

COOPERATIVE
EXTENSION
SERVICE



When you support Extension, teens become physically active which reduces risk of depression, obesity and chronic disease.



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EXTENDING KNOWLEDGE

Changing Lives



Youth work individually at stations around the room and record their accomplishments in their personal log.

4-H Circuit Training Program Builds Strength, Endurance and Self-Esteem

Todd County 4-H conducts a 12-week physical activity program for teens as part of the 21st Century After School Program.



Youth physical fitness and healthy lifestyles are a priority in Todd County. The 4-H program collaborates with the Youth Service Center to present Circuit Training to middle school youth participating in the 21st Century After-School Program. A variety of stations are set up around the room utilizing the space and existing items. Chairs are used for resistance training and stretching. Walls are used to measure reach as the youth stretched. The teens maintain a personal circuit training log. The youth saw a noticeable change in their body confirmation, which resulted in more self-confidence. **Eighty-three percent (83%) of teens reported increasing their physical activity outside of the program** and were aware of a variety of ways to be physically active as a result of the program. The 4-H physical activity programs continue to be an integral part of the 21st Century After School Program in Todd County as teens work to accomplish their personal fitness goals.

Physical activity provides health benefits for all ages (PA Guidelines, 2008). There is a clear demonstration of the importance of physical activity for weight management and prevention as well as management of chronic diseases. Youth, are recommended to participate in 60 minutes of physical activity daily that includes a combination of moderate to vigorous intensity aerobic activities, bone-strengthening and muscle-strengthening activities. Youth who are physically active develop cardiorespiratory fitness, stronger bones and muscles, lower body fatness and reduced symptoms of anxiety and depression. Adolescents are more likely to be healthy adults with fewer chronic diseases because they are less likely to develop risk factors such as high blood pressure, dyslipidemia and obesity in their youth (PA Guidelines, 2008).

Centers for Disease Control and Prevention. [survey year] Youth Risk Behavior Survey. Available at: www.cdc.gov/yrbs. Accessed on 8/26/2014.

Physical Activity Guidelines Advisory Committee. Physical Activity Guidelines Advisory Committee Report, 2008. Washington, DC: U.S. Department of Health and Human Services, 2008.

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Youth set personal goals for the number of crunches which can be done during a 30, 45, or 60 second intervals.

Todd County 4-H Teen Circuit Training logs, which measure the number of tasks performed in 30, 45, and 60 second intervals, showed:

- **98% improved in number of lunges**
- **90% improved number of squat jumps**
- **75% improved number of bench dips**



Chairs and common household items can be used for bone and muscle strengthening activities.