

Five for Five grows in popularity along with award recognition

AT A GLANCE

Five for Five: 5 Minutes to Better Health continues to grow in popularity with over 120 digital downloads of the free curriculum nationwide.

The Situation

Idaho has seen a steady increase in overweight and obesity over the last 20 years. According to the 2022 Idaho Behavioral Risk Factor Surveillance System, Idaho adults aged 18 years and older have an obesity rate of 33% and 35% are overweight. Youth are also experiencing increased rates of overweight and obesity. America's Health Rankings reports (2020-2021) 27% of youth 10-17 being overweight or having obesity. Being obese and/or overweight is a major risk factor for heart disease, hypertension, high blood cholesterol, diabetes and some cancers. These health issues are manageable and preventable if prevention measures are adopted. Physical activity has proven impact on overweight and obesity and chronic diseases. University of Idaho Extension is helping Idahoans increase their physical activity habits, promoting physical activity through programing and breaking down the barriers to physical activity.

Our Response

In 2018, UI Extension join the Western Region Physical Activity Collaborative in 2020 initiated an instate group of Extension educators with fitness and health backgrounds to create a statewide physical activity program. Five for Five: 5 Minutes to Better Health

five for five



5 MINUTES TO BETTER HEALTH

Download a digital file of the Five for five curriculum, activities and more at [University of Idaho Marketplace](https://www.uidaho.edu/marketplace).

add-on curriculum was published in 2022. The intent of the curriculum is to increase the rate of physical activity for all ages. Five for Five is intended to be added to any in-person or online form of class instruction including all Extension programs, school day instruction (primary, secondary or post-secondary) and any educational venue.

Five for Five is designed to be offered in just “five” minutes moving through five components of physical activity: mindfulness; cardiovascular endurance; muscular endurance and bone-strengthening; muscular strength; and flexibility and balance. While the curriculum suggests offering all components for one minute each, instructors may choose activities within each section to select combinations that best suit their

audience. Included with the Five for Five curriculum is a comprehensive curriculum guide describing the goal of each component, specific icons and guide for each physical activity movement, player cards with each movement to be used in small groups or for participants to take home, a PowerPoint presentation including all movements, physical activity posters and resistance bands to help with instruction.

The goals of Five for Five is to help break down the barriers of physical activity addressing lack of knowledge of how to correctly perform exercises, lack of equipment as only low-cost exercise bands are needed, lack of time with the curriculum's five minute offer, and lack of friends and family not sharing the interest in exercise as all participants engage in the activities together.

Program Outcomes

Since its inception, Five for Five has grown nationally, reaching thousands of participants through Extension educators, primary and secondary classroom teachers, and more in multiple states. The program has been shared with Extension professionals across the country, classroom teachers and presented at national conferences, including the Joint agInnovation and Extension Meeting 2025 in St. Louis, Missouri.

In December 2024, a pilot study and Qualtrics survey results provided an in-depth look at participants' experiences with the Five for Five program. Fifty-four educators from Idaho, Kansas, Utah and North Carolina received the pilot materials and provided survey data. Five for Five was shared during the "normal school day" and including "afterschool settings." Survey participants taught at the following locations: Afterschool: 11, Elementary: 16, Middle School: 10, High School: seven, with 10 unidentified. Our participants also had a high Five for Five delivery rate with multiple deliveries during the teaching day — the average being 6.5 offers of Five for Five on a teaching day. This high number is attributable to the middle school and high school setting with seven class periods in a day.

FOR MORE INFORMATION

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Pilot study results showed ease of use at 4.83/4 with activity cards receiving the highest usefulness score of 9.66/10. Additionally, participants:

Evaluation Statement	Strongly Agree	Agree
Felt confident teaching the program	58%	42%
Will continue teaching the program	61%	35%
Improved the flow of instruction in their classroom setting	80%	
Added value to their classroom setting	65%	29%

Participants observed a wide range of benefits, noting that Five for Five:

- **Enhanced Engagement:** Students found the activities fun and stimulating. It served as a break from sedentary classroom tasks.
- **Promoted Physical Activity:** Teachers saw an increase in students' interest in movement, with activities fostering better focus and energy management.
- **Improved Mindfulness:** Breathing exercises and mindfulness helped students regulate stress, especially during exams or high-stakes moments.
- **Adaptability:** Teachers praised the program's flexibility to integrate into different lessons and cater to various age groups.

Additionally, Five for Five has been recognized within Idaho and nationally receiving the Excellence in Extension Award from UI Extension for 2025, 1st place in Idaho and the Western Region for the Curriculum Package Award from the Extension Association of FCS, and 3rd place Curriculum Package Award nationally from NEAFCS.