



# Health and Wellness Project



Health, exercise, and recreation are vital parts of daily life. In this project, you can focus on physical activity, healthy eating, exercise, sports and recreation, or first aid. To have a healthy lifestyle, it is important to make good choices about what foods you eat and how much you exercise. This 4-H project can help you make those positive choices. Some of the skills you can learn in this project are listed below. Decide what you want to do, then work with your 4-H leaders and parents to make a 4-H project plan for how you will get healthy and stay well this year.

## Starting Out *Beginner*

- Explore hygiene, healthy eating, and physical activities.
- Learn about fitness and injury avoidance.
- Explore the benefits of less screen time and more outdoor time.
- Learn alternative ways to increase physical activity.
- Explore healthy eating using the MyPlate guide.

## Learning More *Intermediate*

- Assemble a first aid kit for your home.
- Practice first aid skills to treat cuts, scrapes, nose-bleeds, and more.
- Select the right size bike and safety equipment and enjoy a bike ride.
- Understand the reasons for avoiding substance abuse.
- Learn about food groups using MyPlate, and the importance of each group.

## Expanding Horizons *Advanced*

- Design a personal fitness plan and track it using a fitness file.
- Discover benefits of being fit while making decisions, managing self, and helping others.
- Learn to identify the main functions of major nutrients and how they contribute to health.
- Identify foods from each food group and learn the recommended serving size.

## Inspire Kids to Do

### Explore

#### **"I might like to do this."**

Youth who explore a variety of interests before high school, through experiences like 4-H camps and educational events, can develop early interest in a career path and improve their academic performance.

### Learn

#### **"I can do this."**

4-H project-based learning, guided by adult volunteers, improves youth understanding of skills and concepts, as well as their ability to problem-solve and collaborate.

### Practice

#### **"I'm interested in this."**

Youth who have participated in sustained hands-on learning and engaged with professional mentors and volunteers before entering high school are more likely to explore studies and potential career paths.

### Experience

#### **"I will be this."**

Real-world application is key — 91% of Kansas 4-H members have a plan for reaching their goals. Youth that have been active participants in hands-on learning, combined with strong decision-making skills, are more able to effectively navigate life.

## Health and Wellness Project

### Expand Your Experiences!

#### Healthy Living

- Learn to read food labels and learn about nutrients in your favorite foods.
- Set goals for your project and work hard to meet those goals.
- Give friends and family support when they are making changes in their lives.
- Plant a “theme” garden (pizza, salsa, salad, etc.) and eat what you grow.

#### Science and Agriculture

- Evaluate a personal fitness plan to see if it addresses the area needed.
- Design experiments about different types of toothbrushes and their effectiveness.
- Explore the science of health and fitness (i.e. biology and physiology, etc.).

#### Community Vitality

- Develop an exercise routine and teach others how to do it.
- Volunteer with community wellness events.
- Promote healthy living in your community.
- Volunteer with a local blood drive.

#### Communication and the Arts

- Give a presentation on the MyPlate healthy eating guide.
- Share with others your favorite sport or activity and how it keeps you physically fit.
- Explain how gardening or yard work increases flexibility, strength, and endurance.

## Career Development

- Job shadow a personal trainer at the local fitness center.
- Interview a dietitian to understand their role in helping others.
- Job shadow a professional in the health care system.
- Visit with an Emergency Medical Technician (EMT)
- Take a Certified Nurse’s Aide (CNA) class.
- Interview the produce manager of grocery store.
- Explore nutrition, fitness, and health care majors at colleges.

### Local Contact Information

Resources and Events	Curriculum and Resources	4-H Record Keeping	Project Exhibit Ideas
<p>Participating in educational events and learning opportunities will expand your knowledge and skills in the project area. Contact your local K-State Research and Extension office for local opportunities.</p> <ul style="list-style-type: none"> <li>• Explore local food drives.</li> <li>• Take part in local 5K walk/runs.</li> <li>• Participate in FCS Judging at the county and state fair.</li> <li>• Participate in Walk Kansas.</li> <li>• Explore the NW Area Backpack and Canoe Trip.</li> <li>• Participate in 4-H Camp.</li> </ul>	<p>Contact your local K-State Research and Extension office for resources or go to <a href="https://shop4-h.org/">https://shop4-h.org/</a></p> <ul style="list-style-type: none"> <li>• Health Rocks Level 1</li> <li>• Health Rocks Level 2</li> <li>• Bicycling for Fun</li> <li>• Wheels in Motion</li> <li>• Don’t Get Stuck: Fix It, DVD</li> <li>• First Aid in Action</li> <li>• Staying Healthy</li> <li>• Keeping Fit</li> <li>• Hiking Trails</li> <li>• Camping Adventures</li> <li>• Backpacking Expeditions</li> <li>• Youth Advocates for Health</li> </ul>	<p>Learning to keep accurate records is a life skill. The following forms can help you:</p> <ul style="list-style-type: none"> <li>• <a href="#">Setting 4-H Project Goals</a> (4H1100)</li> <li>• <a href="#">Kansas 4-H Record Keeping</a></li> <li>• Keep a personal food and fitness journal.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare a poster showing the benefits of bicycling.</li> <li>• Develop a first aid instruction book.</li> <li>• Create a MyPlate poster that includes information about healthy eating.</li> <li>• Create a display about compass use and GPS use when planning a backpack trip.</li> <li>• Share a notebook about different types of recreation and the benefits for your body.</li> </ul>

