity and not after.
DO	Hold each stretch for 15-20 seconds, increasing your range of motion slowly, and deepen as you go.	DON'T	Stretch too quickly.
DO	Stretch with caution to avoid injuries like muscle pulls.	DON'T	Stretch past the point of discomfort.
DO	Find your position and hold, then take it further with slow, even breaths.	DON'T	Bounce when you stretch.
DO	Breathe during your stretches, which allows your muscles to relax as oxygen reaches them.	DON'T	Take breathing for granted!
DO	Breathe in through your nose and exhale through your mouth as you slowly deepen the stretch with focus and control.	DON'T	HOLD your breath when stretching.
DO	Slowly rotate your head toward one side of the shoulder and hold for 15 seconds. Slowly bring your head back to normal position, then repeat to the other side.	DON'T	Perform head circles since it can cause you to strain your neck and make you dizzy.
DO	Raise one leg up and put your foot up against the wall comfortably. Slowly extend your arm and lean toward your foot with your back straight and head up until you feel a good stretch in the back of the leg. Hold for 10-15 seconds, then alternate legs.	DON'T	Touch your toes while standing to stretch! That exercise is outdated and unsafe. When stretching, avoid bending your upper body below your waist when in a standing position.
WEIGHT TRAINING			
DO	Ask a fitness professional if you don't know how to do an exercise properly.	DON'T	Assume you know what you are doing. IMPORTANT!
DO	Build muscle while maintaining proper form. There is no prize for how much you can lift.	DON'T	OVERLIFT if you are using weights.
DO	3 sets of 10-15 reps for each machine, resting at least one minute between sets.	DON'T	Use weight machines too fast.
DO	Keep your back flat or straight to avoid aggravating your lower back. It's a chest exercise not a back exercise!	DON'T	Use your back when bench pressing to work out your chest muscles.
DO	Always keep a space between your chin and chest to avoid pulling at the neck.	DON'T	Pull the neck when doing abdominal exercises. Head and shoulders should be moving together.
DO	Inhale at the beginning of your lift, then exhale as you finish.	DON'T	HOLD your breath when weightlifting.
CARDIO			
DO	Pay attention and listen to your body. Pace yourself. You should be able to have a conversation while engaging in a cardio exercise.	DON'T	Feel like you have to overdo it every time!
DO	Vary your exercise (bike, run, walk, sports, games, etc.), which will keep you motivated and is better for your joints.	DON'T	Stick to one activity only.
DO	Wear proper shoes with rubber soles.	DON'T	Wear shoes that can prohibit your ability to exercise comfortably (i.e., sandals)
DO	Always have water available. Carry your own water bottle!!	DON'T	Forget to drink water.

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TYPES OF ACTIVITIES

There are two basic types of activities to include in your youth program: Cardiovascular Activity & Strength Training.

CARDIOVASCULAR ACTIVITY

Cardio activities are designed to increase heart rate. Running, walking, bicycling, dancing, and playing soccer are all examples of cardio exercises. We recommend having a variety of cardiovascular activity daily in your program.

YOUTH TALK:
WHY DO I HAVE TO DO CARDIO EXERCISES?

Answer: Cardiovascular activity is any activity that requires oxygen to be used over a certain amount of time. It is essential to perform this type of activity consistently because it increases your aerobic capacity or the body's ability to use oxygen. When oxygen is delivered efficiently in your body, your heart, lungs, and blood all function better.

Examples of cardio activities:

- Traditional activities
  - Sports (basketball, football, soccer, etc.)
  - Games (capture the flag, tag)
- Alternative activities:
  - Dancing (hip-hop, break dancing, salsa)
  - Non traditional games (see the resources section for ideas)
  - Martial arts

DON'T FORGET!!

Youth need at least 60 minutes of physical activity per day, with a majority being MVPA. Add variety to keep youth interested and engaged and break up the minutes.

QUICK MINI-CARDIO EXAMPLES

SESSION 1: COUNTDOWN CLASSROOM ENERGIZER
(also refer to Energizers List on page 25)
Suggested time: 10 minutes

3 MINUTES: Ask youth to stand & choose a standing activity that you all can do together (for example, body twists). As you all do the activity, count down together, starting at 10..9..8..all the way to 0.
5 MINUTES: Choose 5 volunteers to pick an activity and lead as they count down; and move from one youth's activity to the next.
2 MINUTES: Cool down to return back to normal resting heart rate.

SESSION 2: EARLY RUN/WALK
(outdoors or around classroom)
Suggested time: 10 minutes

5 MINUTES: Warm-up with a brisk walk, keeping upper body tall.
3 MINUTES: Ease into a fast walk or slow jog.
2 MINUTES: Slow down to a brisk walking pace, allowing the heart rate to gradually drop.

SESSION 3: MIDDAY CLIMBING BOOST
(stairs needed)
Suggested time: 15 minutes

2 MINUTES: Brief walk in place to warm up with light stretch.
5 MINUTES: Climb a few flights of stairs or do some forward and side lunges as you climb
Take a 1 minute break
5 MINUTES: Walk up & down at a brisk pace, stepping smoothly from heel to toe while swinging your arms.
2 MINUTES: Cool down with a light stretch, allowing the heart rate to gradually drop.

SESSION 4: HIP HOP DANCE ACTIVITY
(TV/DVD needed)
Suggested time: 30 minutes

5 MINUTES: Brief walk in place to warm up with light stretch.
2O MINUTES: Insert P.H.A.T. DVD with hip-hop dance video. (You can purchase one at **www.canfit.org/phat**). *(Alternative: Learn latest hip-hop dance moves or older ones from youth and/or YouTube and teach with them 2-3 moves that others can learn. Of course, make sure dances are appropriate).*
5 MINUTES: Cool down with a light stretch allowing the heart rate to gradually drop.

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STRENGTH TRAINING

Strength training is a way for youth to increase muscle strength and endurance. This will allow them to do everyday tasks with less effort and for longer periods of time. It also helps to burn calories while the body is at rest. Here are two strength-training activities that are appropriate for adolescents and a simple way to get youth using more of their muscles!

YOUTH TALK:
WHY SHOULD I DO STRENGTH TRAINING? I DON'T WANT TO LOOK LIKE A BODYBUILDER!

Strength training is an essential part of the exercise equation since it has so many benefits, including burning calories while your body is at rest. Other benefits include strengthening your muscles, ligaments, and tendons, increasing your flexibility and lowering your blood pressure and cholesterol levels.

BENEFITS OF STRENGTH TRAINING:

- Improved circulation
- Improved coordination
- Improved balance
- Increased muscle strength and endurance
- Increase metabolism
- Strong bones

PROMOTING STRENGTH TRAINING

In promoting strength training, it is important to talk to youth (especially girls) about how it will make you stronger and become more flexible as opposed to the myth that you will gain big muscles. That won't happen especially since our trainings incorporate light exercises for a couple times a week.

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CANFIT STRENGTH TRAINING ACTIVITIES

ACTIVITY CIRCUITS OR CIRCUIT TRAINING

Circuit Training is a group of strength exercises performed in a continuous fashion that allows youth to build strength and get their heart rate moving.

PLYOMETRICS

Plyometrics is a type of exercise that uses quick movements to develop muscular power, the ability to generate a large amount of force quickly.

SETTING UP PLYOMETRIC OR CIRCUIT TRAINING ACTIVITIES AREA: INDOORS OR OUTDOORS

You can set up the activities around the perimeter of the gym or in a room with tables and chairs pushed to the side.

You can set up the stations inside or outside. Indoors is preferred, however, because jumping is safer on a consistent surface.

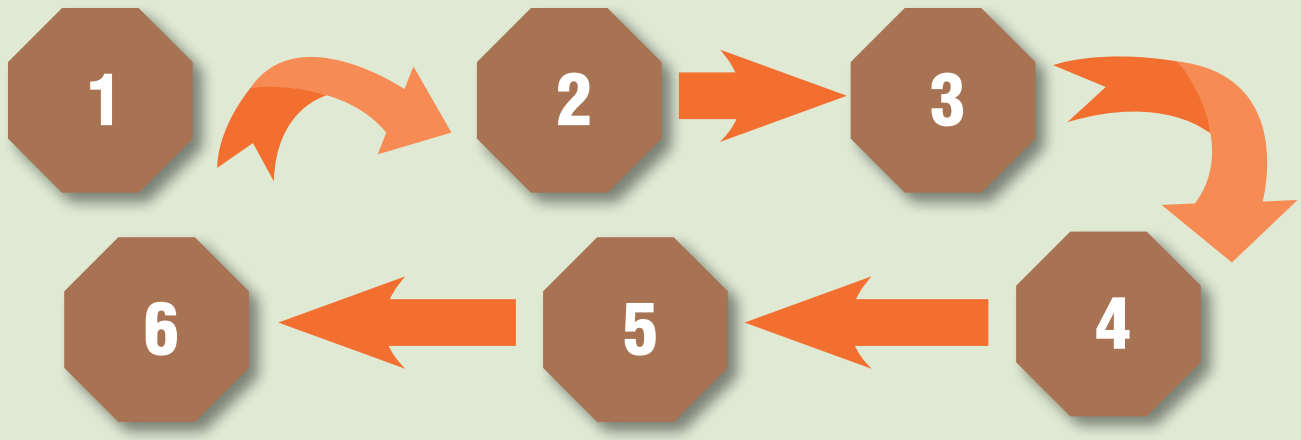
EQUIPMENT: 5-10 CONES, STOP WATCH

Additional equipment (optional): stair steppers, ropes, dumbbell weights, medicine ball, resistance band, exercise ladder, therapy ball

You can do all the exercises without fancy equipment. Read on to find out how.

If you don't have cones, just use the activity cards provided in this guidebook and tape them around your activity area.

DIAGRAM OF STATIONS



SAFETY TIP! Make sure there is enough space between the stations!!

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Circuit Training is suitable for all fitness levels. It provides a balanced workout for the major muscle groups in the body. The exercises can also be performed using soup cans, plastic water bottles, or any equipment that provides weight resistance. All exercises should be performed slowly. Stretch all major muscle groups before, during and after your workout. With any type of exercise, remember quality must be stressed over quantity!

LEADING A PLYOMETRIC OR CIRCUIT TRAINING ACTIVITY:

1. Assign youth to different stations.
2. Explain how they will move about the circuit.
3. Start the activity and call "SWITCH" after 30 or 45 seconds (youth should move to the next station).
4. When youth have completed all stations, rest for 2-4 minutes, then repeat the circuit.

THINGS TO CONSIDER WHEN LEADING A WORKOUT:

- How many youth will participate.
- Activity level of the youth.
- Have options so all youth can participate.
- If youth are new to circuit trainings, start at 15 seconds for each station and move up to 45 seconds.
- If youth are more advanced, start with 45 seconds for each station and gradually move up to 1 minute per station.
- Aim for 3-5 sets for each time you do a circuit workout (set = one completed circuit).
- Plan for at least 1-2 youth at every station.

CIRCUIT TRAINING EXAMPLE

Station 1: Chest Wall Pushups

HOW TO DO THE EXERCISE: Place your hands on a wall/door with feet slightly behind your body. Make sure your hands are shoulder width apart & press down towards your chest & back up.

ALTERNATIVES: Regular Pushups or Push-ups with knees on the floor

Station 2: Legs Squats

HOW TO DO THE EXERCISE: Stand with feet shoulder width apart with your toes, knees and hips in a straight line. Slowly lower your body like you are sitting in a chair (line your buttocks with your knees if you can). Keeping the weight in your heels, slowly push your body back to starting position.

ALTERNATIVES: Standing Leg Lifts

Station 3: Shoulders Overhead Press

HOW TO DO THE EXERCISE: Start with hands a little wider than shoulder-width apart (you can use weights if necessary). With elbows bent, bring the arms above your head (without locking your elbows) and slowly back down to starting position. Try not to arch your back, and keep your abs tight.

ALTERNATIVES: Lateral or Frontal Shoulder Raises

Station 4: Chest Bicep Curl

HOW TO DO THE EXERCISE: Start with elbows tucked in and arms open towards your side. Curl your arms up towards your chest and squeeze the biceps up towards your chest. Slowly lower your arms and keep elbows slightly bent at the bottom (e.g., don't lock the joints).

ALTERNATIVES: Hold milk cartons or weights in each hand

Station 5: Abs and Core Trunk Rotation

HOW TO DO THE EXERCISE: Bring your elbows out parallel with your chest. Then rotate your body all the way to one side, and slowly rotate to the other side while keeping your hips facing forward at all times.

ALTERNATIVES: Use a Medicine Ball or do traditional Sit-Ups

Station 6: Back Standing Rows

HOW TO DO THE EXERCISE: Start with your arms out in front of you at shoulder level. Slowly bring your arms towards your back and repeat.

ALTERNATIVES: Hold weights or heavier items in your hands

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