

Own Your Own Health: **4-H Healthy Club Challenge**

Healthy habits learned in childhood are more likely to carry over to adulthood. Youth can learn about nutrition and physical activity in a variety of settings. 4-H club is a great opportunity to get leaders and members involved together in learning new healthy habits!

The Own Your Own Health (OYOH) 4-H healthy club challenge is new to WSU Thurston County 4-H Extension this year (2015-2016). The goal of this challenge is to encourage club members to try new activities related to nutrition and physical activity. These activities could include trying a new healthy snack, cooking a fun new recipe, or getting out and being active.

To complete the Thurston County 4-H OYOH Challenge clubs must complete the following activities:

- **Complete 6 nutrition or physical activity related activities throughout the 4-H year. At least 3 activities should be nutrition related activities.**
- **Elect a health officer for your club and an also a recreation leader (optional).**
- **A portfolio or display can be created to show activities completed throughout the year. This can include photos and points on what they have learned. Bring it to the Thurston County Fair as a special club exhibit and earn a prize for your club!**
- **Clubs to complete the OYOH Healthy Club Challenge will be awarded a healthy club award for the 2015-2016 year. This award can be earned for each 4-H year.**
- **Ideas for how to get your club involved will be listed in this information packet. As well as ideas for fun nutrition activities and physical activity lessons. These activities can vary in length from 5 minutes to an entire meeting. It is up to you to pick what is right for your club!**
- **If you have any questions or are looking for more great ideas feel free to contact: Courtney Pidgeon, 4-H Program Facilitator, pidgeoc@co.thurston.wa.us (360) 867-2154**

Activities can include being part of:

- Roll call
- Setting
- Programming
- A demonstration
- Nutrition lesson or activity
- Recreation lesson or activity
- Community service
- Family involvement
- Other- get creative!

Roll call: Share favorite fruits, vegetables, ways to be active, ethnic food, etc.

Setting: Hold a meeting in a setting that will allow your members to be active! This could be in a park, at a bowling alley, etc.

Programming:

- Invite in a guest speaker to give a short lesson
- Complete an activity using MyPlate online
- Learn about and cook foods of different cultures
- Have a lesson on food safety
- Healthy food taste tests
- Learn about food science

Demonstration:

- On proper hand washing
- On reading nutrition labels
- On making a healthy snack or beverage

Nutrition activity:

- Learn about healthy eating
- Cook up some delicious foods!

Recreation activity:

- Get moving
- Try out some fun new activities as a club

Community service:

- Volunteer at a food shelf, 5k or fundraiser run, or food drive.

Family involvement:

- Try a new recreation activity or nutritious recipe at home

Snack attack! Healthy snack ideas

Try to include low-fat dairy, lean protein, whole wheat grains, fruits, and vegetables.

- Trail mix
- Yogurt and fruit parfaits
- Whole wheat crackers and cheese
- Hummus with veggies or pita
- Veggies with low-fat dip
- Fruit with yogurt dipping sauce
- Pretzels and peanut butter (Make sure there is not a nut allergy in group)
- Celery with peanut butter (Check for allergies). Ants on a log!
- Fruit smoothie
- Air popped popcorn
- Deli meat and cheese
- Include milk with snack

Recreation ideas

- Go for a quick walk as a club
- Go on a hike as a club for a fun activity
- Try skating or bowling as a club
- Go for a walk, hike, or bike ride with your family or friends
- Hold a meeting at a park and play a game
- Measure steps during a community service activity

For more ideas and recipes contact the Thurston County 4-H Office

- **Lessons and curriculum available upon request**



Points should be tracked by the Health Officer of the club. Clubs will compete to have highest total points as well 6 activities completed.

Points	Activity
20	Electing Health Officer
20	Electing Recreation Officer
10	Each club activity completed-At least 3 of these should nutrition related
20	For completing pre and post survey (Send in to 4-H office)
10	For each club meeting which serves healthy foods and drinks
20	Completed community service project related to healthy living
15	Complete "Rethink Your Drink" Lesson as a club
10	Complete an activity at home with your family or friends

Role of 4-H Health Officer

The role of the 4-H health officer is a leadership role much like other officer roles such as president, vice president, treasurer, or secretary. The role of the health officer is to lead club health activities. The 4-H Health Officer can lead health activities themselves. They also have the option of coordinating other members to lead health related activities. They can contact guest speakers to speak to their club as well. The Health Officer is part of the club team and can use others as resources to complete club activities. Clubs have the option to elect Recreation Leaders to lead recreation related activities and work alongside the Health Officer.

Documentation

To document activities completed by their club the health officer should record activities on the OYOH Club Challenge Record Sheet. Photos and a summary of activities completed should also be completed by the Health Officer or club historian.

Sample Activities

As listed in the OYOH Healthy Club Challenge packet, activities could be a variety of different things. It could be a quick roll call including favorite fruit or vegetable, a demonstration by a club member on preparing their favorite snack, or a guest speaker talking about food safety.

Recreation Activities

Another important aspect of health is physical activity. Clubs can include physical activity in their meetings in a variety of ways. A club can elect a Recreation Leader in charge of planning fun physical activities. The Health Officer can cover these topics as well. Examples are included in the OYOH Healthy Club packet.

Own Your Own Health 4-H Club Challenge

Record Sheet

Club Name: _____

Points	Date	Describe Activity Completed

******As well as completing activities for points clubs must have an elected health officer and have completed 6 activities to receive a healthy club award******