



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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Explore your health and wellness!

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

Communication

- Give a presentation on the importance of physical activity
- Lead your club in a fun activity break
- Create a presentation about your own culture

Citizenship

- Organize a 4-H group to assemble first aid kits.
- Conduct a playground safety check in your community
- Take part in an intergenerational buddy program

Leadership

- Organize a 4-H Health Club
- Lead a Health Rocks! Program in your community

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

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
- Learn skills that help manage stress
- Practice healthy coping mechanisms
- Learn about people who are different from you

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
- Explore cultures that are different from your own

Expanding Horizons Advanced/Level 3

- Learn about making wise choices
- Explore how hydration affects the body
- Investigate community health issues like: bullying, safe driving, disaster plans, addiction, and mental health
- Participate in a virtual or in person exchange program with someone from another country

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





Take Home Environment Further!

Here are some other opportunities to explore:

- 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

Resources

4-H Resources	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Jump Into Food and Fitness • Steps to a Healthy Teen • SPARK After School • Centering on Me • 4-H Bicycle Adventure • 4-H Outdoor Adventures • GEM: Get Experience in Mindfulness • Mindful Me • Your Thoughts Matter • Code Name: Home Alone • Diversity: The Source of our Strength • True Leaders 	<ul style="list-style-type: none"> • Online information for parents can be found at 4-H.org • 4-H Healthy Living Leadership Board 	<p>Learning to keep records of what you do and spend is an important life skill.</p> <ul style="list-style-type: none"> • Record Form for projects without a specific form • Project Record Fact Sheet <p>Participate in 4-H Achievement</p>

Exhibit Ideas

- Present a speech or demonstration on health at your county speech and demonstration contest
- Participate in 4-H Health month
- Join the Health Living Leadership Board

