



Kentucky 4-H Youth Development

Martin-Gatton College of Agriculture, Food and Environment



**MOVE THE
CLOVER WAY**



Situation

According to the US Department of Health & Human Services (PAG, 2020),

Childhood and adolescence are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being. Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardiorespiratory fitness and stronger muscles. They also typically have lower body fat and stronger bones. Physical activity also has brain health benefits for school-aged children, including improved cognition and reduced symptoms of depression. Evidence indicates that both acute bouts and regular moderate-to-vigorous physical activity improve the cognitive functions of memory, executive function, processing speed, attention, and academic performance for these children.

Youth who are regularly active also have a better chance of a healthy adulthood. Children and adolescents do not usually develop chronic diseases, such as heart disease, hypertension, type 2 diabetes, or osteoporosis. However, current evidence shows that obesity and other risk factors for these diseases, such as elevated insulin, blood lipids, and blood pressure, are increasingly appearing in children and adolescents. Exercise training in youth with overweight or obesity can improve body composition by reducing overall levels of body fat as well as abdominal fat. Regular physical activity also makes it less likely that these risk factors will develop and more likely that children remain healthy when they become adults.

We have some work to do health-wise in Kentucky. According to the Center for Disease Control and Prevention (CDC, 2017) we rank ninth in the nation for deaths due to heart disease and sadly fifth in the nation for deaths due to diabetes. And our adolescents are not faring much better. The National Center for Health Statistics (2020) reported that 22% of US adolescents are considered obese.

Purpose

The Kentucky 4-H Program believes in supporting our members and families. We have created a fun way for families to be mindful of the importance of staying physically active. We are adapting the National Move Your Way Campaign so our 4-H Families can use the knowledge. The Project will run from May 1-July 1, 2024. We want Families to make a plan on how to increase their physical activity together. We are asking families to log their physical activity time and type during the duration of the project. At the end of the project, we will recognize the Families who participated in our pilot year.

Want to know more about recommendations for physical health? Check out the information in the next section.



Key Guidelines for Preschool-Aged Children

- Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development.
- Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.

Key Guidelines for Adults

- Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
- Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Key Guidelines for Children and Adolescents

- It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.
- Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily:
 - **Aerobic:** Most of the 60 minutes or more per day should be either moderate or vigorous intensity aerobic physical activity and should include vigorous intensity physical activity on at least 3 days a week.
 - **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
 - **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.



Key Guidelines for Adults

To do physical activity safely and reduce risk of injuries and other adverse events, people should:

- Understand the risks yet be confident that physical activity can be safe for almost everyone.
- Choose types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- Increase physical activity gradually over time to meet key guidelines or health goals. Inactive people should “start low and go slow” by starting with lower intensity activities and gradual increasing how often and how long activities are done.
- Protect themselves by using appropriate gear and sports equipment, choosing safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- Be under the care of a health care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for them.

How Can You Participate?

The CDC gives these suggestions for families to think about when making a plan to become more physically active together.

Start early. Young children love to play and be active. Encouraging lots of safe and unstructured movement and play can help build a strong foundation for an active lifestyle.

Set a positive example by leading an active lifestyle yourself.

Make physical activity part of your family’s daily routine by taking family walks or playing active games together.

Give your children equipment that encourages physical activity.

Take young people to places where they can be active, such as public parks, community baseball fields, or basketball courts.

Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.

Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities, or free-time play.

Instead of watching television after dinner, **encourage** your child to find fun activities to do on their own or with friends and family, such as walking, playing chase, or riding bikes.

Be safe! Always provide protective equipment such as helmets, wrist pads, or knee pads for activities such as riding bicycles, or scooters, skateboarding, roller skating, rock-wall climbing, and other activities where there may be a high risk of injuries. Ensure also that activities are appropriate for the age of your child.



These are not the only ways! The 4-H Program recommends that families sit down together and make out a plan that works for everyone who wants to be involved. Check out your community resources, look around your home, be creative, and get ready to move!

We have included a link for you to download your weekly physical activity calendars. Beginning May 1 through July 1, 2024, you may submit those calendars to the Kentucky 4-H Youth Development Program.

All participants will receive a certificate of participation. Those 4-Hers following the recommended guidelines for at least six weeks will receive special recognition.

For more information, contact Dr. Chuck Stamper, Extension Special Projects Coordinator/4-H Youth Development.

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All participants' information will be given to the county 4-H Youth Development Professional.



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2024 Kentucky 4-H

Move the Clover Way Family Registration and Log sheet
Scan the QR Code or click the link below and add your weekly
activity log.



https://uky.az1.qualtrics.com/jfe/form/SV_2rSOpXyoa632JbE