



Get Up and Get Moving

Rady Children's Hospital Physical Activity Promotion Patch

The Facts

Physical activity is important for everyone! It can reduce the risk of some diseases such as diabetes and high blood pressure. It also helps keep our bodies at a healthy weight. When we exercise, our breathing increases and our heart starts pumping more oxygen-filled blood to our muscles. The increased blood flow also benefits our brain, allowing it to almost immediately function better. Most people are more focused after exercise of any kind. Because of this, exercise helps prevent and treat depression. Physical exercise changes the level of serotonin in the brain by increasing the levels of the "feel good" hormones, or endorphins. Endorphins are well-known for their role in mood control.



There are many reasons why exercise is important for children and young adults. According to the American Council on Exercise, 15% of all kids ages 6-19 years are obese. Physical activity will help prevent you from becoming obese and can help with losing weight, if this is something you need to do. Habits you learn now can stay with you for your lifetime! By spending extra time on the playground or participating in a sport, you should be able to focus better at school and feel happier.

The American Council on Exercise lists the following top 10 reasons why you should get plenty of exercise:

1. You are more likely to exercise as an adult if you start when you are younger.
2. You can achieve and maintain a healthy body weight.
3. You will build/maintain strong, healthy muscles, bones, and joints.
4. You can learn how to work as a team when you participate in team sports. This is really important in developing interpersonal skills.
5. You should be able to sleep more and have quality sleep.
6. You should have improved school attendance and improved academic performance.
7. You can build greater self-esteem and a better self-image.
8. You can delay or prevent developing many chronic diseases such as heart disease, diabetes, obesity, and hypertension.
9. You can reduce symptoms of anxiety and depression.
10. You can improve your motor coordination.

The Centers for Disease Control and Prevention recommend that you get 60 or more minutes of appropriate physical activity each day. There are three different types of physical activity you should receive on a daily basis.

1. Aerobic activity: Riding a scooter, bike or going for a brisk walk
2. Muscle strengthening: Gymnastics or playing on the jungle gym
3. Bone strengthening: Jumping rope, running, or playing soccer

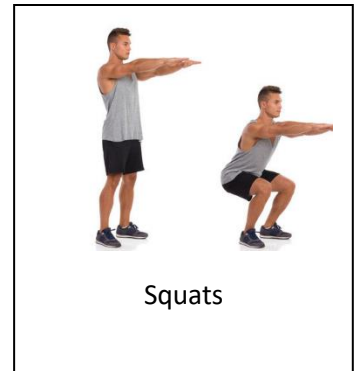
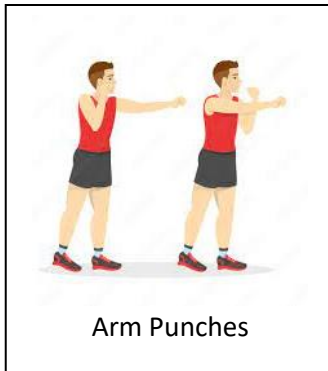
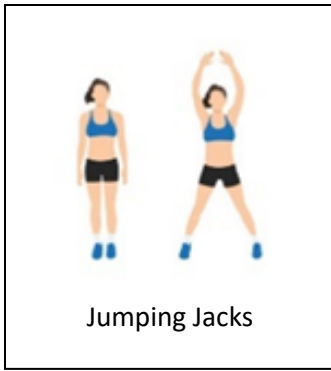
Please be sure to pick a physical activity that is enjoyable and offers variety. Be sure to pick age-appropriate activities. For example, if you are a Daisy or Brownie Scout, you do not need to pick lifting weights, as you will strengthen your muscles when you are playing.

The Activities

To complete this patch, all the items must be completed for each section as outlined (Discover, Connect, Take Action, and Reflect).

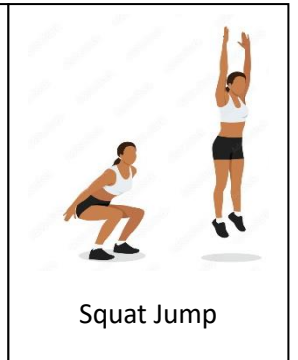
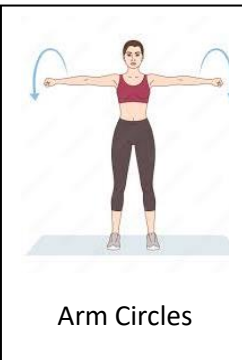
Discover Activities (Complete 1-3):

1. Watch the appropriate age-level video to learn more about the importance of physical activity and living an active lifestyle.
 - a. Daisy/Brownie/Junior: [The importance of being physically active - Smartkids - Bing video](#)
 - b. Cadet/Ambassador: [Physical, Mental, And Overall Health Benefits Of Regular Exercise - How Exercise Improves Health - Bing video](#)
2. Sometimes when we think of being active, we think we need to have access to a gym or elaborate equipment, but many activities can be done with only your own body. Try at least two of the following activities. How do they make you feel?
 - a. Stretching: Try each of these stretches, holding for 30 seconds each. You can even play music, making it more enjoyable.
 - Tip your head to your right shoulder and then to your left shoulder.
 - Roll your shoulders forwards and backwards. Shrug your shoulders up and down.
 - Sit on the ground with your legs outstretched and reach for your toes, keeping your knees straight.
 - Stand tall, grab both elbows, bend at your waist and let your head hang down while you gently sway side to side.
 - Rotate both of your wrists to the right and then to the left.
 - Get on your hands and knees, and gently arch your back up like an angry cat and then drop your back down like a camel.
 - b. Crazy 8's: Complete each of the activities eight times in a row before moving on to the next activity:
 - Jumping jacks
 - High knees
 - Arm punches
 - Squats



c. Walls: Face the wall and do one of these activities for 30 seconds. Now turn to face away from the room and do a different activity for 30 seconds. Repeat two more times until you have completed four activities, each for 30 seconds.

- Side shuffle
- Arm circles (forward/backwards)
- Jump side-to-side
- Run in place
- Squat jump



3. Take a Brain Break: Each day for at least two weeks, when you are feeling tired, take a 3-to-5-minute brain break. For the brain break, pick an activity such as doing jumping jacks, hopping on one leg, or dancing. How does this make you feel? Do you feel more or less tired?

Connect Activities:

It's time to take what you have learned and tried, put it into practice, and establish your own physical activity program.

1. Create a daily schedule for two weeks of 1 to 4 activities you would like to do each day. You should plan to spend at least 15 minutes completing these selected activities. At the completion of your two-week program, reflect on how your body feels after establishing a

regular exercise routine. Below are some suggested activities for you to design your personal exercise plan.

- a. Daisy/Brownie/Junior:
 - [60 Second Physical Activity Challenges - Youth Sport Trust](#)
 - [Fun At-Home Workouts for Kids \(5-12 Years Old\) \(acefitness.org\)](#)
 - <https://cosmickids.com/>
- b. Cadet/Senior/Ambassador:
 - [Here's a 4-Week Strength Training Program Designed for Pre-Teen Athletes - stack](#)
 - [Physical Activity for Teens and 20s - Together by St. Jude™ \(stjude.org\)](#)

Take Action Activities:

For take action, pick one of the following items and make a difference.

1. [Organize a Walking Challenge](#)
Organize a walking challenge for your friends, your troop, or a school class. You can track how many minutes, steps, or miles a person walks. You can use your phone to track steps or miles if this is your selected tracking metric. If you do not have access to a phone, you can use a stopwatch or hand watch to track minutes. Think of a fun prize for the winner who achieves the most minutes, miles, or steps.
2. [Organize a Freeze Dance Party](#)
Organize a freeze dance party for your friends, your troop, or a school class. Select your favorite tunes and set the stage for your peers to dance along to the music for at least 30 minutes or until the last person is standing. Anytime you pause the music, anyone who is still moving is out. You should play until there is only one person left. If the game ends before 30 minutes, play again!
3. [Create a Daily PE Challenge](#)
Work with your PE teacher to design a calendar with a daily challenge for your classmates to do each day for one month. Make sure to list some fun activities that will motivate and encourage your peers to get excited to get moving.
4. [Lead an Exercise Class in Your Community](#)
Reach out to your local YMCA, senior home, or other community center to inquire about leading a physical activity session for their facility. Design something to meet the needs of your selected audience and lead this class.

Reflection Activities:

What can you do to remind yourself of what you have learned? For your Reflection Activity, pick at least one of the following items that allows you to put into action what you have learned.

1. What activity did you enjoy the most? Create a plan of how you can do that activity each day. How did you organize your schedule to allow for it?

2. Educate someone else by sharing what you have learned with one of your friends, your Girl Scout troop or school classroom. Together, reflect on why being active matters and what you can do to build this into your daily life. Check in with each other weekly to see how this is going.
3. Based on what you have learned, try something new—your choice. Why did you pick this activity? How does this activity make you feel?