



4-H HEALTH PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Are you Into It?

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Learn how you explore health and wellness!

- Learn how to take care of your own physical, emotional, and social health
- Practice a healthy lifestyle and share what you have learned with others
- Learn about health and wellness resources in your community and state
- Learn to make decisions and take action that positively affects your health, your family's health, and your community's health

Communication

- Write a speech about the importance of physical activity
- Teach your club a fun activity break

Citizenship

- Organize a 4-H group to assemble first aid kits
- Conduct a playground safety check in your community

Leadership

- Volunteer to be the club health and safety officer
- Organize a 4-H health club
- Write a grant for sport safety equipment for your community

Here's what you can do all year!

Starting Out Basic/Level 1

- Learn basic safety and first aid skills
- Learn the importance of physical activity
- Learn about poisons and how to keep you and your family safe
- Develop a family safety plan
- Identify safe places to play in your community
- Learn about fire safety
- Learn about careers in emergency medicine

Learning More Intermediate/Level 2

- Create a personal health and wellness care plan
- Learn about germs and how they affect your health
- Learn how to choose food for fuel
- Discover new ways to add physical activity to your life
- Learn about careers in the health field

Expanding Horizons Advanced/Level 3

- Learn about sports supplements and their effectiveness
- Explore how hydration affects the body
- Explore what nutrient rich foods are and how they benefit your body
- Explore careers in fitness and nutrition
- Investigate community health issues like: bullying, safe driving, disaster plans

4-H is a community of young people who are learning leadership citizenship and life skills.

Learn more at www.kentucky4h.org or contact your county extension office.





Take Health Further!

Here are some other opportunities to explore health:

- Create a recreation/activity plan for your club and lead the activities
- Evaluate on-line resources related to health and fitness – are they trustworthy?
- Visit with your county risk management office and learn how prepared your county is for a natural disaster
- Encourage your fellow club members to enroll in Red Cross First Aid and CPR classes
- Lead age-appropriate physical activity sessions at your local senior center
- Explore how mental and emotional health are connected to physical health
- Is it fair time? Consider taking some of your health project learning to the fair for judging

Exhibit Ideas

- Present a speech or demonstration on health at your county speech and demonstration contest
- Participate in 4-H Health Month
- Become a 4-H Healthy Living Ambassador

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • 4-H Dancefit • Jump Into Food and Fitness • Steps to a Healthy Teen • Get Moving Kentucky – Youth Lessons • Headlines for Health • Media-Smart Youth: Eat, Think, and Be Active • SPARK After School • Centering on Me: A Stretching, Controlled Breathing and Meditation Curriculum for Kids • Clover Cat Way To Wellness • Wellness in Kentucky • 4-H Fishing for Adventure • 4-H Bicycle Adventure • 4-H Outdoor Adventures 	<ul style="list-style-type: none"> • Online information for parents can be found at 4-H.org • 4-H Healthy Living Ambassadors 	<ul style="list-style-type: none"> • Record your activities on your Kentucky 4-H Achievement Program application • Contact your county 4-H agent for a project record book.

