



### **Health and Fitness Club Ideas:**

#### **January**

- Is your club looking for something to do on Martin Luther King Jr. Day? Google to see what organizations nearby need volunteers to help them during this day of service. This is a great way to give back to the community!
- Do you have a snow day? Find a nearby park with a big hill and go sledding!
- Are you looking to keep better track of your physical activity and maintain your New Year's resolution? Download MyFitnessPal on your iPhone or Android. You input what you have eaten, how much water you drank, and what type of exercise you have done that day. MyFitnessPal counts your calories and keeps track of weight loss or gain. Encourage your club to do this with you!
- January is "National Staying Healthy" month. Get your club together to discuss ways to stay healthy. For example, drink orange juice because vitamin C helps fight off germs or wash your hands after you blow your nose.

#### **February**

- Take your club to your local grocery store to plan out healthy meals for the week and meet with a dietitian.
  - See additional resources below.
- Is the ground still too hard from the cold weather? Take the scraps from lettuce, potatoes, or seeds from foods you have eaten and plant them in small pots! Make sure to put them on a windowsill so they get lots of sunlight and keep them out of the cold.
  - See additional resources below.
- Can't condition and workout because it's too cold outside? Google the closest YMCA (and/or similar athletic facility) to you grab some members of your club and go work on conditioning for your upcoming sport or season!

#### **March**

- Is your club looking for some competition? See if a local church will donate their community room to have a Wii Sports tournament! Remember you will need a TV, Wii console, game, remote controllers and plenty of room to move around! Don't forget to stay hydrated!
- Are you feeling like you need some time to relax? Get your club together at a park or in a quiet space and meditate.
- Is your club looking for safe walking routes? Check out Walk Works which is an initiative of the Pennsylvania Department of Health to increase physical activity throughout Pennsylvania!
  - See additional resources.
- March Madness is here! Get your brackets ready! Ask a local community center if they would be willing to donate a space for your club. Encourage everyone to wear their favorite team's jersey and bring a healthy snack to share while you watch the big game!

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## April

- Is it rain keeping you from going outside? Google some nearby museums in your county and gather your club to go and walk around! Many museums in Pennsylvania have free admission. Just make sure to Google first.
- Looking for something to take the rainy day blues away? Go onto YouTube.com and look up yoga classes! Just a reminder you will need a computer with WiFi or TV, open space and you might want to bring a towel or mat to lie on.
- Are the birds chirping outside? Google the closest park or trail, gather your club and go bird watching. Ask everyone to bring a healthy snack after you walk around finding birds. Remember, its best to be quiet when looking for birds or else they will fly away.

## May

- In the mood for some fresh fruit? Google the closest apple orchard, gather your club and go apple picking! Apples taste best when they are picked right from the tree!
- Looking for something fun to do on a beautiful sunny day? Google some free historic places in your county and create a scavenger hunt for you and your club to complete!
  - See additional resources.
- May is “National Physical Fitness and Sport Month.” Encourage your club to get together twice this month to condition for your upcoming seasons. Your club should make Personal Best Goals for the next sport they will be competing in. Personal Best should be SMART (Specific, Measurable, Attainable, Relevant, and Timely).
- Looking for a way to track your clubs health and physical activity this month? In the additional resources tab there is a pre-test and post-test that your club should take at the beginning and end of this month to document their change in health and physical activity.
  - See additional resources below.

## June

- Are you looking to get outside for some fresh air? Google how close your local park is and if there are sidewalks to bike, scooter, or rollerblade on, gather your club, and ride down to your local park and bring a healthy snack to refuel when you get there.
- Do you need a good book for the summer? Google to see if your local library is within walking distance, bring your club, and take a walk over! If you don't have a library card, they are free to residents so this is a great time to pick one up!
- Is it too hot outside? Are you and your club looking for a way to cool off? Google the hours of your community pool, get your club together, don't forget your towels and sunscreen, and go get some laps in!
  - \$\$\$ - Possible Athlete Leadership Team Fundraiser?

## July

- Too hot to workout outside? Google the closest park to your club that has a fountain or sprinklers and go cool off! Remember to wear sunscreen and bring a towel.
- Is your club looking to stretch their legs and get their steps in? Google how close the nearest park is to your organization, and see if they have hiking trails. This is a great way to explore nature while getting your steps in.

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- Is your club looking for some variety in your activities? Google how close you are to your local zoo and take your club to walk around. Are the animals getting their 5 servings of fruits and vegetables each day?
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### **August**

- Are you looking for some good quality fresh summer fruits and vegetables? Look up an event calendar to see when your county or community is having a flea market or farmers market, and tell your club. This would also be a great chance for you to talk to local farmers about how to get more fruits and vegetables into your diet!
- Do you want to spend time with your club before the summer is over? Google the closest park to you, gather your club and a blanket and have a picnic. Tell each member to bring a healthy snack to share.
- Do you have an old Frisbee or ball laying around? Gather your club, head over to your local park and have a catch!

### **September**

- Did you know September is "Better Breakfast" month? Bring your club together and discuss ways you can improve what you are eating for breakfast. Encourage each member of your club to bring an example of a "Better Breakfast."
- Football season is underway! See if you can get a space donated by a community center or church to watch the big game! Encourage your club to wear their favorite teams jersey's and bring a healthy snack to share.
- Is your club looking for a better way to communicate about events? Designate one person to create a Facebook group for your club. This person could be in charge of posting #WellnessWednesday's and details about club get togethers!

### **October**

- Is your club looking for something fun to do on a nice fall day? Get your club together and visit a pumpkin patch! This is a great way to get fresh air and maybe find some perfect pumpkins to make into Jack o'lanterns!
- The leaves are turning and falling all over! This is the perfect time for you and your club to grab some rakes and rake leaves! This is a great way to get some physical activity and have some fun by jumping in the piles of leaves.
- October is "National Mental Illness Awareness" month. Discuss with your club ways you can focus on having strong minds and managing stress. Some ways to do this include: meditation, exercise, good nutrition, and support from friends and family.
  - See additional resources below.

### **November**

- Is it getting too cold to exercise outside? Ask your local church or YMCA if your club can use one of their rooms or gyms, go on YouTube.com, and search for Zumba classes! Just a reminder you will need a computer with WiFi or TV and water to stay hydrated!
- Bundle up and find your way! It's that time of the year when corn mazes appear! Google to see if a local farm is hosting a corn maze or hay ride. This is a great way to get some steps in and enjoy the fresh fall air.
- November is "Good Nutrition" month. Get your club together and discuss nutrition. Your club can discuss how they already have good nutrition and how they can improve their nutrition.

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- Host a “Clubsgiving!” Ask a local church or community center if they would be willing to donate a room for your club to use. Encourage each member of your club bring a healthy food to share with everyone. This would also be a great time to reflect on what you are all thankful for.

### **December**

- Did you get a lot of snow? Get your club together and shovel your walkways!
- Too cold to go outside, but you still want to get your steps in? Go to your local mall with your club and take 3 laps around. After be sure to get your energy back with a healthy snack!
- Is your club looking for a place to get their energy out? Trampoline parks are a great way to get your energy out, get a great workout in, and have a great time. Pick a time and get your club together to jump around!
  - \$\$\$ - Possible Athlete Leadership Team Fundraiser?

### **Additional Resources**

- **February:**
  - [ShopRite: dietitian program](#)
  - [Weis: cooking demonstrations, health fairs, and healthy living events](#)
  - [Grow vegetables from scraps](#)
- **March:**
  - [Walk Works](#)
- **May:**
  - [Nature scavenger hunt](#)
  - [Pre & Post test](#)
- **October:**
  - [Stress management](#)

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