



HEALTH



WHAT'S IT ALL ABOUT?

The 4-H health project will help you explore health and wellness in your personal life as well as your home, club, community, country and world. In this project, you will learn how to assemble a first aid kit and how to treat cuts, stings, bruises and other injuries. You will also be able to learn about how to stay healthy and develop your own personal fitness plan.

HERE'S WHAT YOU CAN LEARN...

STARTING OUT

- ✿ Design a family First Aid Kit
- ✿ Identify how to treat cuts and scrapes
- ✿ Recognize the signs of choking
- ✿ Learn how to prevent sprains, strains, and bruises
- ✿ Discover what causes nosebleeds
- ✿ Learn to be safe around pets, strange dogs, insects and wildlife
- ✿ Learn about poisons and how to keep your family safe

LEARNING MORE

- ✿ Find out more about germs and how they affect the body
- ✿ Learn about foods that help you stay healthy
- ✿ Learn about your personal strength, flexibility and endurance
- ✿ Learn how to add activity to your day

GOING FURTHER

- ✿ Identify the components of fitness
- ✿ Learn the importance of hydration
- ✿ Learn how to choose foods for fuel
- ✿ Discover new ways to add physical activity to your life
- ✿ Create a personal health and wellness plan

RESOURCES

- ✿ *First Aid in Action* (08174)
- ✿ *Staying Healthy* (08175)
- ✿ *Keeping Fit* (08176)

TAKE IT FURTHER!

- ✿ Create a recreation/activity plan for your club and lead the activities
- ✿ Take a Red Cross or CPR class
- ✿ Lead age-appropriate physical activity sessions at your local senior center
- ✿ Explore careers in the health and wellness field
- ✿ Keep a journal of your fitness, activities, and food intake
- ✿ Take a tour of a fitness center or gym
- ✿ Interview a personal trainer to learn more about health and health careers
- ✿ Take a trip to the grocery store to analyze different types of healthy foods
- ✿ Invite an EMT or other health professional to speak at your club meetings

ENHANCE YOUR COMMUNICATION SKILLS

Give a demonstration about basic first aid

Lead your club in a fitness check

Create a skit for your club about what to do in an emergency situation

GET INVOLVED IN CITIZENSHIP AND SERVICE

Organize or volunteer at a Health Fair in your community

Create first aid kits to distribute throughout your community

Organize a community walk or run

LEARN ABOUT LEADERSHIP

Arrange for someone to come and talk to your club about a Health issue

Suggest that your club add a Health Committee



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EXHIBIT IDEAS

- ✿ Create first aid kits for your home and club
- ✿ Develop a self health plan
- ✿ Make a poster on water hydration and exercise
- ✿ Design a poster on dental care for babies and toddlers
- ✿ Make a poster on the pros and cons of antibacterial soap
- ✿ Give a demonstration on bicycle safety
- ✿ Create a poster about how nutrients affect your body
- ✿ Make a video of proper stretching exercises and techniques
- ✿ Survey kids about germs, fitness and nutrition, then chart and graph the data
- ✿ Make a calendar featuring healthful recipes for a gift
- ✿ Create a portfolio or display about assembling a first-aid kit
- ✿ Create a portfolio or display about treating cuts and scrapes, choking, sprains, strains and bruises, nosebleeds, getting rid of foreign objects, stings, bites, poisons, broken bones or burns
- ✿ Create a display about preparing healthful snacks
- ✿ Create a portfolio or display showing fitness activities
- ✿ Develop a board game with interesting health facts