



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service



Extension Notes

extension.ca.uky.edu
4-H YOUTH DEVELOPMENT

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Help Young People Get More Physical Activity

With the majority of Kentuckians staying home due to the COVID-19 pandemic, young people may be getting more screen time and less of the physical activity they need. Regular physical activity is extremely important, as it aids in young people's growth and development, contributing to healthy bones and muscles and cardiovascular fitness.

The U.S. Department of Health and Human Services recommends children between the ages of 6 and 17 need at least 60 minutes of moderate to vigorous aerobic physical activity each day. At least three days a week, the physical activity should be on the vigorous end. Youth also need to engage in physical activities that promote healthy bones and muscles at least three times a week. While this may seem daunting, youth do not have to complete the recommended physical activity all at once. They can spread it out over the day, such as four, 15-minute sessions or six, 10-minute activities.

Ways that youth can get their required aerobic physical activity needs include riding their bikes, playing on their swing sets, doing cartwheels or other gymnastics moves, running, any kind of sport and vigorous dancing. You may appreciate that young people can also get physical activity by doing house and yard work. Games such as tug-o-war, climbing on home playground equipment, gymnastics and yoga can strengthen young people's muscles. Jumping rope, hopping, skipping, running, gymnastics and any sport like basketball that requires a quick change of direction are great activities that help strengthen young people's bones.

Use fun family activities to encourage movement. Play an "as if" game where you instruct your young person to act like something else for 30 seconds. For example, have youth jump in place, as if they were popcorn popping, run in place, as if they were an Olympic sprinter or march, as if they were in a marching band. You can incorporate math into physical activity by having young people act out math answers. For example, you can ask youth to hop up and down 10 minus 3 times. Ask them to provide you with the answer.

Let your 4-H'ers creativity run wild by having them brainstorm and design ways to get more physical activity. Have them list the type of exercise, duration, equipment needed and directions for completing the activity. They may want to draw picture of how to complete their newly designed physical activity.

Maintaining healthy habits like physical activity can follow young people throughout their lives. Research shows children who are more active when they are young tend to be more active adults. For more ideas on increasing your child's physical activity, contact the Russell County Extension Office of the University of Kentucky Cooperative Extension Service.

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Russell County 4-H Updates

Kentucky 4-H hopes to offer an abbreviated camping program in July 2020. Based on the state and national COVID-19 restrictions that emerge over the next few weeks, this decision will be revisited in early May with a final decision regarding 4-H Camp by May 8, 2020.

All 4-H Speech and Demonstration events will be held virtually for 2020.

RC Young Guns

Cheyenne Popplewell
The Times Journal

The 9U Russell County Young Guns Baseball Players want nothing more than to be on that baseball field right now.

However, since that can't happen, they wanted to share with their family and friends some joy and light during this time: Let everyone see God through you and bring faith, happiness, and most importantly love to those around us. We will get through this together! #TeamKentucky #TogetherKY #ALittleLight



Pictured in the photo are: Gavin Campbell- "Let Your", Tahlon Luttrell- "Light Shine", Evann Weber- "Before Others", Aaron McGowan- "That They", Keaton Garner- "May See", Raylan McAninch- "Your Good", Layten Roy- "Deeds And", Gabe Williams- "Glorify Your", Josiah Dudgeon- "Father In", Grant Wilson- "Heaven", Kellan Wilson- "Matthew 5:16".

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shop online. They are less likely to add items to their "virtual cart" that weren't originally something they needed, whereas being in the store puts items directly in front of them causing them to buy on a whim. Online grocery shopping may help consumers stick to the grocery list and budget.

•Nutrition: Studies have shown that people who shop online do not spend much time researching or looking at nutrition information before purchasing the item. Many online retailers provide an image of the nutrition facts label and ingredients list. This should be used when making comparisons and deciding which items to buy.

•Food access: Delivery of groceries in rural settings may increase access to food by reducing transportation barriers and long commutes to stores. However, some specific populations have concerns that need to be addressed by online food retailers. For example, it needs to be clear that online groceries accept federal nutrition assistance programs as a form of payment. In addition, older populations have concerns about the safety of sharing financial information over the internet.

It is anticipated that online grocery shopping will continue to grow in the years to come. Consider these factors when deciding whether this form of grocery shopping is the right fit for you and your family.

Reference:

Jilcott Pitts, S. B., Ng, S. W., Blitstein, J. L., Gustafson, A., & Niculescu,

M. (2018). Online grocery shopping: promise and pitfalls for healthier food and beverage purchases. Public health nutrition, 21(18), 3360-3376

Source: Heather Norman-Burgdolf, Extension Specialist for Nutrition and Health

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During difficult times, Kentuckians help each other out. That's what Kentucky Farm Bureau Insurance was built to do. We're there for our communities in their moments of greatest need, and we truly are stronger together.

That's why we're providing our auto policyholders a total of \$53 million in relief and rate cuts in 2020. As Kentuckians are driving less due to the coronavirus pandemic, \$21 million will be issued back to our auto policyholders in the form of a \$25 relief check for each motor vehicle we insure. Additionally, we've introduced \$32 million in auto rate cuts in 2020.

We also recognize many of our fellow Kentuckians need extra support to provide their families with basic food items during this pandemic. Together with our Clays for a Cause sponsors and participants, we've proudly lent a helping hand by donating \$500,000 to fight hunger and food insecurity in the Commonwealth.

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