



GHH4

GROWING HEALTHY HABITS

## Fuel Up to Move More

Time: 85 Minutes

Biking, swimming, playing basketball or soccer, running, and dancing—what do all these have in common? They're all fun ways to get your body moving. Learn how to take care of your body before, during, and after exercise with healthy food and plenty of water. Practice stretching your muscles and doing exercises that will strengthen your body and get your heart pumping.

### OBJECTIVES:

Describe a health benefit of moving more.

List the types of foods to eat before and after exercise.

Explain why it's important to hydrate—before, during, and after physical activity.

Demonstrate one new exercise.

### SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up three stations with exercise signs and instructions. See details on [page 6](#).
- Review recommended exercises to familiarize yourself.
- Set up cooking stations with the necessary equipment and ingredients.
- Provide computer, internet access, and projector, if available.

### INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Ask participants to name their favorite type of exercise and why they prefer it. **(Give everyone a chance to speak.)**

### DEMO (10 Minutes)

- Play video(s) or demonstrate content (see demo script).

### ACTIVITY (35 Minutes)

- For 15 minutes, participants break into groups and rotate through three stations: stretching, muscle strengthening, and a cardio station.
- For 20 minutes, participants will cook and taste Kid-Friendly Blueberry-Cottage Cheese Pancakes.

### RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste their pancakes while going through the handout(s) together.

### GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



**NOTES:** Read legal liability disclaimers before activity: [Exercise Liability Disclaimer](#) and [Food Liability Disclaimer](#). Please receive consent from each child's parent/legal guardian before the educational experience. Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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## Fuel Up to Move More Resource List

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### HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or [heart.org/healthyforgood](http://heart.org/healthyforgood)

- Video – [Kid-Friendly Blueberry-Cottage Cheese Pancakes](#)

Find these resources in this lesson

- Handout – [Exercise Descriptions](#)
- Handout – [Physical Activity Recommendations for Kids Infographic](#)
- Handout – [Kid-Friendly Blueberry-Cottage Cheese Pancakes recipe](#)
- Handout – [Setting SMART Goals](#)

### SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

### DEMO SUPPLIES

- Reusable water bottles

### ACTIVITY INGREDIENTS\* AND SUPPLIES\*\*

- 2 large eggs
- ¾ cup fat-free cottage cheese (lowest sodium available)
- ½ cup fat-free milk
- 1 cup whole-wheat flour
- 1 teaspoon baking soda
- 2 teaspoons sugar
- 1 12-ounce package frozen unsweetened blueberries (with liquid), thawed
- Cooking spray
- Measuring cups/spoons
- Large skillet or electric griddle
- Electric burner (if using the skillet)
- Large spoon (for stirring the batter)
- Spatula
- Plates (for tasting)
- Forks (for tasting)
- Knives (for tasting)

*\*The Kid-Friendly Blueberry-Cottage Cheese Pancakes recipe serves 4 people; please multiply ingredients as necessary for your participants.*

*\*\*Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.*



### SAY:

Did you know that active kids are healthier and happier? A physically active lifestyle can help you think, feel, and sleep better, as well as do what you need to do each day more easily.



Exercise is especially important to help kids develop and grow into healthy adults. How much exercise should you get? **The American Heart Association recommends that kids and teens (ages 6-17) get at least 60 minutes of moderate to vigorous physical activity every day.** 60 minutes sounds doable, right? And, you can break the 60 minutes up into shorter sessions throughout the day. So, that makes it easier! Just move more, with more intensity, and sit less. Think of ways to add activity to your day, one step at a time.



If you can **move more and sit less** whenever you have the chance, being active will become a healthy habit that can help you live longer and avoid health problems. Consider swapping out video games for a soccer game with friends. Or try going for a walk or jog rather than binge-watching your favorite TV show. Just remember: **move more and sit less.** Any activity is better than none. Your body will thank you!



These are some of the benefits of physical activity:

- A healthy weight
- Stronger, healthier bones and muscles
- Better heart and brain health
- Improved brain function, including memory, attention, and problem-solving
- Better performance at school, especially in math, reading, and writing
- Lower long-term risk of cardiovascular diseases, diabetes, and some kinds of cancer
- Less stress, anxiety, and depression; and
- Increased self confidence



So, what should you do for moderate exercise? And what about for vigorous?



**Moderate-intensity/aerobic exercise includes these activities:**

- Brisk walking
- Bicycle riding
- Active recreation, such as kayaking, hiking, or swimming
- Playing games like baseball or softball (catching and throwing)
- House and yard work, such as sweeping or pushing a lawn mower
- Some video games that include continuous movement, such as boxing, playing tennis, bowling, and dancing



**Vigorous-intensity aerobic exercise includes these activities:**

- Running
- Bicycle riding
- Active games involving running and chasing, such as flag football
- Jumping rope
- Sports, such as soccer, basketball, swimming, and tennis
- Martial arts
- Vigorous dancing



These are some exercises that build your muscles and bones.



**Muscle strengthening exercise includes these activities:**

- Games such as tug of war
- Resistance exercises using body weight and resistance bands
- Some forms of yoga
- Climbing trees



**Bone strengthening exercise includes these activities:**

- Jumping rope
- Running
- Sports that involve jumping or rapid change in direction

## Fuel Up to Move More Demo Script (continued)



### SAY:

#### Check out these ideas for fitting in fitness:

- **Make active chore cards.** Let every family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry, and unloading the dishwasher are all good ways to get your family up off the couch—and get the chores done.
- **Clear some space, put on some music, and take a dance break!** It can re-energize everybody. Let each person take a turn as DJ so everyone can dance to their favorite song.
- **Put the screens on hold.** Instead of heading right for the TV after dinner, make that family activity time. Take a walk, practice a sport, or play a game of hide-and-seek.
- **Play actively with pets.** Throw a ball or stick for the dog to fetch. Lead the cat on a string chase around the house.
- **When the weather's nice,** bike or walk to school or places you're meeting friends.
- **Find the stairs and use them.** You won't have to waste time waiting for the elevator, and you'll get some extra steps into your day.
- **Get active for a good cause.** If you love to help others, encourage your family to participate in active fundraising events like the [Heart Walk](#). It's a great way to do something healthy while giving back.



### SAY:

Your body is your vehicle. That means fueling up by eating the right foods and drinking the right fluids to keep your engine running at its best. Not fueling up and not hydrating before you work out is like trying to drive a car with an empty tank. You won't have any energy to drive yourself through the workout.



#### Before

Plan to fuel up two hours before you exercise.

- Hydrate with water. Keeping the body hydrated makes it easier for the heart to pump blood through the blood vessels to the muscles. And, drinking water helps muscles work more efficiently.
- Eat healthy carbohydrates, such as whole-grain cereal, whole-wheat toast, whole-grain pasta, or brown rice.
- Eat fruits and vegetables for energy. If you only have 5 minutes before your workout, eat a piece of fruit, such as an apple or banana.



#### During

- Keep your body hydrated with small, frequent sips of water.
- If your workout lasts more than an hour, eat 50-100 calories of carbohydrates, such as low-fat yogurt, raisins, or a banana, every half hour.



#### After

- Drink more water. You can blend your water with 100% juice, such as orange juice, which will give you both fluids and carbohydrates.
- Eat foods with protein, such as fat-free or low-fat yogurt, unsalted nuts, or low-fat cheese, to help your muscles recover. The protein repairs them and helps them grow strong.



So, know that what you put in your body (nutrition) is as important as what you do with your body (exercise). Both are vital to keeping your engine performing at its best.

# Fuel Up to Move More Activity Script

Divide up participants into teams to rotate through the exercise stations. Read the [Exercise Liability Disclaimer](#). Pass out reusable water bottles (if participants didn't bring their own) and Exercise Descriptions handout.



## SAY:

Today, we will rotate through three stations where you will stretch and then try a few different exercises. I will have a timer out and when you hear the buzz, you can rotate to the next station (clockwise). Follow me around the room and I will demonstrate each exercise. You will have 3 minutes at each station. Be sure to drink water throughout this activity.

Demonstrate all exercises while explaining.



## STATION 1 is our stretching area.



We will practice **calf stretches**. We will do the stretches twice for each leg. It's important to stretch both before and after exercising.



- Stand facing a wall with both hands on it.
- Position one foot forward (knee bent) and the other leg back with the leg straight, toes pointing at the wall.
- With your stomach tight, lean in toward the wall until you feel a stretch in the lower part of the back leg.
- Hold for 20-30 seconds on each leg.



## STATION 2 is our muscle-strengthening area.



We will practice **squats**. We will do 10 squats. Squats strengthen your abs, quadriceps (thigh muscles), and glutes (muscles in your buttocks).



- Place your feet hip-width apart.
- Bring your arms forward, sitting back as if reaching for a chair that someone is pulling away. Be sure your knees do not move over your toes. You should be able to see your toes throughout the

squat. Now, lower your body toward the floor, pushing your bottom out. Go down as far as you can until your thighs are parallel to the floor. Your weight should be in your heels.

- Return to the standing position by pushing on your heels and lifting your upper body.



## STATION 3 is our cardio area.



We will practice **jumping jacks**. We will do 30 jumping jacks. Jumping jacks will increase your heart rate. Jumping exercises also strengthen your bones.



- Stand with your feet together.
- Extend your arms full length by your sides.
- Jump to spread your feet beyond your hips and bring your straight arms overhead so your hands touch—do these movements at the same time.
- Return to the starting position and repeat.



Any questions? (**Pause to wait for questions.**) Let's go.

Divide participants into teams to practice making **Kid-Friendly Blueberry-Cottage Cheese Pancakes**.

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)







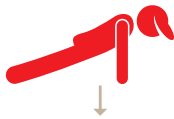



## SAY:

Next, we are going to make Kid-Friendly Blueberry-Cottage Cheese Pancakes. These pancakes will give you protein to help repair and grow your muscles after a workout.



Once everyone is finished making the pancakes, we'll eat them together.

## Exercise Descriptions

EXERCISE		DESCRIPTION AND INSTRUCTIONS
	Side lunge	Hold 20-30 seconds on each leg
	Calf stretch on wall	Hold 20-30 seconds on each leg
	Toe touch	Repeat 1-2 times
	Squat	10 squats
	Push-up	10 push-ups
	Tricep dip on floor	10 tricep dips
	Jumping jacks	30 jumping jacks
	Seated leg raises	10 leg raises

*\*Please talk to your medical provider before starting an exercise routine.  
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# Physical Activity Recommendations for Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need?



## Be Active

Kids should be active throughout the day. Replace sedentary behavior with activity whenever possible.



## Learn & Grow

Kids who are active have better bone health, physical fitness, brain function, attention and academic performance. They stay at a healthier weight and have fewer symptoms of depression.



## Go Play

Encourage preschool-age children (ages 3-5) to engage in active play as well as structured movement. A good goal is about **3 hours per day** of a variety of activities (light, moderate and vigorous).



## Fit in 60+

School-age kids and teens (ages 6-17) should try to get at least **60 minutes per day** of moderate- to vigorous-intensity activity. It can be broken up into shorter sessions throughout the day.



## Live Healthy

Keep kids active at home and at school. Support physical education, walkable communities and safe places to play. Their future health depends on it.



**Sit less and move more.**

Learn more at [heart.org/movemore](https://heart.org/movemore).

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## Kid-Friendly Blueberry-Cottage Cheese Pancakes

Makes 4 servings; 1 pancake per serving  
Per serving: 248 Calories; 1.5 g Saturated Fat; 388 mg Sodium



Cook these pancakes that are filled with protein-rich ingredients and fruit to re-energize yourself after a workout. Or, serve them for a nourishing start to your day!

### INGREDIENTS

- 2 large eggs
- $\frac{3}{4}$  cup fat-free cottage cheese (lowest sodium available)
- $\frac{1}{2}$  cup fat-free milk
- 1 cup whole-wheat flour
- 1 teaspoon baking soda
- 2 teaspoons sugar
- 1 12-ounce package frozen unsweetened blueberries (with liquid), thawed
- Cooking spray

### DIRECTIONS

1. In a medium mixing bowl, stir together the eggs, cottage cheese, and milk until combined and moist. Stir the flour, baking soda, and sugar into the egg mixture just until the ingredients are combined and no flour is visible. The batter may be slightly lumpy. Don't overmix or the pancakes won't be light and fluffy. Gently stir the blueberries with liquid into the pancake batter.
2. Lightly spray a large skillet or electric griddle with cooking spray. Heat over medium-high heat. For each pancake, ladle  $\frac{1}{4}$  cup batter into the skillet or onto the griddle. Don't overcrowd the pancakes. You may need to cook these in batches (the batter will make 4 pancakes total). Cook for 2 to 3 minutes, or until bubbles appear on the edge of each pancake. Using a spatula, turn over the pancakes. Slightly flatten each pancake with the back of the spatula. Cook for 2 to 3 minutes, or until that second side is golden brown. The pancakes should be fairly firm to the touch. Transfer the pancakes to serving plates.

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## **SPECIFIC**

- What exactly do you want to accomplish?

## **MEASURABLE**

- How will you track your progress towards your goal?

## **ACHIEVABLE**

- Is reaching your goal possible with your full effort?

## **REALISTIC**

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

## **TIME-BOUND**

- When will your goal be achieved?

## **EXAMPLE OF A SMART GOAL:**

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:

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