

# Leading Through Physical Activity

FOR LEADERS



As a 4-H leader, being a role model for your members is a huge part of your job.

During 4-H meetings, shows, fairs and everything in between, you're constantly leading by example and modelling behaviours for your members. It's also important to take some time for self-care which, in turn, will help boost your strength and energy as a leader!

**Physical activity can play a huge role in helping you be a positive role model and leader.**

When we are feeling tired or stressed, our ability to lead can be negatively impacted, and our friends and family can pick up on it. Being active on a regular basis can help:

- ✓ sleep better (check out the Importance of Sleep tip sheet)
- ✓ have more energy
- ✓ handle stress and conflict and problem solve
- ✓ experience more positive mental health (check out the Healthy Body, Healthy Mind tip sheet)

Studies show that being physically active can also help us:

- ✓ boost self-esteem<sup>1</sup>
- ✓ increase confidence (also check out the Taking Care of Yourself tip sheet from the Mental Health Resource)
- ✓ be more creative<sup>2</sup>
- ✓ be more productive<sup>3</sup> - check out the Physical Activity and Productivity tip sheet

These factors all impact our ability to serve as a strong leader and role model for 4-H members.





**Sometimes the trickiest part is getting into a routine. Try establishing a routine with your 4-H members and challenge each other to stick to it until the next 4-H meeting.**

Tips to share with your 4-H members for getting into a new routine:

- ✓ Start off small and work your way up – longer, faster, or on an incline.
- ✓ Set realistic goals.
- ✓ Be consistent with the day, time and place that you choose to get physically active.<sup>4</sup> This will make it easier to focus on the task at hand and build it into your daily or weekly schedule.
- ✓ Do some research on developing habits and how they work.
- ✓ The more the merrier! Getting physically active with a friend or as a club can help us feel motivated to keep it up.

**Always remember that some physical activity is better than none at all.**

**For more information, check out the [Lead Better](#) and [How Long Does it Take to Form a Habit](#) pages at [participACTION.com](http://participACTION.com)**



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