

FITNESS

INSTANT MEETING

AGES: 12-17

GOAL: To introduce different ways to stay active and healthy.

PROGRAM AREAS COVERED:
Media and Image, Active Living,
Be Glad You're You / Healthy Living

PREPARATION TIME:
10-15 minutes for printing and
gathering supplies

Note: Ask everyone to wear loose fitting clothing and running shoes for the meeting.

OPENING

- Enjoy your usual Opening.
- Ask everyone what they do to stay healthy. Discuss the different types of sports everyone likes to play and what types of food they like/dislike that is good for them.
- Ask the group to come up with seven things each that they could do to improve their healthy lifestyle. Help everyone come up with different ideas that they could all accomplish easily. These could be something such as learning a new sport, going for a daily run, or even strength training.
- Have everyone write their ideas on a piece of paper to bring home and place on the fridge to remind them to stay active. Ask everyone to check off each activity as they complete them at home and to bring new ideas to later meetings so that the group can all continue to stay active together.

Health Tips!

1. Be active each day to raise energy levels.
2. Choose to drink water instead of sugary fruit juice or soft drinks to quench thirst.
3. Add more fruits and vegetables into your everyday diet to help fend off illness.

Snack Tip!

Making a healthy snack is fun and easy! Try this Nut-free trail mix. Combine dried cranberries, raisins, dried apricots, apple rings and your favourite cereal with sunflower and pumpkin seeds in a zip-top bag. This snack is delicious and so easy to share with a friend!

ACTIVITIES

MOVING MUSCLES

1 Ask everyone to check their pulse before beginning this activity. Ask everyone what their count was at the end of 15 seconds. Have them write this number down on the back of a piece of paper.

2 Get everyone to do some light activities for five minutes to warm up their muscles. Have them try the following exercises.

Check Your Pulse!

Find a pulse on you wrist by placing two fingers at the base of your thumb. Ensure you count the beats for 15 seconds once you find your pulse.

1. Jumping Jacks

2. Skipping in place by jumping up and down and pumping arms in circles as if holding a jump rope

3. Squats

4. Rolling shoulders forwards and backwards

FITNESS TEST

Materials:

- Prints of the Fitness Test (pg. 7)
- Pencils
- Rulers
- Stopwatch
- Four sneakers or jackets

1 Give everyone a pencil and a copy of the fitness test. Begin by asking everyone to lie face down on the floor with their legs straight. Have them place their palms flat on the floor and directly underneath their shoulders. Ask them to perform as many push-ups as they can until their arms are too tired. Have them record this number on the fitness test sheet.

2 Ask everyone to complete the sit-up section next by lying down on their back with their knees bent and their feet flat on the floor. Ask them to complete as many as they can and record this number on the fitness test sheet.

3 Next up, get everyone to stand up with their feet shoulder-width apart and their toes facing forward. Have them squat down as if sitting in a chair with their backs straight while bending at their knees. Ask them to perform as many squats as they can and record this number on the fitness test sheet.

Continued on next page...

Fitness Test continued...

4 Next up, get everyone to stand up with their feet shoulder-width apart and their toes facing forward. Have them squat down as if sitting in a chair with their backs straight while bending at their knees. Ask them to perform as many squats as they can and record this number on the Fitness Test sheet.

5 Have everyone lie down on the floor, on their elbows with their hands out in front of them with their arms parallel to each other and shoulder-distance apart. Count down from three and have everyone lift themselves up (as if doing a push-up with their elbows) by holding themselves up on their elbows and toes. Ask everyone to hold themselves up as long as possible and give them their time when they can no longer stay upright.

6 Hand out the rulers for the next exercise. Ask everyone to remove their shoes and sit on the floor with their legs out straight. Have them place the ruler vertically in between their legs with the end of the ruler even with the bottoms of their feet. Have them stretch their arms forward with their fingers extended as far forward over the ruler as possible. Ask everyone to perform this exercise three times and record the best measurement of the three.

7 Set up two jackets/sneakers on one side of the area where your meeting is being held and another set around 30 feet apart. Test everyone individually. Ask each person to run to one side as soon as you start the timer and yell “Go!” Have them grab the farthest sneaker/jacket and run to the other side, place it down and pick up another and run to the opposite side. Give them their time to record on the Fitness Test.

STRETCHING IT OUT!

After finishing off the fitness test have everyone relax by asking them complete the following stretches. Ensure you do the stretches as well so everyone has someone to follow along with in the correct form.

BODY SHAPES

- 1 Call out a letter of the alphabet and have everyone form that letter with their body.
- 2 Hold for 5-10 seconds.

TRICEPS STRETCH

- 1 Stand straight up with legs shoulder width apart.
- 2 Bend your right arm at the elbow and touch the top of your shoulder blade with your fingers.
- 3 Reach over the top of your head with your left arm and grab your right elbow.
- 4 Hold for 15-20 seconds.
- 5 Repeat with your left arm.

HAMSTRING STRETCH

- 1 Sit on the floor with both legs out straight.
- 2 Extend your arms and reach forward by bending at the waist as far as possible while keeping your knees straight.
- 3 Hold this position for 15-20 seconds.

SHOULDER STRETCH

- 1 Stand up straight with right arm stretched across your body.
- 2 Bend the left arm and put the back of your left wrist on the back of your right elbow.
- 3 Use your left arm to gently press the right arm across the body.
- 4 Hold for 15-20 seconds.
- 5 Repeat with left arm.

CHILD'S POSE

- 1 Kneel on the floor with feet touching and knees apart.
- 2 Slowly bend over until your head is touching the floor.
- 3 Place arms at sides with palms facing up or extend in front of the head with palms on the floor.
- 4 Hold for 15-20 seconds.

CRAFT

POSITIVE IMAGES

Materials:

- Old magazines
- Markers
- Scissors
- Glue
- Poster paper

- 1 Ask the group to flip through the provided magazines and cut out pictures of men and women in advertisements that they find either positive and/or negative.
- 2 Have each person draw a line down a piece of poster paper and write "Positive" on one side and "Negative" on the other.
- 3 Ask everyone to glue the positive pictures on one side and the negative ones on the other.
- 4 Discuss with the group the different types of images they found in the magazine and ask them how it makes them feel in relation to their own body image and what they think they should look like.
- 5 Ask them what they would like to see more of not only in magazines but in movies, television shows, etc as well. Ask them how air brushing models and having only skinny or super athletic people portrayed in media can affect people's self esteem and even create eating disorders.
- 6 Discuss how they can work towards making themselves positive role models and portray the positive images they want to see in media. Let them know that being healthy isn't about dieting or starving themselves to look a certain way, but staying active and eating healthy so that they feel better on the inside and out.

CLOSING

- Congratulate the group on the great ideas they gave for staying fit and healthy and for doing their exercises and stretches so well.
- Let them know that although some of the exercises seemed difficult today if they eat healthy and take care of themselves by exercising regularly the fitness test will get easier.
- Ask them to make sure they try and cross off every idea they came up with at the beginning of the meeting and to continue to stay active as much as possible in their daily lives.
- Remind them that they'll be doing the Fitness Test again in four weeks to see how their fitness levels have improved.
- Enjoy your regular Closing.

BIBLIOGRAPHY

<https://www.eatrightontario.ca/en/Articles/Frequently-Asked-Questions/Packing-Healthy-School-Lunches-and-Snacks-FAQs.aspx#approach>

<http://www.healthykids.nsw.gov.au/home/fact-sheets/5-ways-to-a-healthy-lifestyle.aspx>

FITNESS TEST	NAME: _____ START DATE: _____ END DATE: _____
1. Push Ups Starting Results: Reps _____	Final Results: Reps _____
2. Sit-Ups Starting Results: Reps _____	Final Results: Reps _____
3. Squats Starting Results: Reps _____	Final Results: Reps _____
4. Forearm Plank Starting Results: Time _____	Final Results: Time _____
5. Sit and Reach Starting Results: Flexibility Measurement _____ Final Results: Flexibility Measurement _____	
6. Agility Shuttle Run Starting Results: Time _____	Final Results: Time _____
Nice Job!	