



Discovering a Better You!

Health Education

4-H Healthy Living Project Overview

Healthy living has become a daily concern for most everyone. The 4-H Health project helps you explore health and wellness in your personal life as well as your home, club, community, country and world from administering basic first aid, to fitness and nutrition, to sports.

Objectives

- Demonstrate how to administer first aid for cuts, scrapes, stings and burns.
- Learn how to take care of your own physical, intellectual, emotional and social health.
- Practice a healthy lifestyle, and share what you have learned with others.
- Learn about balancing calories and physical exercise.
- Learn to make decisions and take steps to positively affect your health, your family's health and your community's health.
- Relate skills learned to job and career readiness.



Starting Out

- Learn basic safety and first-aid skills.
- Make a first-aid kit.
- Learn about poisons and how to keep you and your family safe.
- Develop a family safety plan.
- Learn about and prepare healthy snacks for your family.
- Create a poster on portion sizes and MyPlate to exhibit at school.
- Learn about careers in medicine.
- Interview someone who works in the healthcare field.
- Keep track of your exercise for one week, and make a goal to increase the time or number of steps you presently take.
- Visit your dentist for a checkup.

Moving Forward

- Learn about germs and how they affect your health.
- Learn how to choose food for fuel.
- Discover new ways to add physical activity to your life.
- Explore new foods to keep you healthy.
- Learn how to calculate your BMI (body mass index).
- Create a personal health and wellness care plan.
- Research environmental health issues that might be in your community, and report to your club.
- Learn about careers in the health field and job shadow someone for a day.
- Tour a hospital or health-care facility.
- Interview a personal trainer.

Digging Deeper

- Learn about sports supplements and their effects.
- Explore how hydration affects the body.
- Learn how to avoid sports injuries.
- Explore what nutrient-rich foods are and how they benefit your body.
- Identify personal resources that help manage stress.
- Organize and teach a workshop on health and fitness.
- Start a fitness or walking club.
- Create a bike-a-thon to raise awareness of a health issue.
- Explore careers in the fitness and nutrition fields. Present your results at a club meeting.

Exercising Character

When we think of health, most of us think of the physical aspects of the subject. When we think about a holistic view, we must include Character Education. If we want to be truly healthy, we must make sure our mind is in good health along with our body. Look at the character elements below and implement these healthy character practices.

Trustworthiness	Be true to yourself. Make a pledge to follow your health and wellness plan. Keep that pledge.
Respect	Treat others as you would like to be treated. Realize we all have different body types; respect others for who they are inside.
Responsibility	Set a good example to others and practice healthy eating to show you are taking responsibility for your own health.
Fairness	When playing sports, be sure to play by the rules, and treat others fairly.
Caring	Learn about health issues, and support organizations that work to improve health.
Citizenship	Use your project to serve others by doing some of the activities listed below.

The Art of Serving Others

- Organize a 4-H group to assemble first-aid kits.
- Conduct a playground safety check in your community.
- Perform a building safety check at your club meeting site.
- Organize a community health fair that showcases the risks associated with substance abuse.
- Demonstrate how to make healthy snacks at a club meeting.
- Provide healthy snacks for your teachers during Teacher Appreciation Week.
- Donate first-aid supplies to victims of natural disasters.
- Set up hand-washing stations at events like livestock shows and fairs.
- Volunteer to read to patients at a hospital or nursing home.
- Organize a blood drive for your community.
- Participate in a fun run or walk to raise money for cancer or heart research.
- Set up a blood pressure screening at your club or in your community.

Career Possibilities

Dental hygienist	Home healthcare assistant	Therapist/Life coach	Pharmacist
Fitness instructor	Physician	Diagnostic medical sonographer	Veterinary technologist and technician
Radiologic technician	Dietitian	Occupational therapist	
Registered nurse			



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