



# 4-H Personal Well-Being Project



## Are you Into It?

Putting your health for better living is what 4-H is all about!

This 4-H Project is designed to help you learn more about Personal Well-Being, by enrolling in this project you will be able to:

- Learn how to make healthy food choices
- Take steps to be more physically active
- Learn the importance of personal and public hygiene
- Learn about personal safety and first aid

## Here's what you can do all year!

### Starting Out Basic

- Determine physical activity needs for different age groups and ability levels
- Identify germs present on common surfaces
- Make an activity log with the goal of being active everyday
- Identify major nutrients and ways to obtain each nutrient through healthy eating
- Understand how to read and apply MyPlate

### Learning More Intermediate

- Identifying nutrient rich power foods
- Learn personal strength, flexibility, and endurance builders
- Identify components of fitness
- Understand the importance of managing hydration levels
- Learn to read "Nutrition Facts" on food items
- Take a first aid or CPR class

### Expanding Horizons Advanced

- Create a personal health plan for yourself
- Understand dietary guidelines for different age groups and body types
- Recognize pros and cons of enhancers and supplements

## Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started

### Citizenship/ Leadership

- Organize and lead an exercise hour before or after club meetings
- Sign up to run a local 5K to raise money for a charity
- Help make healthy food decisions for your counties next 4-H banquet

### Communication

- Make and upload a YouTube video about the importance of positive body-image
- Design and post flyers about the importance of personal hygiene
- Teach your 4-H club about sun safety

### Healthy Living

- Develop an exercise plan that requires daily self-discipline
- Find a friend, family member, or fellow 4-H member to exercise with daily
- Indicate reasons that personal hygiene is important to health

### Science

- Measure calorie consumption each day and keep a log to look back at patterns
- Calculate the amount of nutrients in different enhancers and supplements



## Expand Your Experiences in Personal Well-Being!

- Contact your county IFAS Extension Office for workshops, activities, and events related to personal well-being
- Create a personal and group activity plan for your club
- Volunteer to prepare a nutritious snack or meal for your next club meeting
- Invite a personal trainer to speak to your club about healthy living
- Lead age-appropriate physical activity sessions at your local senior center
- Explore how mental and emotional health are connected to physical health
- Schedule a visit with the University of Florida to explore education available for careers as a personal trainer, health/life coach, physical therapist, nutritionist, sports medicine specialist, and dietitian [ufl.edu/admissions/](http://ufl.edu/admissions/)
- Become certified in CPR, First Aid Response, or Lifeguarding by attending a local training by the Red Cross: [redcross.org/take-a-class](http://redcross.org/take-a-class)
- Attend a local health fair put on by a local hospital or county health department
- Learn more about fitness activities held by sports and recreation in your county
- Attend summer camp at one of the four Florida 4-H Camping Centers: [florida4h.org/camps/](http://florida4h.org/camps/)
- Attend Florida 4-H University and participate in workshops, listen to motivational speakers, and participate in a community service project: [florida4h.org/programsandevents](http://florida4h.org/programsandevents)

### Project Sharing Ideas

- Create a poster with images of how nutrients affect your body
- Prepare a selection of nutrient rich foods and provide samples for fellow club members to try
- Teach proper stretching exercise techniques to your club members
- Develop a calendar of different exercise events, 5Ks, and 4-H club activities to distribute among members

## Resources

### 4-H Project Resources

Project materials to assist youth in learning may be available through your county 4-H office or you can order directly. Available at National 4-H: [www.4-hmall.org](http://www.4-hmall.org)

- Up for the Challenge
- Eat 4 Health
- Health Rocks
- Steps to a Healthy Teen
- Keeping Fit & Healthy – Staying Healthy
- Keeping Fit & Healthy – Keeping Fit
- Keeping Fit & Healthy – First Aid in Action
- Headlines for Health

### Connections and Events

Attending events and taking advantage of opportunities that will expand your project learning will help you become the best you can be.

Attend local 4-H opportunities dealing with personal well-being.

Become a camp counselor for your local and state 4-H camp.

Attend Red Cross First-Aid and Babysitting Training: [redcross.org/take-a-class](http://redcross.org/take-a-class)

Attend other statewide events. Check them all out at [florida4h.org](http://florida4h.org)

### Record Keeping

Learning to take good records of what you do and what you spend for your project is a 4-H life skill.

The following record keeping forms can help you keep a record of your activities.

Project Report Forms can be found at [florida4h.org](http://florida4h.org)

- Junior (ages 8-10)
- Intermediate (ages 11-13)
- Senior (ages 14-18)
- Financial Summary
- Building My 4-H Portfolio (ages 8-13)

### Awards and Recognition

Florida's Recognition Program involves feedback through:

- Participation
- Setting Goals
- Meeting Standards
- Peer Competition
- Cooperation

Certificates, pins, ribbons, trophies, trips and/or scholarships are awarded based on quality of performance at the county, district, state and national levels.

To learn more about current recognition opportunities visit the Florida 4-H website at [florida4h.org](http://florida4h.org) or contact your county 4-H agent.

Learn more at [florida4h.org](http://florida4h.org)  
or contact your local UF/IFAS Extension County Office

**4-H**  
GROWING TOGETHER