



Waldo County 4-H Program
992 Waterville Rd, Waldo, ME 04915
(207) 342-5971 Ext
(800) 287-1426 toll free in Maine
(800) 287-8957 TDD
sadee.mehuren@maine.edu
joyce.weaver@maine.edu

Putting knowledge to work with the people of Maine

4-H Let's Move Challenge

Purpose of activity: The purpose of this activity is for youth and their families to learn how to be physically active while feeling connected to others across the state of Maine. Youth and their adults are encouraged to be creative and be physically active. For added adventure and fun, help Maine 4-H conquer the Maine Coastline in a fun educational virtual run.

Materials:

- Comfortable, supportive shoes
- Comfortable clothes
- Water bottle
- Safe space to be physically active
- A watch/timer (optional)
- [4-H Let's Move Challenge activity sheet.](#)

Instructions:

1. Have a conversation with your family, friends, or 4-H club members to brainstorm some fun ways to be physically active. Be sure to write your ideas down on the Let's Move Record Sheet. Try to name at least five ways to be physically active outside and five ways to be physically active indoors.
2. How physically active are you? Record your activity for a few days and see how much physical activity you are getting.
3. Accept the challenge. Waldo County 4-H challenges you to the 4-H Let's Move Challenge. To complete the challenge, you will need to complete 60 minutes of physical activity each day for seven days in a row. Do you think you can do it? Physical activity can be any activity that gets you moving. Some examples include running, bicycling, dancing, walking, swimming and much more!
4. Before starting the challenge, complete the *About Me*, *Goals*, and *Plan*, sections of the [4-H Let's Move Challenge activity sheet.](#)
5. Each day of the challenge, record what physical activity you completed and for how long.
6. At the end of the challenge, reflect on your experience by completing the *My Story* section of the 4-H Let's Move Challenge activity sheet. Be sure to share your story with us through social media or email. We love to hear from you.



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If you want to be part of the [Maine 4-H Virtual Fun Run](#) and help Maine 4-H conquer the coastline, [register](#) for the Fun Run and log your activity in the [online form](#). With your help, we can run all the way to the top of Maine!