HEALTHY LIVING

Did you know…

Health living is a project area that includes a lot of different things - from physical health to mental health to financial health…even to environmental health. This project is great for 4-H members to learn to keep a healthier lifestyle.

What can I do…

- **Give a demonstration on how to make a healthy smoothie**
- **Join an environmental wellness team**
- **Develop a physical activity plan for your family**
- **Conduct a canned food drive for a local food bank with your 4-H club**

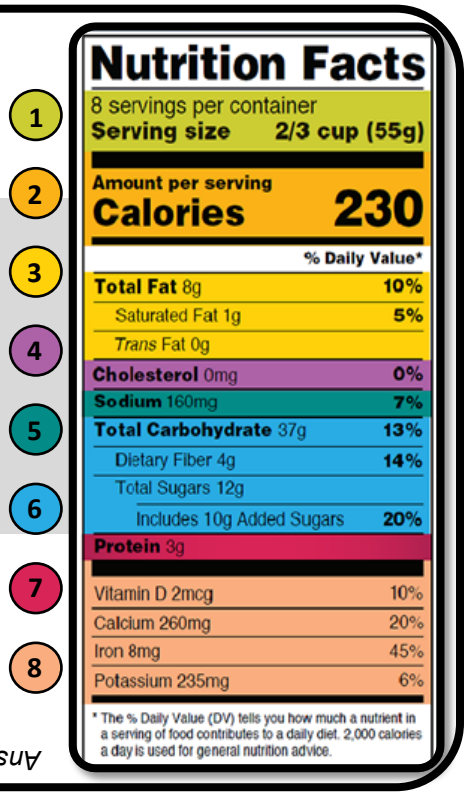
Check this out…

This activity gives you a glimpse of what this project is about.

In the 4-H Healthy Living project, you can explore proper nutrition by learning the parts of a food label.

Directions:
Can you match the parts to the food label?

- ◯ Protein
- ◯ Cholesterol
- ◯ Fats
- ◯ Total Calories
- ◯ Vitamins & Nutrients
- ◯ Serving Size
- ◯ Total Carbohydrates
- Sodium



Answer: 7, 4, 3, 2, 8, 1, 6, 5

Future Thoughts…

What kind of career would someone in the 4-H Healthy Living project want to pursue?

- **Physical Therapist**
- **Registered Dietitian Nutritionist**
- **Sports Medicine Physician**
- **Mental Health Counselor**

Do you know what all of these professions do in their job? If not, do some research and dig a little deeper. Search nsag.org/careers-in-allied-health/.

Work on this…

Create a Physical Activity Plan

Physical activity can improve your health and reduce the risk of developing chronic diseases. Work with your family to create a physical activity plan that works with your schedules. Start with something simple such as walking together three times per week for 10-20 minutes. Record your observations about how you feel over the next month. After a month of walking together, create a new physical activity goal that is more challenging.

What's Next?

Contact your local 4-H Agent on other ways you can get involved with this project and with 4-H.

- **4-H Project Showcase**
- **Junior High 4-H Academic Conference**
- **4-H Outdoor Meat Cookery**
- **4-H FCS Skillathon Contest**
- **4-H Dairy Products Judging**
- **Start preparing to submit a portfolio in this project area**
- **Begin taking action photos of your activities in this project**