

HeadStart Physical Activity Guide



2013

<http://resources2.news.com.au/images/2013/04/07/1226613/226578-kidssport.jpg>

This guide was prepared by the members of NutriImpact, a campus-community organization at the University of Illinois at Urbana-Champaign composed of UIUC Dietetics students and community Dietetics professionals. To receive a PDF copy of this guide with active web links, please visit uiucnutriimpact.weebly.com/community-resources.html.

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HEAD Start

A Program of the Champaign County Regional Plan

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National & State Resources

I. Center for Disease Control and Prevention

1. How much Physical Activity do Children need?

Children need at least one hour of physical activity per day. This can include aerobic activity, muscle strengthening or bone strengthening. Keep it fun by having it be age appropriate. Children do not need to lift weights but instead strengthen their muscles by playing on a jungle gym, climbing trees, doing gymnastics or rock climbing.



<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

II. Sports & Nutrition: The Winning Connection

UNIVERSITY OF ILLINOIS EXTENSION

SPORTS AND NUTRITION
— the winning connection —

| | |
|--|--|
| <p>1  Don't Let Your Diet Let You Down</p> | <p>2  The Pregame Meal Planner</p> |
| <p>3  Keeping Energy Levels Up</p> | <p>4  Keeping Fluid Levels Up</p> |

Written and designed for today's young athlete, these easy-to-use nutrition guides work well in classrooms and after-school programs.

<http://urbanext.illinois.edu/hsnut/>

III. Department of Health and Human Services

1. Strategies to Increase Physical Activity Among Youth

The Office of Disease Prevention and Health Promotion and the President's Council on Fitness, Sports and Nutrition have worked together to create a compilation of evidence and ideas to help increase the physical activity among the youth in America.

- Encourage parents and their children to participate in active transport to school
- Incorporate more physical breaks throughout the school day
- Increase time that children spend outside

<http://www.health.gov/paguidelines/midcourse/pag-mid-course-report-final.pdf>

2. Physical Activity Guidelines for Americans: Chapter 3: Active Children and Adolescents

Children need 60 minutes or more per day of physical activity.

Benefits of physical activity include:

- Higher levels of cardiorespiratory fitness
- Stronger Muscles and Bones
- Lower Body Fat
- Fewer symptoms of anxiety and depression
- Decrease development of risk factors later in life for chronic diseases, like heart disease, hypertension, type 2 diabetes or osteoporosis

Key Guidelines for Children and Adolescents

- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.
 - **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
 - **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.

- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

| Moderate-intensity aerobic | |
|--|--|
| <ul style="list-style-type: none"> ● Active recreation, such as hiking, skateboarding, rollerblading ● Bicycle riding ● Brisk walking ● Bicycle riding (stationary or road bike) | <ul style="list-style-type: none"> ● Active recreation, such as canoeing, hiking, skateboarding, rollerblading ● Housework and yard work, such as sweeping or pushing a lawn mower ● Games that require catching and throwing, such as baseball and softball |
| Vigorous-intensity aerobic | |
| <ul style="list-style-type: none"> ● Active games involving running and chasing, such as tag ● Bicycle riding ● Jumping rope ● Martial arts, such as karate ● Running ● Sports such as soccer, ice or field hockey, basketball, swimming, tennis ● Cross-country skiing | <ul style="list-style-type: none"> ● Active games involving running and chasing, such as flag football ● Bicycle riding ● Jumping rope ● Martial arts, such as karate ● Running ● Sports such as soccer, ice or field hockey, basketball, swimming, tennis ● Vigorous dancing ● Cross-country skiing |
| Muscle-strengthening | |
| <ul style="list-style-type: none"> ● Push-ups and pull-ups ● Modified push-ups (with knees on the floor) ● Rope or tree climbing ● Sit-ups (curl-ups or crunches) | <ul style="list-style-type: none"> ● Games such as tug-of-war ● Resistance exercises with exercise bands, weight machines, hand-held weights ● Climbing wall ● Swinging on playground equipment/bars |
| Bone-strengthening | |
| <ul style="list-style-type: none"> ● Games such as hopscotch ● Hopping, skipping, jumping | <ul style="list-style-type: none"> ● Running ● Sports such as gymnastics, basketball, volleyball, tennis |

<http://www.health.gov/paguidelines/guidelines/chapter3.aspx>

IV. Word Health Organization

1. Global Recommendations on Physical Activity for Health

The World Health Organization has put together an information sheet for children and youth aged 5-17 with the physical activity recommendations.

Achieving the recommended physical activity promotes:

- Healthy musculoskeletal tissues (i.e. bones, muscles and joints);
- Healthy cardiovascular system (i.e. heart and lungs);
- Neuromuscular awareness (i.e. coordination and movement control);
- It also facilitates maintenance of a healthy body weight
- Assists in social development
- Provides opportunities for self-expression, building self-confidence, social interaction and integration

Recommendations:

- Play games
- Sports
- Transportation
- Chores
- Recreation
- Physical education
- Planned exercise

The 60 minutes of physical activity does not need to be all at once but should accumulate throughout the day.

<http://www.who.int/dietphysicalactivity/physical-activity-recommendations-5-17years.pdf>

V. Let's Move

1. Description

The United States government has come up with a website to teach families how to incorporate healthy activities and eating into their lives. There are interactive charts and several recipes online. <http://www.letsmove.gov/>

2. Ways to Incorporate Activities for the Whole Family

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- Give children toys that encourage physical activity like balls, kites, and jump ropes.
- Encourage children to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Facilitate a safe walk to and from school a few times a week.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Find time to spend together doing a fun activity: family park day, swim day or bike day.
- Issue a family challenge to see who can be the first to achieve a Presidential Active Lifestyle Award by committing to physical activity five days a week, for six weeks. Adults and children can both receive the award!
- Talk to your children's principal or write a letter to your district superintendent to incorporate more physical education in schools.
- Encourage schools to hold recess prior to lunch to increase physical activity before mealtime.
- Volunteer to help with afterschool physical activity programs or sports teams.
- Be sure that children get the sleep they need. Most children under age five need to sleep for 11 hours or more per day, children age five to 10 need 10 hours of sleep or more per day, and children over age 10 need at least nine hours per day.
- Learn how engaging in outside activities can be fun and affordable for families through *Let's Move Outside*, which promotes a range of healthy outdoor activities for children and families across the country.



<http://www.letsmove.gov/active-families>

<http://www.letsmove.gov/make-physical-activity-part-your-familys-routine>

3. Resources

- First Lady Column on Early Childhood
- First Lady Column on Empowering Parents and Caregivers
- First Lady Column on Healthier Schools
- First Lady Column on Healthy Communities
- First Lady Column on Physical Activity
- First Lady Column on the Healthy, Hunger-Free Kids Act
- *Let's Move!* Factsheet
- *Let's Move!* African American Factsheet
- *Let's Move!* Hispanic Factsheet | Español
- *Let's Move!* American Indian/Alaska Native Factsheet
- *Let's Move!* Child Care Factsheet
- *Let's Move!* Get Involved Factsheet
- *Let's Move!* Programs Factsheet

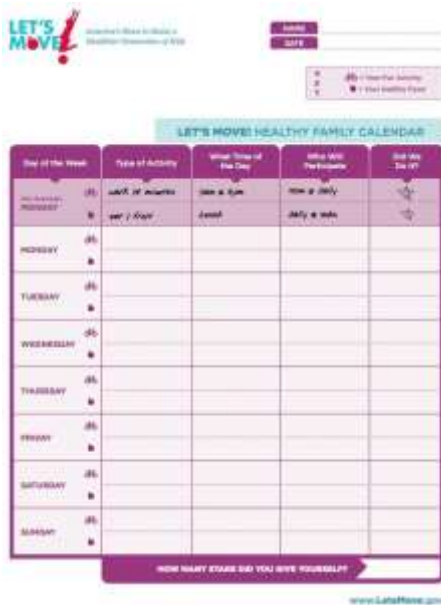
<http://www.letsmove.gov/resources>

4. Let's Move Outside

Go to the website to learn where to go and what to do outside!



<http://www.letsmove.gov/lets-move-outside>



To the left is a family calendar from LetsMove.gov that is beneficial for families to use when keeping track of their activity and intake. If the planning is done in advance, the goals are more likely to be met.

http://www.letsmove.gov/sites/letsmove.gov/files/Family_Calendar_1.pdf

Local Resources

VI. Healthy Hoping

1. Description

Jumping rope is fun and good for you, too! Learn nine different single rope stunts along with jump rope rhymes and games.

<http://urbanext.illinois.edu/hopping/>

2. Healthy Hoping Series

Healthy Hoping is a series of 6-8 lessons that engages youth to increase their physical activity and eat healthy.

Each lesson contains a nutrition activity, jump rope skills, and preparation of a healthy snack.

Besides teaching nutrition and physical activity, the program provides the youth the opportunity to work together and practice achieving new skills.

The lessons include:

- How to eat following the food guide pyramid
- Jump rope tricks with single ropes
- Nutrition for building strong bones
- The importance of exercise
- Double Dutch jumping
- How to prepare easy snacks
- Jump Rope rhymes and games

For more information about the Healthy Hoping Program, please contact:

Jennifer McCaffrey
Assistant Dean, Family and Consumer Sciences
Office of Extension and Outreach
520 Bevier Hall MC-184

905 S Goodwin Ave
 Urbana, Illinois 61801
 217-300-1799
 FAX 217-244-2861
jmcaffr@illinois.edu



Twister



Hop on One Foot



Alternating Step



3. Jumping Roping Resources

Learn Cool Tricks: <http://urbanext.illinois.edu/hopping/onerope.html>

Fun Rhymes and Games: <http://urbanext.illinois.edu/hopping/rhymes.html>

- Cinderella
- Strawberry shortcake
- Friends
- Teddy bear
- 7-up
- All together
- School

VII. YMCA of Champaign

1. Description

A great place in the neighborhood to join to participate in various activities.



The Y has activities for all ages. Chose anything from gymnastics to swimming to a climbing wall to sports. They have an after-school and a child watch program. Swing by the Y to pick up a program guide or check out their website.

Stephens Family YMCA
 2501 Fields South Drive
 Champaign, IL 61822
 217-359-YMCA (9622)

<http://www.sf-ymca.net/>



2. Pricing

- **Strong Kids Scholarship:** helps ensure no one is denied an opportunity because of cost. Learn more here: http://www.sf-ymca.net/give/strong_kids/
- \$3-\$300 for activities, check websites for specific activity pricing (listed under the program descriptions)

Membership Rates

- Monthly Rate + One time \$90 join fee (students \$45)
- **1 Adult** \$47 + One time \$90 join fee
- **2 Adult** \$69+ One time \$90 join fee
- **Single Parent Household** \$60+ One time \$90 join fee *1 Adult + children under 18 or under 23 and full-time student-verification required.
 - **Household** \$74+ One time \$90 join fee. *2 Adults + children under 18 or under 23 and full-time student-verification required.
 - **Student** \$25+One time \$45 join fee
*full-time student under age 23 verification required
 - **Note:** Additional adults residing in the same household (verification required) may be added to a Household membership only for \$20 each per month.
 - **Up to Date Pricing Information:** <http://www.sf-ymca.net/rates/>

<http://www.sf-ymca.net/>



3. Programs Offered

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • Swim lessons • Water classes • Summer camps • Climbing Wall • Flag Football • Basket Ball | <ul style="list-style-type: none"> • Volleyball • Speed, Agility and Conditioning • Family Yoga • Kickball • Soccer | <ul style="list-style-type: none"> • And more! |
|--|--|---|



Child Classes: http://www.sf-ymca.net/programs/?category_id=7

Summer Camps: http://www.sf-ymca.net/programs/?program_id=171

All Programs: <http://www.sf-ymca.net/programs/>

VIII. The Department of Kinesiology and Community Health Outreach Program

1. Description

“Outreach is an important component of the mission of the Department of Kinesiology and Community Health. Outreach is the practical application of research combined with education that is designed to improve the quality of life for individuals, families, and communities. Our current outreach programs provide children and adults with valuable physical activity skills and health information.”

<http://kch.illinois.edu/Outreach/>

2. Summer Sports Fitness Program

Promotes physical activity and character building for kids 7–12.

Programming includes options for full or half-day enrollment as well as enrolling children for two, four, six or eight weeks. Our goal is to provide a quality, developmental, physical activity program for children. The 2013 Sports Fitness Program will be accepting only 120 children per session and only accepting children 7-12 years of age. The children will be assigned to groups by age: 7 & 8 year olds; 9 & 10 year olds; and 11 & 12 year olds. Only 40 children will be enrolled in each group per session. In past years the program has filled up very quickly, so with the limited enrollment you will need to register early.

For Additional Information Call: 217-333-2461

<http://kch.illinois.edu/Outreach/SummerSportsFitness.aspx>

3. Fit Kids

FREE after-school program that encourages and measures physical activity in kids.

- Involve children in at least 60 minutes of physical activity
- Involve children in at least 50% of moderate-to-vigorous daily physical activity

- Refine motor skills and participate in a variety of fitness and sport activities
- Provide children with a broad range of enjoyable activities
- Enhance self efficacy toward making healthy food choices and self monitoring of physical activity engagement

FIT Kids Research Coordinator

Bonnie Hemrick

217.722.6515

217.333.3893

hemrick@illinois.edu

309 Louise Freer Hall, MC-052

906 S. Goodwin Avenue

Urbana, IL 61801



Apply online!

<http://kch.illinois.edu/Research/Labs/neurocognitive-kinesiology/outreach/fitkids/default.htm>

IX. The Little Gym

Make staying active fun with the variety of classes at the Little Gym!

The Little Gym of Champaign

2860 South Philo Road

Urbana, IL 61801

217-352-5500



1. Pricing: Free introductory classes. Call for class pricing.

<http://www.thelittlegym.com/ChampaignIL/Pages/default.aspx>

2. Classes Available by Age

- Gymnastics
- Sports Skills
- Dance
- Karate



Class Schedules: <http://www.thelittlegym.com/ChampaignIL/Pages/class-schedules.aspx>

X. Urbana Park District

Many great places to get active at the park district! Sign up for classes, join a sports league, go play at the park or enjoy some swim time.

1. Pricing: Low cost programs with early bird specials. \$9-\$98 depending on the program. Call 217-367-1544 to sign up.

<http://www.urbanaparks.org/>

Register Now!
Call 217-367-1544 to sign up.

Babywearing 101
(2013-09-29)
Earlybird Deadline: 2013-09-15
Registration Deadline: 2013-09-22

Shrimp Swim Classes
(2013-09-30 thru 2013-10-23)
Earlybird Deadline: 2013-09-16
Registration Deadline: 2013-09-23

Poi/Voi Spinning Workshop
(2013-09-28)
Earlybird Deadline: 2013-09-21
Registration Deadline: 2013-09-28

Babywearing 101
(2013-09-24)
Registration Deadline: 2013-09-17

Worldwide Day of Play
(2013-09-21)
No advance registration required

Upcoming Events
2012-04-02 thru 2013-12-28 Wild
About Parks Quest

Check out the **LEFT SIDE** of their webpage to learn more about current programs offered!

2. Sports Programs/Leagues

- Youth Basketball
- T-Ball
- More by Season....

Adult Leagues Available too!

<http://www.urbanaparks.org/programs/sports/index.html>

3. Park District Information

Some Topics Include:

- Dog parks
- Maps
- Environmental programs
- Summer camps
- Videos of Some Park Sites
- And More!

<http://www.urbanaparks.org/documents/index.html>

4. Events Calendar

<http://www.urbanaparks.org/programs/calendar.html>

5. Classes and Programs

- Swimming classes
- Camps
- Parent Education classes

<http://www.urbanaparks.org/programs/aquatic & swimming programs.html>

<http://www.urbanaparks.org/programs/>

6. E-News Updates Email Sign-Up

Stay up to date with new classes and activities.

<http://www.urbanaparks.org/e-news.html>

XI. Champaign Park District



The mission of the Champaign Park District is to provide quality parks and recreation for all ages in our community.

<http://www.champaignparkdistrict.com/>

1. Sports

- | | |
|--------------|--------------|
| • Aquatics | • Soccer |
| • Baseball | • Softball |
| • Basketball | • Tennis |
| • Fitness | • Volleyball |
| • Football | • Other |
| • Mini-Tri | |

2. Program Scholarships

Because some residents are unable to participate in recreation programs due to economic hardship, the Champaign Park District provides a scholarship policy to reduce

certain fees and charges. Scholarship applicants are not guaranteed fund availability, program registration, or choice of program location. Early applications are given priority. Applications are available below and at the Bresnan Meeting Center and can be mailed upon request. Need is the primary criteria upon which scholarship applicants are considered. Questions: 217-398-2550.

<http://www.champaignparkdistrict.com/registration/registration-information#Scholarships>

3. Parks & Facilities Map by Activity

SO MANY PLACES TO GET ACTIVE!

PARKS
Choose a park...

FACILITIES
Choose a facility..

TRAILS
Choose a trail...

OTHER
Choose a feature...

= Facility
 = Park
 = Trail

Map | Satellite | Hybrid

<http://www.champaignparkdistrict.com/parks-facilities>

4. Activities for People with Special Needs

Champaign-Urbana Special Recreation
1311 W. Church St.
Champaign, IL 61821

217.239.1152

TTY: 711

FAX: 217.373.7951

cusr@cparkdistrict.com

Hours: Monday-Friday 8:00am-5:00pm



<http://www.cuspecialrecreation.com/>

XII. Campus Recreation at University of Illinois Urbana-Champaign

Get active at campus recreations many facilities!

1. Pricing: Varies by activity and relation to the University.

- Ice skating classes range from \$40-\$100.
- Climbing Clinics for Kids range from \$20-\$25
- Swimming Lessons rang from \$44-\$275
- Membership prices can be found here:

<http://www.campusrec.illinois.edu/membership/fees.html>

<http://www.campusrec.illinois.edu>

2. Pool Locations and Hours

Free swim hours changes by season and weather.

<http://www.campusrec.illinois.edu/aquatics/pools.html>



3. Swimming Classes

“Campus Rec's Aquatics always makes a big splash in water fitness and education.”

“Families will find lessons for Infant/Toddler through all Red Cross youth levels; young and senior adults can enjoy all levels of swim. This program is open to the public as well as the campus community.”

<http://www.campusrec.illinois.edu/aquatics/>

4. Cool Off on the Ice

The University of Illinois Ice Arena offers a variety of skating opportunities for the campus and surrounding communities.

In addition to instructional ice skating programs (Learn-to-Skate) and public skating sessions, the arena supports intramural sport leagues and club activities including Illini Hockey. The arena was also home to world and Olympic speed skating champion Bonnie Blair.



<http://www.campusrec.illinois.edu/skating/>

5. Rock Climbing

Does your child have a lot of energy?
Have they always tried to climb everything in sight?
Bring them in for some climbing fun.

http://www.campusrec.illinois.edu/adventure/climb_clinics.html



6. Children Hours and Policies

- Friday: 4-8 pm
- Saturday/Sunday: 9 am-8 pm
- All open hours during breaks and summer

Gym policies and hours for children can be found here:

<http://www.campusrec.illinois.edu/membership/children.html>

XIII. Just For Kids U of I Extension

Join Pierre, C.P., Maria, Herman, Bud, Sprout and the rest of the Just for Kids Team on a learning adventure!



Play fun games to learn about the environment around you.

<http://urbanext.illinois.edu/kids/>