

**Ohio 4-H Teen Council Recommendations for **
“Healthy Lifestyles” 4-H Programming 6/06/06

- Poster Contest
- 4-H 5k (counties) and 4-H Marathon > Fundraiser possibilities
- Healthy Lifestyles session at Teen Conference
- More club based
- Promote health and safety talks
- Session at volunteer conference???
- Health and Safety Officer – make known
- County wide field day
- Incorporate Health into new projects
- New food guide pyramid demonstration
- Bring back health shopping bag
- Health link on ohio4h.org
- Did you know at state fair
- OTC Health booth
- Field day at state fair
- Compile county ideas
- Statewide Field Day within counties - Tug of war, shuttle races, age appropriate, kick ball game, etc.
- Involvement in Health Fairs-promote healthy activities
- Recreation Officer judging - Come up with healthy games
- Mass Media Campaign – Poster contest
- 4-H Health Week –daily activities Governor Pass???
- New Project – Dieting
- 21 Days of fruits and vegetables (takes 21 days to create a habit)
- Replace pop with water, i.e. no pop at camps and meetings
- We need to speak up in our counties
- Fun run/walks > go for a run or walk after meetings
- Push clubs to visit State Parks > different environment