

Get Moving! Welcome

Healthy Living Advisory Committee

- Cameras optional
- Move at your pace
- Clear space + water nearby



Quick poll next ➡ *Then we move!*

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What's your favorite way to move?



Dancing



Walking/Hiking



Biking/Scooter



Team Sports



Martial Arts



Jump Rope



Yoga



Other

Vote in the Zoom poll - or type in the chat



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Healthy Living Advisory Committee

- Marcel Horowitz, Sacramento, Solano & Yolo Counties
- Yu Meng, Imperial County
- Grace Belt, Del Norte & Humboldt Counties
- Azin Pourkhalili, Kern, Inyo, & Mono Counties
- Matthew Rodriguez, Placer, Nevada, Sutter, & Yuba Counties
- Kait Murray, 4-H State Office
- Ally Lemmer, 4-H State Office



Agenda

- Why Move?
- Let's Get Moving - Activity #1
- How Much & How Often?
- Let's Get Moving – Activity #2
- Family & Fun Ideas
- Q&A Wrap-Up

Goals

- Learn why daily movement is important for health and happiness
- Try out fun, easy activities to get moving
- Discover simple ways families can be active together

WHY MOVE?



Mood boost
(feel less stressed)



Brain power
(focus, memory, energy)



Strong bodies
(muscles & bones)



Better sleep
(wind down easier)



Short Bursts Count + Confidence

**3-5
minutes
add up**



**Confidence &
friends**

**Choose your version:
family walks, dance,
clubs**



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Let's Get Moving - Activity #1: Seated Cardio

Beatriz Rojas, MPH, UC CFHL Supervisor & Andrea Castillo, MPH, UC CFHL Nutrition Educator



Let's Get Moving - Activity #1 Continued: Deep Breathing & Grounding

Beatriz Rojas, MPH, UC CFHL Supervisor & Andrea Castillo, MPH, UC CFHL Nutrition Educator



How Often & How Much

Ages 6-17: ~60 minutes of activity every day

- Mostly moderate-vigorous
 - Something that makes you breathe harder than normal
- Break it up across the day (recess, play, chores)
- Talk test:
 - Talk = moderate
 - Few words = vigorous



Your Weekly Mix

Aerobic every
day: include
vigorous 3
days/week

Muscle-
strengthening 3
days/week (climb,
push-up, bands)

Bone-strengthening
days/w (running,
jumping, hopping)



Choose moves you enjoy • age-appropriate • variety



Activity Menu + Mini Plan



Pick-3 for this week:

- Aerobic idea: walk, bike, dance, tag, wheelchair roll
- Muscle idea: climb, bands, push-up/chair pushes
- Bone idea: jump, rope, hops, basketball, quick steps

Short video ----> then build your plan



and being active helps with that.



Let's Get Moving - Activity #2



4-H Club and Activity Ideas



- Host a **monthly active social activity** for your group, club or county. Disc golf? Glow-in-the dark tag at night at the park? Group hike? Swim day at the community pool? Trampoline park?
- Recruit volunteer project **leaders for active projects**, such as hiking, geocaching, yoga, line dancing, soccer, or mountain biking.
- Add **more movement to your meetings**. Suggest active ice-breakers, end with a fun game of tag outside, have people stand for roll call.
- Select **fundraisers and service projects that include activity**, such as car washes, litter clean-up events, and dog walking for the elderly.



30-Day Family "Move More" Calendar

Try one quick activity each day. Mix and match, swap days, or repeat favorites. Aim for 10–20 minutes per day (more if you like). Everyone moves at their own pace!

30-Day Family “Move More” Calendar

Day 1 Family walk after dinner	Day 2 2-song dance party	Day 3 Stair or step-ups (2×1 min)	Day 4 Balance pose contest (stork)	Day 5 Neighborhood scavenger walk
Day 6 Bike or scooter ride	Day 7 Yoga stretch (5–10 min)	Day 8 Play catch or Frisbee	Day 9 Jump-rope or pretend rope (3×1 min)	Day 10 Wall push-ups (3×10)
Day 11 Park playground circuit	Day 12 Nature ‘I spy’ hike	Day 13 Quick feet (5×20s on/20s off)	Day 14 Freeze dance	Day 15 Shadow tag outside
Day 16 Hopscotch or sidewalk chalk course	Day 17 Bear crawl / crab walk relay	Day 18 Balloon volleyball	Day 19 Obstacle course at home	Day 20 Soccer dribble & shoot
Day 21 Simon Says: fitness edition	Day 22 Stretch & breathe (10 slow breaths)	Day 23 Mini relay: book carry balance	Day 24 Jumping jacks or half-jacks (3×15)	Day 25 Cultural dance video (learn 3 moves)
Day 26 Hike a new trail	Day 27 Family bike to a destination	Day 28 Geocache or GPS treasure hunt	Day 29 Playworks game (e.g., Four Square)	Day 30 Family choice—your favorite!

Tips: Keep water nearby • Wear comfy shoes • Celebrate small wins • Take rest days when needed

Build Your Family Plan

Family Move Plan Calendar

Pick 2 fun activities each week and schedule them! Short bursts count. Choose your version (standing or seated). Celebrate small wins with high-fives and silly dances!

Our 2 Activities This Week

Activity A: _____ Day/Time: _____

Activity B: _____ Day/Time: _____

Fun Roles (optional)

• DJ (music) • Timer • Route chooser • Safety captain • Cheer leader

Barrier → Backup Plan

Example: Rain → 5-minute dance party | Low energy → seated stretch routine

Barrier 1: _____ → Backup: _____

Barrier 2: _____ → Backup: _____

Week 1

Notes: _____

Week 2

Notes: _____

Week 3

Notes: _____

Week 4

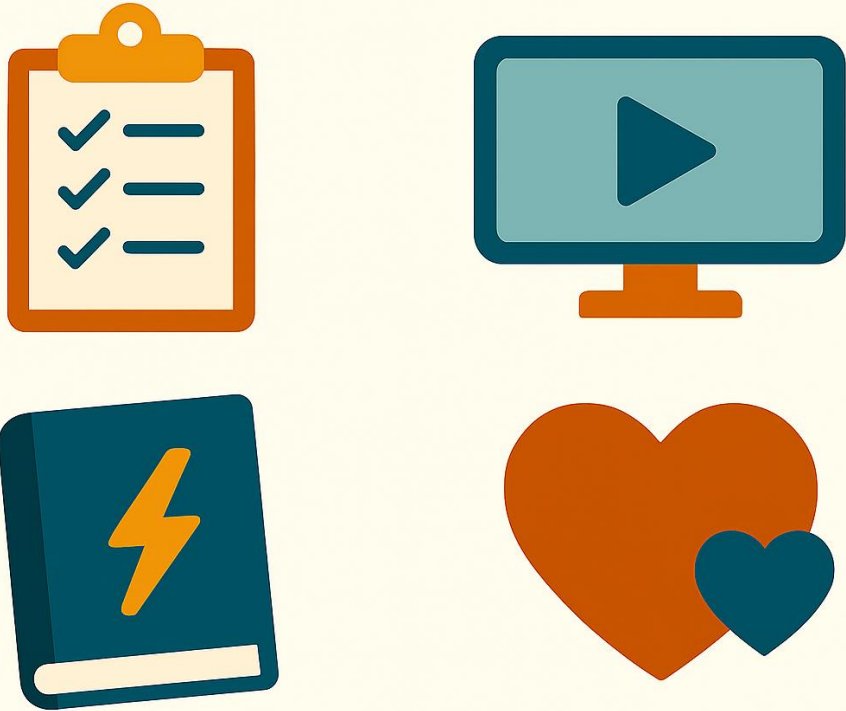
Notes: _____

Q&A – Your Wins:

- What did you like best?
- What will you try this week?



Resources to Explore



- [CA 4-H Fitness & Health Project Sheets](#)
- [4th H for Health Challenge](#)
- [CDC](#)
- [OASH: Move Your Way](#)
- [American Heart Association: Fitness](#)
- [GoNoodle](#)
- [Playworks Game Library](#)





“I pledge my health to better living.”

Learn. Engage. Pledge.

The Healthy Living Advisory Committee invites you to participate in monthly office hours to learn and practice healthy habits!

Attend sessions to learn about different healthy living topics, engage with 4-H professionals and youth across the state, meet professionals from the field, and learn about resources to bring back to your community.

Healthy Living Advisory Committee Office Hours

Who: 4-H youth, volunteers & professionals

When: One Thursday per month 6 - 7 p.m.

Where: Online via Zoom

September Launch
First 20 people to register, attend and complete evaluation for Sep. will receive a \$10 gift card!

Grow
Top 15 people who attend and complete evaluation for 6 of the 10 sessions will receive a \$25 gift card!

Healthy Living Office Hours

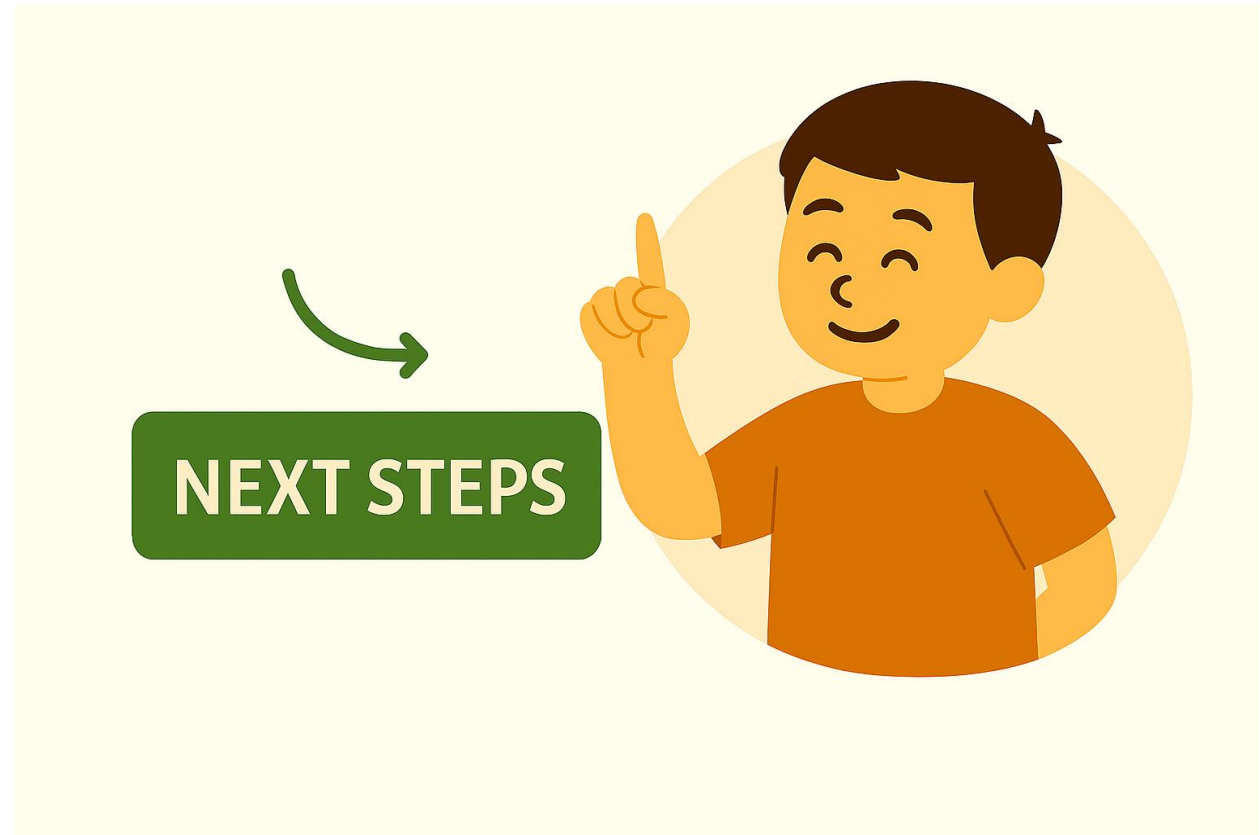
September 11 6 - 7 p.m. Physical Activity	October 9 6 - 7 p.m. Colds, Flu & Hygiene	November 6 6 - 7 p.m. Snacks & Rethink Your Drink
December 4 6 - 7 p.m. Rest & Sleep	January 8 6 - 7 p.m. Service Learning	February 5 6 - 7 p.m. Emotional Well-Being
March 5 6 - 7 p.m. Outdoor Exploration	April 2 6 - 7 p.m. Food Waste	May 7 6 - 7 p.m. Gardening
June 7 6 - 7 p.m. Food Preservation	Learn more Register for any session Zoom Registration https://bit.ly/4fnJcOE	

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Upcoming Trainings & Office Hours

Next Steps & Thank You

- Set 1 small goal
- Share the calendar
- Invite a friend to the next session
- Evaluation



Our contact information:

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- Yu Meng, Imperial County ucmeng@ucanr.edu
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