

### Sports and Recreation

Many of you may not be into sports and that is completely fine. There are a few things that you, as a man should learn how to do in your life. This will benefit your children one day as Dad shows them how to throw a ball and may let you be able to find a few more friends who have some of these similar interests in common.

Let's start out with a daily home workout. What if you don't have any special equipment to work out with? You don't need any. This is a beginner routine and designed for you to do at home. Remember you aren't going to see results right away. You will feel a bit sore but visible results can take up to a few months to see!

1. Chest/Triceps—start out with 3 sets of push-ups, as many as you can do, with 60 seconds rest between sets.
2. Back/Biceps—start out with 3 sets of pull-ups, or as many as you can do, with 60 seconds of rest between sets. If you don't have a pull up bar, look for a siblings swing set, maybe at a local park—where children are not playing, look around and you will find something.
3. Legs—do 3 sets of lunges, or as many as you can do, with 60 seconds rest between sets.
4. Abs—do 3 sets of crunches, 6-12 repetitions, with 60 seconds of rest between sets.

If you don't know how to do any of these, do a search online and find out the correct way to do them. Do every exercise slowly and with controlled form. For push-ups it means 2 seconds up and 2 seconds down. For pull-ups it means no swinging or kicking.

Do this beginner workout 3 times per week.

You also need to add cardio to your workout. Cardio means any activity—running, biking, swimming, walking, etc.-where your heart rate gets to about 200 beats per minute. How you check this is to feel your pulse and count how many times it beats in 15 seconds. Then multiply that number times 4. This will give you how many times it beats per minute. You need to keep your heart rate at this level for a minimum of 20-30 minutes.

**Some other things for you to look up or ask an older guy in your life, to teach you how to do the following:**

How to throw a football

How to shoot a basketball

How to kick a soccer ball

How to grip a two seam fastball

How to swing a golf club

How to putt

How to throw darts

How to hit a cue ball

How to pitch horseshoes

How to make the ultimate paper airplane

How to play chess

How to play checkers

How to play guitar—learn at least 3 cords “E,A, B7”

Learn how to fish

Take a hunter safety course

Learn how to fire a gun/cross bow/bow and arrow

Learn how to dance—each person will have different levels of what they believe is modest in dancing. Ask your Mom for some basic slow techniques—think waltz.

Learn how to swim or at least survive in water.

Learn how to type with more than 2 fingers😊

How to skip a stone

Take this list and search out someone to teach you how to do these. Mark off the list as you learn how to do them. Make it a goal over the next few years to learn most of them if not all. It will benefit you to be an “all-around” guy to know how to do some of them.

## **How to use basic tools**

This is going to have to be more skills that you seek out from an older male in your life.

How to read a tape measure

How to swing a hammer

How to cut with a circular saw

How to use a drill

How to use a crowbar

How to use an adjustable wrench

How to use a level

How to use a solder iron

How to calculate square footage of a room---remember your math skills  $\text{Area}=\text{length} \times \text{width}$

## **Household repairs**

Some of these you may be able to ask your mother how to do. These are all important things to learn how to do especially when you will be living on your own one day.

How to clear a clogged sink drain

How to turn off a toilet water line

How to unclog a toilet

How to reset a circuit breaker

How to find a stud in the wall

How to hang a picture

How to fix a small hole in the wall

How to fix a large hole in the wall

If you have the available tools at home, I would encourage you to complete a woodworking project. There are many easy beginner woodworking projects that you can search for online or at your local library through a beginner woodworking book. Find something that looks neat and easy and go for it!

Some suggestions from a school shop class:

- bread board
- step stool
- shelf

One thing that almost every young man and woman should learn is the proper way to screw something in. If you remember “Lefty, loosey, righty tighty” that will help you remember which way to turn screws, bolts, etc.

## **Cars and driving**

One day you will be driving and have to know some basic skills. This again is going to come from an older adult in your life. I can type up step by step on how to do any of the skills this week, but it is only going to benefit you to actually do them 😊 If you don't have someone to show you just yet, look online at some videos. There are plenty of step by step videos that will teach you all of these skills.

How to change a flat tire

How to jump a dead battery

How to check the oil in your car

How to parallel park

How to back up a trailer

How to shift a manual transmission

How to pump gas

Check wiper fluid

How to check your tire pressure—if you keep your tires inflated at the proper sizes it will cut down on the amount of gas that you spend and help your drive go smoother. Remember do not lose the little caps that go on your tires!

## **How to behave after an auto accident.**

Let's pray that you will never be involved in this sort of situation, but if you are, it is best to be prepared.

- The first thing you need to do when you have been in an accident is to keep safety in mind. If you fear you have a head or neck injury, try to keep yourself stable. If you can get safely out of the vehicle to assess the property damages and check the other driver do so. If not, keep your seatbelt fastened, turn on your hazard lights, call 911, and wait for help to arrive.
- If you or the other driver or a passenger is in need of immediate medical attention, tell the 911 operator. If no one is injured, still call 911, tell them your location and tell them to send a police officer.
- If you can safely move your vehicle, clear it from the roadway so it does not block traffic. If you cannot, alert other drivers on the road by using your hazard lights, or warning triangles, if you have them.
- When speaking with a 911 operator, the police, or the other driver do not say that you caused the accident, even if you think you did. Do not apologize for the accident. The police report, witness statements, and scene of the accident will indicate the facts, so don't assume fault for an accident, especially if you are still recovering from the shock of what happened.
- Use your cell phone to take photos of the accident scene, if you can do it safely. If there are any witnesses who stop, try and get their contact information so they can explain the accident to the insurance company if needed.

### **Some things to avoid doing after an accident:**

- Don't freak out. Even though it is scary and confusing, getting super emotional does not help anything. Stay calm and dial 911.
- Don't apologize. By apologizing it is giving an admission of guilt, and can make settling the case more complicated.
- Don't stay in your vehicle. If you can get out safely from your car after an accident, do so. If it is a bad accident, you don't know that your car is the safest place to be. It is safer to be standing on the side of the road.
- Don't settle without proper authorities. It may be tempting to settle a minor car accident without calling the police or your insurance company but there are many reasons why that is not usually a good idea. For example, you may not be correctly addressing the damage, you may be legally obligated to call the police, and you may not be able to trust the other driver to pay as promised.
- Don't give out more personal information than is necessary. During the chaos of the event, you might accidentally give out too much information. This in turn could make you fall prey as victim to identity theft scam. The only information you need to exchange with the other driver is name, address, phone number, insurance information and vehicle information. Do not exchange financial information or your social security number.

### **How to behave during a police stop**

- Know your rights. A police officer can pull you over for any traffic violation, no matter how minor. They can even follow you and wait for you to commit a traffic violation. Never fight with the police officer or act in a hostile manner, if you do they can arrest you.

- Look for a convenient spot to pull over. Slow down, put your turn signal on and pull over to the right. Try to find a close parking lot or wide shoulder of the road. Take the keys out of the ignition and place them on the dash
- If it is dark and you are alone, you have the right to drive to a well-lit area such as a gas station, before stopping. If you plan to drive until you find a safe place, dial 911. Let them know you are being pulled over and that you are driving until you find a well lit safe place to pull over. The operator will communicate this information to the police officer.
- Even though getting pulled over by a police officer is scary, you will be okay, even if you get a traffic ticket. Take a deep breath and remember that they are there to protect the well being of people.
- Roll down your driver's side window. Place your hands on the steering wheel where the officer can see them.
- Don't speak first. When they come to your car, they will usually ask for your license and registration. Keep your information in a small envelope in your glove compartment or clipped to your visor.
- If they give you a ticket and you do not believe you deserve it, do not argue. Instead, thank the officer and remain in control of your emotions. Try and remember the officers name for later and then you can take it to court.

Remember if you are driving and obeying the rules of the road to the best of your knowledge, you have no reason to fear police officers. Drive correctly and be glad they are out patrolling the roads to help prevent accidents, by other's not obeying the rules.