**It all adds up: 1 Hour of physical activity.**

Physical activity is anything that gets your body moving. Physical activity is anything that gets your body moving http://www.chsamerica.com/get-active-and-eat-healthy-in-2013.aspx.This includes aerobic, anaerobic, and muscle and bone strengthening activities. Regular physical activity is essential for weight maintenance, prevention of chronic diseases such as heart disease, diabetes, colon cancer and osteoporosis a well as enhanced psychological well-being. Directly copied from http://www.letsgo.org/wp-content/uploads/M-H\_Toolkit\_Full\_WEB\_2014-15\_Align\_FINAL.pdf

In children and adults, regular physical activity can help build and maintain healthy bones, muscles and joints. Physical activity even helps the brain work better! Besides enjoying the health benefits of regular exercise, kids who are physically active sleep better and are better able to handle physical and emotional challenges. Children and adolescents raised in families with active lifestyles are more likely to stay active as adults.

Encourage your child to be active! Have a goal of 1 Hour a day of moderate physical activity such as playing outdoors or biking. Physical activity does not have to be strenuous to be beneficial. One hour of activity need not be continuous, even 10-15 minute sessions can be beneficial and should be encouraged throughout the youth’s day and at home in the evening with family. Everyone can benefit from regular exercise.

**One hour of physical activity overview:** Participants will engage in activities that encourage physical activity among children through a variety of activities.

**One hour of physical activity objectives:**

* Use the concept of 1 hour of physical activity, connecting the activity to the 5-2-1-0 message and life style physical activity
* Identify active opportunities for participants in Yellowstone County
* Participate in activities that encourage active individuals

**One hour of physical activities**

* 5-2-1-0 It all adds up
* Get outside Montana
* Nature Hiking (FBCEC)

**One hour of physical activity resources**

[**http://www.letsgo.org/wp-content/uploads/1Brochure\_English.pdf**](http://www.letsgo.org/wp-content/uploads/1Brochure_English.pdf)

[**http://www.healthybydesignyellowstone.org/initiatives/5-2-1-0-it-all-adds-up/**](http://www.healthybydesignyellowstone.org/initiatives/5-2-1-0-it-all-adds-up/)

**Purpose:** Participants will become aware of the “It all adds up” 1 hour of physical activity campaign and promotional resources to share in Yellowstone County Developed by Healthy By Design and community partners in 2013.

***5-2-1-0 It all adds up (Grades 3-12)***

**Estimated duration time:** 20 to 30 Minutes

**Materials:**

* Computer with internet access
* Projector
* Paper , pen, writing materials (for writing key discussion points)
* [Healthy By Design Website](http://www.healthybydesignyellowstone.org/aboutus/)
* [5-2-1-0 It all Adds Up Page](http://www.movetolearnms.org/how-do-i-do-it/)
* [Move to Learn (Grades K-3 or 4-6)](http://www.movetolearnms.org/how-do-i-do-it/)
* [[Beyoncé Move to Learn Video (Grades 4-12)](http://www.movetolearnms.org/how-do-i-do-it/)](https://www.youtube.com/watch?v=fF9qrV7P8tk)

**Warm-up**

Visit the Healthy By Design Webpage to become more familiar with their work—especially noting the media campaign. Preview the[Beyoncé](https://www.youtube.com/watch?v=fF9qrV7P8tk) cafeteria video: <https://www.youtube.com/watch?v=nmxNv9BWmnY> or

[Move to Learn](http://www.movetolearnms.org/how-do-i-do-it/)

***5-2-1-0 It all adds up activity (Grades K-6)***

Introduce the concept of the “1” hour of physical activity, connecting the activity to the 5-2-1-0 community message if you have not already done (for those who decide not to use the all activities or view sections in order). Explain [Healthy By Design](http://www.healthybydesignyellowstone.org/aboutus/) using the most recent information available on the webpage. Also explain how the 5-2-1-0 is a community embraced message. Many organizations such as YMCA, Biknet, and schools to name a few are helping promote this message.

Pull up the website and visit the [5-2-1-0 It all Adds Up Page](http://www.healthybydesignyellowstone.org/initiatives/5-2-1-0-it-all-adds-up/), tour the page and share the 5-2-1-0 resources. Ask participants to identify the common themes (women and lifestyle physical activity—activities do not have to be structured exercise).

Share the videos, promotional printed materials, and Facebook Banners.

**Discussion**: Ask participants to share some “lifestyle” strategies that might help encourage more physical activity (biking, taking the bus, walking, or parking farther away). Ask students to share what they like about the website and ask them if they are willing to share this information along with some identified strategies with Healthy By Design. Email Healthy By Design Staff at Healthy By Design Healthy.Places@riverstonehealth.org and share how you have used the website!

***5-2-1-0 It all Adds Up resources***

<http://www.healthybydesignyellowstone.org/initiatives/5-2-1-0-it-all-adds-up/>

<http://www.movetolearnms.org/how-do-i-do-it/>

<http://www.healthybydesignyellowstone.org/aboutus/>

**Purpose:** To learn and engage in events/activities within Yellowstone County that allow families to get outside and be active.

***Get outside Montana (Grades 3-12)***

**Estimated duration time:** Varied depends on event

**Materials needed:** Event information and resources

* [**Get Outside Montana**](http://www.getoutsidemontana.com/about)
* [**Billings Parks and Recreation**](http://www.billingsparks.org/programtype/special-interest-programs/)
* [**Billings Downtown Alliance**](http://downtownbillings.com/events/)
* [**Bike Net**](http://bikenet.org/index.php/events/)

***Get outside Montana Activity***

Before you start this activity, review the events posted on the following websites (also provided in the materials sections).

[**Get Outside Montana**](http://www.getoutsidemontana.com/about)

[**Billings Parks and Recreation**](http://www.billingsparks.org/programtype/special-interest-programs/)

[**Billings Downtown Alliance**](http://downtownbillings.com/events/)

[**Bike Net**](http://bikenet.org/index.php/events/)

***Get outside Montana Resources***

<http://bikenet.org/index.php/events/>

<http://www.getoutsidemontana.com/about>

<http://downtownbillings.com/events/>

<http://downtownbillings.com/grassroots/>

**Purpose:** Participants will learn about hiking etiquette and safety then will hike one or more trails with a map or guide. Including: hiking etiquette, safety, observations through photography or journaling

***Nature hiking by*** Fred Berry Conservation Education Center on Crooked Creek in Arkansas

**Estimated duration time:** 1 to 2 hours

**Materials:**

* Binoculars, camera, sketchpad or journal (optional)
* Brochure(s) with hiking and wildlife viewing tips
* Trail maps
* Hiking shoes (if going to go on hike)
* Contact information provided below

**Location:** Billing’s area trails

**Suggested Number of Participants: 10 to 15**

**Special Conditions:** Weather permitting

**Key Term\*:**

**Hiking Etiquette** – a set of outdoor ethics followed by conscientious hikers, including knowing where it is he/she is going, how long it will take for the hike, what equipment or other items will be needed while hiking, the layout of the area, the dangers that might be faced while hiking, and safety precautions to take for situations that could arise during the hike

**Warm-up**

Introduce the concept of the “1” hour of physical activity, connecting the activity to the 5-2-1-0 community message if you have not already done (for those who decide not to use the all activities or view sections in order).

**Explain physical activity includes walking and hiking! Doesn’t have to be the running or jogging that most people tend to think of when they think about physical activity.**

It is important to be prepared before hiking. A successful hiker will know where he/she is going, how long it will take, what equipment will be needed, the layout, the dangers and safety precautions to take. Practicing hiking etiquette shows respect for wildlife and other hikers, and it is essential to keeping trails natural and open.

**Ask** participants: To Share some memories of hiking and allow two or three participants to share theirs. What are the benefits to hiking?

**Listen:** Discuss some benefits of nature hiking. (It’s healthy. It can reduce stress. Enjoy new sights, particularly those that cannot be reached by a vehicle.) Discuss hiking etiquette and safe hiking tips including:

* + Tote your trash; keep it until you find a trash can.
	+ Keep noise levels down; you will see wildlife if the animals don’t hear you coming.
	+ Stay on the path; you could damage habitat or get into poison ivy.
	+ Take only memories (or photos), leave only footprints; please do not pick flowers or remove plants or animals from the trail.
	+ Give wild animals plenty of space; use binoculars.
	+ Drink plenty of water and use sunscreen.

***Nature Hiking Activity***

1. Display a trail map and designate the route.
2. Encourage the participants to ask questions or point out interesting sights.
3. Allow participants to discuss the experience. What did they learn? What did they like or dislike?

**Modifications:**

* Binoculars can enhance wildlife watching experiences. Participants may require some instruction before taking them on the trail.
* Sketching, journaling or photography can get participants more involved in their observations. Journaling guidance or photography tips are available if requested. A separate digital nature photography lesson is also available.

**Wrap-up Discussion:** Ask participants to share at least five hiking etiquette practices. What are some safety steps in hiking? What are some of the “don’ts?”