

Leading Through Physical Activity

FOR MEMBERS



Learning to lead is a key experience for all 4-H'ers. Leadership can come in the form of taking on an executive role in your club, becoming a provincial ambassador, or taking the lead at a 4-H event or local fair. It could also mean you are working hard behind-the-scenes.

Whatever your leadership style looks like, someone is following you and looking up to you along the way. Believe it or not, being physically active can help you become the best leader you can be!

Feeling tired or stressed can impact our leadership style, and friends, family or fellow 4-H members can pick up on it. By being active regularly, you may be able to:

- ✓ sleep better (check out The Importance of Sleep tip sheet)
- ✓ have more energy
- ✓ handle stress
- ✓ have a 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-esteem¹ and increase confidence - check out the Taking Care of Yourself tip sheet from the Mental Health Resource
- ✓ be more creative²
- ✓ be more productive³ - check out the Healthy Body, Healthy Mind tip sheet

The key to being a better leader through physical activity is consistency through routine. Getting a routine to become a habit takes time and hard work, but it eventually pays off!

The 24-Hour Movement Guidelines for Children and Youth recommend that young people between the ages of 5 and 17 get a minimum of 60 minutes of moderate to vigorous activity per day.⁴ And don't forget to aim for strength-bearing activities, ideally two times a week!



Here's an example of how to fit 60 minutes of physical activity into your day, every day:

Monday - Bike ride → 60 minutes

Tuesday - After school, practice for a team you've joined or another extracurricular that is physically active → 60 minutes

Wednesday - Pickup game of hockey → 60 minutes

Thursday - Work with your 4-H calf → 60 minutes

Friday - Go bowling with friends → 60 minutes

Saturday - Hike with your family → 60 minutes

Sunday - Go for a run → 60 minutes

What activities would you add to your week?

If your fellow 4-H members see that you are prioritizing being physically active, they are more likely to do the same.



For more information, check out the [Lead Better](#) page at participACTION.com



4-H Canada has partnered with ParticipAction to develop this resource
participACTION.com



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