



# 4<sup>th</sup> H FOR HEALTH CHALLENGE

This certificate of achievement is awarded on \_\_\_\_\_

to \_\_\_\_\_

Congratulations! By completing the 4<sup>th</sup> H for Health Challenge, you have shown extraordinary commitment to keeping yourself and your peers physically strong through regular physical activity and healthy eating.

*Vanessa Spero-Swingle*

Vanessa Spero-Swingle, 4-H Youth Development Regional Specialized Agent, University of Florida

