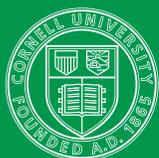


# Choose **H** Health

• portion control • eat veggies • get sleep • breathe • relax • avoid active • portion control • laugh • sleep • watch less tv • water • exercise • eat • get enough sleep • eat breakfast • move it • watch less tv • be active • avoid sweetened drinks • water • relax



## Officer Guide



Cornell University  
Cooperative Extension  
4-H Youth Development

**Published by:**

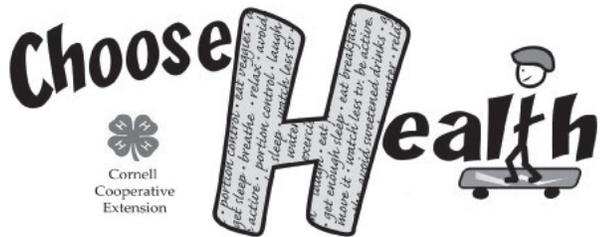
Cornell Cooperative Extension  
Ithaca, New York  
2010  
Sally Crosiar  
Design by Julia Storie

**Acknowledgements:**

West Virginia 4-H Club Health Activity Guide: Physical Activity  
Elaine Bowen, WVU Extension Specialist – Health Promotion  
Extension Service West Virginia University  
Morgantown, West Virginia  
2008

NYS 4-H Foundation  
through a gift from the  
Margaret Sorensen Trust

Cornell Cooperative Extension  
4-H Youth Development Program



# Officer Job Description

*“I pledge my health to better living for my club,  
my community, my country, and my world!”*

As Choose Health Officer, I keep the Health-H front and center at all our 4-H Club meetings and activities.

Here's how:

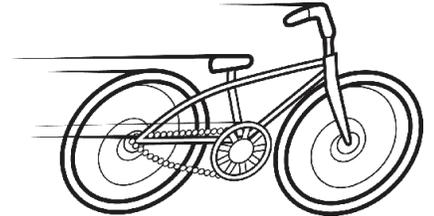
- I give our Secretary an active roll call idea - Roll Call for Health.
- I get members to set a goal every month - to meet the Health-H Challenge.
- I work with our Recreation Leader to lead a 'Let's Move!' activity at every meeting.
- I give out healthy snack ideas at our meetings.
- I remind members to use the ideas on their Choose Health Family Calendars.
- I fill out the Choose Health Report and give it to my 4-H leader at the end of the year.

### 5 Ways I Can Help My Club Choose Health!

1. I can lead by example!
2. I can help others know what's healthy, but not be pushy about it!
3. I can give pats on the back when my friends make good choices!
4. I can point out small, easy ways we can Choose Health!
5. I can have fun!



# 4-H Club Officer



## My 4-H Club

Club: \_\_\_\_\_

County: \_\_\_\_\_

Office	Name	Phone Number	E-Mail
President			
Vice-President			
Secretary			
Treasurer			
Recreation Leader			
News Reporter			
Choose Health Officer			

### County 4-H Office Information:

Phone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

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Keep a Record



# How To Use This Guide

## The Health-H Challenge always looks like this.

Each month's Health-H Challenge is a goal you'll encourage your friends to meet.

## The Health-H tips always look like this.

The challenge is followed by a few tips that can help your club members meet the goal. Read the tips before each meeting so you can share the information in your own words.

## The Health-H Challenge Check always look like this.

The Health-H Challenge Check is always a stand-up, sit-down activity. Moving feels good and is part of being healthy, so ask members to stand if you say something that applies to them. Then remind them to sit down again before you say something else to the group.

Monthly challenges are goals you'll ask your club to set. Sometimes they're big goals that might be hard for everyone to meet. So you want to celebrate any steps that your friends take toward meeting the goal even if they might not have met the whole goal.

That's why each Health-H Challenge Check includes chances for members to stand up if they met even part of the Health-H Challenge that month.



## Roll Call for Health ideas always look like this.

Making roll calls active should not take a lot more time in your meetings - if you show your friends a fast paced and snappy example each month! Ask them to help you make it quick and fun so roll call doesn't drag on too long.

## Keep a Record!

Keep a Record always looks like this, with places to check off the parts of Choose Health you do with your club.

Check off what you do each month, and then it will be easy to complete the form on page \_\_\_\_ and give it to your leader at the end of the year.

# Let's Move Activity

## Let's Move activities all look like this.

The Let's Move activity is usually an active game. If your club has a Recreation or Game Leader, you can...

- ... ask him or her to lead the Let's Move activity,
- ... lead the Let's Move activity in addition to a game he or she leads for the club,
- ... or take turns leading active games each month.

Talk to your Recreation/Game Leader before each meeting to see how the two of you want to share leading games. Your role is not to take over the job of the Rec/Game Leader, but to encourage lots of fun activity during your 4-H Club meetings.

Most Let's Move activities are best played out of doors where there's lots of room and no danger of breaking or knocking things over. But when you cannot play outside, work with your 4-H Leader to find someplace your members can move and play the Let's Move activities.

## Equipment

Tells you what you'll need such as:

**BOUNDARY MARKERS** – which can be lines on the floor, cones or bandanas you put on the floor, trees, or furniture.

**TAGGING BALL** - Sometimes Let's Move is a tag game. For tag games, bring a soft foam ball for "It" to use to tag someone out. That way, "It" won't hit or slap someone too hard. When someone else becomes "It" he or she gets the tagging ball.

**MUSIC** – Dancing is a great Let's Move activity (in January and any other time your members want to dance!) Look for lively music you can play on a cd, mp3, or other system. Try to gather music for twice as long as you expect to actually have time to dance.

**TOSS-ABLES** – small, soft balls, bean bags, or even small stuffed animals are all great for tossing games.

**EGG TOSS MATERIALS** – You'll need to gather these before your May meeting.

## Get Started

Tells what you'll say to introduce and explain the game. Usually, you'll say how your friends should stand – in a line, in a circle, spread out, and so forth. Sometimes, you'll ask for a volunteer to be "It."

## Play Rules

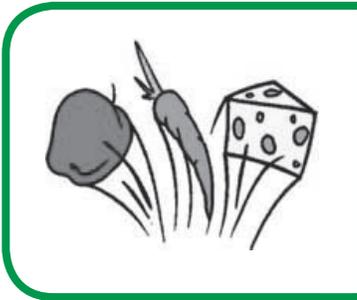
Tells important rules your friends need to know before the game starts. Say the rules once, demonstrate them once, then say them again so everyone understands.

## Ready? Go!

Play the game – until everyone is having the most fun. Then stop and introduce another activity – either another active game or something else entirely. When you stop before your friends get tired of the game, they'll want to play again another time!

## Talk About It

Sometimes, it's helpful to briefly talk about what you've just done together. In May, for instance, after the Egg-Toss activity, it's helpful to remind your friends that their heads are fragile just like the eggs you've just tossed.



## Healthy Snacks

Healthy Snack ideas always look like this.

Share healthy snack ideas with your members - and suggest items each of you might take turns bringing to share at meetings.

# Extra Choose Health Ideas



Extra Choose Health Ideas always look like this.

Maybe your 4-H Club doesn't follow the traditional meeting format listed above. You can still include Choose Health in your club meetings.

The Choose Health Officer Guide is written so that very young 4-H members can use it easily. Just follow each monthly guide, and you'll help your fellow 4-H Club members Choose Health.

If you're older – or more adventurous, take the ideas presented in each monthly Choose Health guide and make them your own. Add other ideas or activities to expand on each monthly theme. The important things are to encourage your club to be active, be healthy, and have fun! And there are lots of ways you can accomplish these goals!

Look for some ideas to get you started in each monthly guide.

Five ideas to get you thinking

- 1.
- 2.
- 3.
- 4.
- 5.

Blank spaces for you to fill in your own ideas

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# What You Do and When You Do It

Each month, you'll share ways to be healthy, including:

- Roll Call for Health
- Health-H Challenge Check
- The Health-H Challenge
- A Health-H Tip
- Let's Move Activity
- Healthy Snack Ideas

Here's what happens in a 4-H Club Meeting and where Choose Health fits.

**Call to Order** - President

**4-H Pledge**



**Roll Call for Health** - Secretary

*Be sure to give your Secretary the active roll call idea before the meeting begins!*

**Old Business**

*This is where you do the Health-H Challenge Check. Starting in December, you'll ask:*

How did you do with last month's Health-H Challenge?  
Stand up if you...

**New Business**

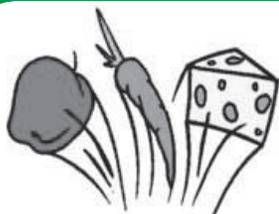
*This is where you introduce the Health-H Challenge each month...*

*...and give your club the Health-H Challenge Tips*

**Let's Move Activity**

*Talk with your Recreation Leader before the meeting so each of you has something fun and active for your 4-H members to do!*

**Adjourn**



**Enjoy a Healthy Snack together!**

*Give ideas for healthy snacks to your leaders and to the member who will bring next month's snack to share.*

# Am I Ready?

## Have I...

### Read:

- Why Choose Health is important
- What I do as Choose Health Officer
- All of November's activities

- Given our secretary November's Roll Call idea
- Shared a healthy snack idea with next month's refreshment committee
- Brought enough Family Calendars for everyone

## Practiced what I want to say when I:

- Introduce Choose Health to my club
- Dare my friends to take the Health-H Challenge
- Share the Health-H Tip
- Share how to use the Family Calendar to help us all meet the Health-H Challenge
- Lead "Let's Move!"
- Thank my friends for deciding to Choose Health

# November

## Move More Month

### Introduce your club to Choose Health!

This might be the first time your club has heard about Choose Health since they elected you Choose Health Officer. Here's how you can help them understand your job.

When your President asks if there's new business, raise your hand and say,

**"I make a motion that we make Choose Health part of all our 4-H meetings!"**

Explain that each month, you'll share ways to be healthy, including:

- Roll Call for Health
- The Health-H Challenge
- A Health-H Tip
- Let's Move Activity
- Healthy Snack Ideas

Give out Family Calendars and say,

**"Put these up at home. Use it to mark down our meetings - and use the Health-H tips to help you and your family meet each month's Health-H Challenge!"**



### Roll Call for Health

- As your secretary does roll call, say
- "Let's say we're here by acting out an active sport or game we like to play! Like this.."
- Show the club what you mean by acting out a sport like swimming, bowling, or bicycling!

## The Health-H Challenge

This month's challenge is:  
**Play actively 60 minutes every day!**

# November



### Health-H Challenge Tips

Help your club think of ways they like to be active. Say,



Let's all say one way we like to play  
and be active - a different way than  
you used for roll call!

When everyone has had a turn, say,

When we choose things  
we like to do it's easy to be active!

The Choose Health Family Calendar has lots of tips to help the whole family meet the Health-H Challenge. Ask your 4-H Leaders to tell members when your meetings will be so they can write them on their calendars. Say,



Next month, I'll ask who met the  
Health-H Challenge - so keep track  
of how much you play every day!

# Here's a **Let's Move Activity** for November!

Being active is a really important part of being healthy so always plan to do something fun and active at your 4-H meetings!  
Go outside whenever you can – it's more fun!

## **Be Safe!**

If someone gets hurt, nobody has much fun. Remind your friends to watch out for each other.

If things get too rowdy, stop the game before someone gets hurt. Ask your leader to help keep everyone safe!

## Link Up Tag

### Equipment

Something to mark off boundaries (Cones, bandanas, tiles on the floor, and so forth.)  
Tagging Ball

### Get Started

Ask each person to find a partner and link elbows with that person and stand together, scattered around your space.

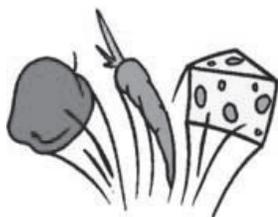
Ask someone to be "It" and give him or her the Tagging Ball. Ask "It's" partner to be the one "It" goes after – the "Target." Have these two people un-link their elbows.

### Play Rules

"It" tries to tag the "Target".

The "Target" can link elbows with any pair to form three. Then the person on the other side of the pair becomes the new "Target."

If "It" tags the "Target", the "Target" becomes "It."



## Healthy Snacks

Apple slices, sunflower and pumpkin seeds,  
with ice-cold water! **Yum!**



## EXTRA IDEAS - November's Challenge: Play actively 60 minutes every day



- Build activity into your club meetings: vote by standing up instead of raising your hands, play games before and after your business or project meetings, plan active outings for your club!
- Get your club to sign up for the President's Fitness Challenge ([www.presidentschallenge.org](http://www.presidentschallenge.org)) to learn new ways to improve each member's endurance, strength, and flexibility!
- Have everyone bring a favorite active game to share!
- Sponsor a Family Fun Night with games and activities!
- Go outside to play before or after your club meetings!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Keep a Record!

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

#### What I did in November

- Introduced Choose Health
- Gave out Family Calendars
- Explained what I'll do at our meetings
- Led a fun way to do Roll Call

- Dared my friends to take the Health-H Challenge
- Shared the Health-H Tip
- Led the Let's Move Activity
- Shared a healthy snack idea with next month's refreshment committee
- Had fun!

#### How many came this month?

\_\_\_ Members \_\_\_ Leaders \_\_\_ Family



# December

## Stretch Yourself Month

### Am I Ready?

#### Have I...

- Read all of December's activities
- Given our Secretary December's Roll Call idea
- Shared a healthy snack idea with next month's refreshment committee

#### Practiced what I want to say when I:

- Ask my friends how they did on last month's challenge
- Dare my friends to take the next Health-H Challenge
- Share this month's Health-H Tip
- Lead "Let's Move!" - Have I chosen an animal stretch to demonstrate
- Thank my friends for deciding to Choose Health



#### Roll Call for Health

Before your club's meeting, give your Secretary this idea for an active roll call:

Each member shows one way to stretch muscles. Everyone else follows and holds the stretch for 15 seconds.

During Old Business, lead the:

#### Health-H Challenge Check

Last month's Health-H Challenge was to move actively 60 minutes every day.

Who did well with that challenge?

- Stand up** if you played an hour a day at least three times a week since last month. **Sit down.**
- Stand up** if you played an hour a day at least five days a week since last month. **Sit down.**
- Stand up** if you played an hour a day most days since last month! Way to go! **Sit down.**
- Great work everyone! Now let's hear about this month's Health-H Challenge!

## The Health-H Challenge

This month's challenge is:  
**Stretch yourself –  
10 minutes every day and  
before and after active play!**

# December



## Health-H Challenge Tips

Muscles are like a stick of gum. If you try to use them before getting all warmed up, they can break. But when you stretch before you play, your muscles stay flexible. Stretching helps our bodies release stress too, so when we stretch every day, we feel great!

## Here's a **Let's Move Activity** for December!

Flexibility is important so let's stretch together.

### **Be Safe!**

Remind everyone that stretching should feel good! If we stretch too far, it hurts and isn't good for our bodies. Only stretch until your muscles feel good. Back off if it hurts.

## Animal Stretches

### Equipment

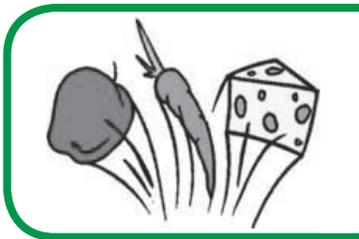
Mats or carpeted area

### Get Started

Ask everyone to think of a different animal and a way we could stretch our bodies so we might look like that animal. Tell them that many yoga poses are named for animals such as cat, cow, lion, downward dog, cobra, and so forth. Even if we don't know yoga, we can use our imaginations to invent stretches that feel good.

### Play Rules

Everyone takes turns showing a stretch they invent to look like their favorite animal. Then the group does the stretch with them. Stretch and hold each pose for at least 15 seconds without bouncing. Be sure to stretch both sides of your body too!



## Healthy Snacks

Veggie slices with low-fat dip or salad dressing.  
Yum!



### EXTRA IDEAS - December's Challenge: Stretch before and after active play

- Invite a yoga instructor to visit your club!
- Play "Twister!"
- Encourage your friends to sit and stand tall!
- Visit a yoga or pilates studio. Ask them to do a special class for your club!
- Teach members one new stretch each month until you've developed a stretching routine for the whole body!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Keep a Record!

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

#### What I did in December

- Led a fun way to do Roll Call
- Asked about last month's Health-H Challenge
- Dared my friends to take December's Health-H Challenge and shared why it's important

- Led the Let's Move Activity
- Shared a healthy snack idea with next month's refreshment committee
- Filled in Extra Ideas
- Had fun!

#### How many came this month?

\_\_\_ Members \_\_\_ Leaders \_\_\_ Family



# January

## Unplugged Fun Month



### Am I Ready?

#### Have I...

- Read all of January's activities
- Given our Secretary January's Roll Call idea
- Shared a healthy snack idea with next month's refreshment committee

#### Practiced what I want to say when I:

- Ask my friends how they did on last month's challenge
- Dare my friends to take the Health-H Challenge
- Share the Health-H Tip
- Lead "Let's Move!"
- Thank my friends for deciding to Choose Health



#### Roll Call for Health

Before the meeting, give your Secretary this active roll call idea:

Everyone hops in place and names one way to have unplugged fun.

During Old Business, lead the:

#### Health-H Challenge Check:

- Stand up** if you stretched 10 minutes at least once since we last met. **Sit down.**
- Stand up** if you stretched 10 minutes at least twice since we last met. **Sit down.**
- Stand up** if you stretched 10 minutes at least three times since we last met. **Sit down.**
- Stand up** if you stretched 10 minutes at least once a week since we last met. Way to go! **Sit down.**
- Stand up** if you stretched 10 minutes most days! Good for you! **Sit down.**
- Stretching feels good and helps keep our muscles ready for action!
- Great work everyone! Now let's hear about this month's Health-H Challenge!

## The Health-H Challenge

This month's challenge is:  
**To have Un-Plugged Fun  
by limiting screen time!**

# January



### Health-H Challenge Tips

If we spend too much time watching TV or playing video or computer games, we won't get as much active play time as we need – 60 minutes a day! And TV commercials may tempt us to eat unhealthy foods. Besides there are so many other ways to have fun – **unplugged!**

## Here's a **Let's Move Activity** for January!

Let's plan for more un-plugged fun – and less screen time.

Let's show each other all the fun ways we like to move!

### **Quick Tip!**

When you do watch TV, get up and move during the commercials! Lots of ads have lively music so take advantage of a dance chance and shake up your screen time!

## Follow the Dancer!

### Equipment

Lively music and a player you can turn up loud

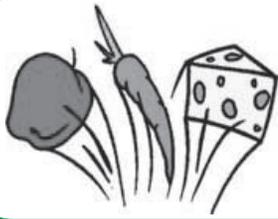
### Get Started

Ask everyone – kids and grown-ups – to get in a circle. Tell them that you're all going to play follow the leader – only by dancing! Say "We'll take turns leading the dance. Let's see who can do the best moves to really get our hearts pumping!"

### Play Rules

Pass a ball, a bandana, or some other small, soft object each time the leader changes. Be sure that everyone gets to be the leader at least once for at least two minutes. If you're having fun, keep dancing!

Source: Essential Staff Training Ideas by Jim Cain, Clare-Marie Hannon, David Knobbe (Dubuque, Iowa: Kendall Hunt Publishing, 2009) pp 60-61. Used with permission of Jim Cain.



# Healthy Snacks

Baked tortilla chips with salsa.

Yum!

## EXTRA IDEAS - January's Challenge: To have Un-Plugged Fun!



- Play “life-sized” board games where you move around a space instead of moving a game piece!
- Plan a winter carnival with party games and a piñata!
- Ask everyone to act out a scene from a favorite book or story!
- Challenge your members to un-plug by having a television-free week!
- Hold a brainstorming session with your club’s members – how many ideas can you come up with to have un-plugged fun?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Keep a Record!

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

#### What I did in January

- Led a fun way to do Roll Call
- Asked about last month’s Health-H Challenge
- Dared my friends to take January’s Health-H Challenge and shared why it’s important

- Led the Let’s Move Activity
- Shared a healthy snack idea with next month’s refreshment committee
- Filled in Extra Ideas
- Had fun!

#### How many came this month?

\_\_\_ Members \_\_\_ Leaders \_\_\_ Family



# February

## Winter Fun Month



### Am I Ready?

#### Have I...

- Read all of February's activities
- Given our Secretary February's Roll Call idea
- Shared a healthy snack idea with next month's refreshment committee

#### Practiced what I want to say when I:

- Ask my friends how they did on last month's challenge
- Dare my friends to take the Health-H Challenge
- Share the Health-H Tip
- Lead "Let's Move!"
- Thank my friends for deciding to Choose Health



#### Roll Call for Health

Before your meeting, give your Secretary this active roll call idea:

**Everyone jumps up and names one winter fun activity.**

During Old Business, lead the:

#### Health-H Challenge Check:

- Stand up** if you limited screen time to two hours or less at least half the days since we last met. **Sit down.**
- Stand up** if you limited screen time to two hours or less most days since we last met. **Sit down.**
- Stand up** if you got up and took an activity break when you did watch TV. **Sit down.**
- We thought of lots of ways to have un-plugged fun last month. Limiting the time we spend watching TV or playing video or computer games means we have more time for un-plugged fun!
- Great work everyone! Now let's hear about this month's Health-H Challenge!

## The Health-H Challenge

This month's challenge is:  
**To enjoy outdoor winter fun,  
play outside at least  
once every week!**

# February



## Health-H Challenge Tips

Staying inside when it's cold outside gets boring. Playing in the snow – sledding, skiing, or just building a snow fort – is a lot more fun! And it's a great way to get in our 60 minutes of active play!

## Here's a **Let's Move Activity** for February!

When we can't play outside, we can still have winter fun!  
Try this activity with your club members.

**Be Prepared for Winter Fun!**  
Gather dry pants, socks, and shoes and keep them in a bag you can tote along anytime you might have the chance to play in the snow!

## Bobsleds!

### Get Started

Ask members to get in groups of four and line up, one in front of the other, facing the same way – as if they were riding a four-person bobsled down a track. Explain that the first person in line is the driver and the last person is the brake-person. The role they play is always related to their position *in line at the time of a command from you*.

### Play Rules

When you say, "**Change!**" the driver moves to the back of the line and becomes the brake-person. And there's a new driver!

When you say, "**Switch!**" the people in the second and fourth positions change places. And there's a new brake-person.

When you say "**Rotate!**" each person turns around so the bobsled is going the other way – and everyone has a new role.

### Ready? Go

Have your bobsled teams practice while you give slow commands. As they understand what to do with each command, speed up your commands. Say ... Change ... Rotate ... Switch ... Rotate, Switch, Change ... Change, Switch, Rotate, Change ... and so forth.

If they get really good at moving around, ask them to try it with their eyes closed!

Source: *Essential Staff Training Activities* by Jim Cain, Clare-Marie Hannon, Dave Knobbe ((Dubuque, Iowa: Kendall Hunt Publishing Company, 2009) Used by permission of Jim Cain



# Healthy Snacks

Hot cocoa and popcorn. Sprinkle cinnamon or garlic salt on popcorn. Yum!

## EXTRA IDEAS - February's Challenge: To enjoy outdoor winter fun!



- Build an igloo!
- Plan a club sledding party!
- Take a winter nature hike together!
- Invent five new ways to play "Snow Tag!"
- Plan a club ice skating party!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Keep a Record!

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

#### What I did in February

- Led a fun way to do Roll Call
- Asked about last month's Health-H Challenge
- Dared my friends to take February's Health-H Challenge and shared why it's important

- Led the Let's Move Activity
- Shared a healthy snack idea with next month's refreshment committee
- Filled in Extra Ideas
- Had fun!

#### How many came this month?

\_\_\_ Members \_\_\_ Leaders \_\_\_ Family



# March

## Walk with a Spring in Your Step Month

### Am I Ready?

#### Have I...

- Read all of March's activities
- Given our Secretary March's Roll Call idea
- Shared a healthy snack idea with next month's refreshment committee

#### Practiced what I want to say when I:

- Ask my friends how they did on last month's challenge
- Dare my friends to take the Health-H Challenge
- Share the Health-H Tip
- Lead "Let's Move!"
- Thank my friends for deciding to Choose Health



#### Roll Call for Health

Before the meeting, give your Secretary this active roll call idea:

Everyone marches in place while naming a favorite place to take a walk.

During Old Business, lead the:

#### Health-H Challenge Check:

- Stand up** if you played outside at least once since we last met. **Sit down.**
- Stand up** if you played outside at least twice since we last met. **Sit down.**
- Stand up** if you went sledding since we last met. **Sit down.**
- Stand up** if you built a snow fort. **Sit down.**
- Stand up** if you did some other outside activity this month. **Sit down.**
- Great work everyone! Now let's hear about this month's Health-H Challenge!

## The Health-H Challenge

This month's challenge is:  
**Take a walk with a buddy every week!**

# March



### Health-H Challenge Tips

Find someone who can be a walking buddy. Choose someone who lives in your house or in your neighborhood so it will be easy for you to take a walk together.

Plan where you'd like to walk and when. Make a walking date with your buddy.

Make it fun! Chat with your buddy while you're walking along. If you can talk without huffing, you're probably walking at just the right speed. Take a new path around your neighborhood and walk a little farther every week. Long walks can turn into a hike – which is even more fun!

## Here's a **Let's Move Activity** for March!

If you can, take a walk with your club! If weather isn't good or you don't have time, try this activity instead!

**Brainstorm Adventures!**  
Make a list of great – and safe – places to walk or hike in your community!

## Walk This Way

### Get Ready

Write names of animals (gorilla, elephant, horse, kangaroo, duck, and so forth) on slips of paper and put the slips in a paper bag or a hat.

### Get Started

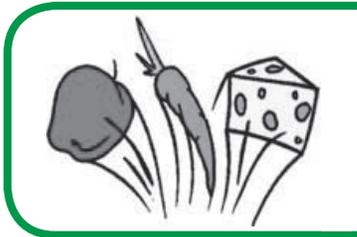
Ask members to get into groups of three or four. Have each group pull an animal name from the hat. Tell them they have three minutes to show how that animal walks. Then the other groups guess what animal they chose.

### Ready? Go

Ask a group to volunteer to go first. Then get every group to take their turns.

### Wrap it Up

Ask each group to teach the other groups to do their walk so everybody gets more chances to walk this way!



# Healthy Snacks

Dried fruit with low-fat cheese.

Yum!



## EXTRA IDEAS - March's Challenge: Take a walk with a buddy every week!

- Map out safe walking routes for your community! How could you work with local government to create more safe walking routes?
- Invest in pedometers so you can track your walking progress! Can you all shoot for 10,000 steps a day?
- Add up the miles your club members walk in a month. Chart the miles from your community to New York City, Whiteface Mountain, Buffalo, Albany, or someplace else that strikes your fancy. How long will it take your club – together – to walk that many miles? What kind of celebration could you hold once your total miles get you there?
- Take part in a walking fundraiser held by a community organization like American Cancer Society or The Diabetes Association.
- Hold your own walking marathon – for fun or as a fundraiser. Donate your earnings to a good cause.

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### Keep a Record!

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

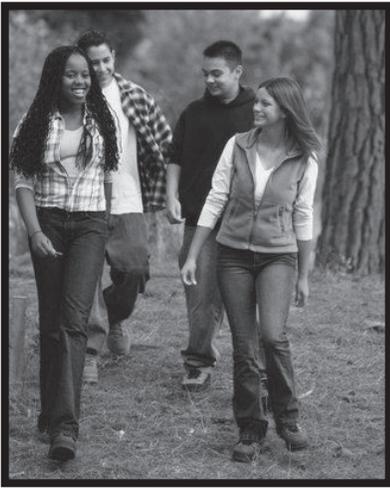
#### What I did in March

- Led a fun way to do Roll Call
- Asked about last month's Health-H Challenge
- Dared my friends to take March's Health-H Challenge and shared why it's important

- Led the Let's Move Activity
- Shared a healthy snack idea with next month's refreshment committee
- Filled in Extra Ideas
- Had fun!

#### How many came this month?

\_\_\_ Members \_\_\_ Leaders \_\_\_ Family



# April

## Take a Hike Month



### Am I Ready?

#### Have I...

- Read all of April's activities
- Given our Secretary April's Roll Call idea
- Shared a healthy snack idea with next month's refreshment committee

#### Practiced what I want to say when I:

- Ask my friends how they did on last month's challenge
- Dare my friends to take the Health-H Challenge
- Share the Health-H Tip
- Lead "Let's Move!"
- Thank my friends for deciding to Choose Health



#### Roll Call for Health

Before the meeting, give your Secretary this active roll call idea:

Everyone **balances on one foot while saying one fun thing you did outside last month.**

During Old Business, lead the:

#### Health-H Challenge Check:

- Stand up** if you took a walk with a buddy at least once last month. Yea! **Sit down.**
- Stand up** if you took a walk with a buddy at least twice last month. Yea! **Sit down.**
- Stand up** if you took a walk with a buddy at least three times last month. Yea! **Sit down.**
- Stand up** if you took a walk four or more times last month!
- Great work everyone! Now let's hear about this month's Health-H Challenge!

## The Health-H Challenge

This month's challenge is: **Take a hike – a walk for an hour or more – twice before our next meeting!**

# April



### Health-H Challenge Tips

Long walks can turn into a hike – which is even more fun! On a hike we might want to carry water and snacks. We might find ourselves climbing hills and walking long distances. That means we need to be strong. If we walk for an hour at a time, two to three times a week, we'll build our endurance. When that's comfortable, we can add a small pack with snacks and water. The extra weight will help build our leg and back muscles. We can also practice hopping and balancing so we can cross streams and be sure-footed on uneven paths. Hiking can take us into the woods and mountains where we'll see things we'd never notice from a car!

## Here's a **Let's Move Activity** for April!

Let's work on our balance together!

### Balance Tag

#### Get Ready

Tagging balls

#### Get Started

Ask a volunteer to be "It", give him a tagging ball.

#### Play Rules

If you get tagged, you have to stand on one foot until another player taps you on the shoulder to let you back in the game.

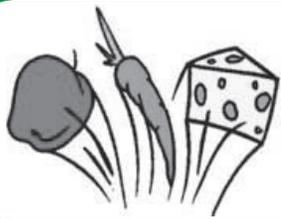
If you lose your balance, you have to do 10 jumping jacks – and then, you get the tagging ball because you're "It!"

#### Ready? Go

Give a start signal and play Balance Tag!

#### Plan A Club Hike!

What will you do to get ready?  
Where will you go? What could you  
take to eat and drink along the trail?  
How will you be sure you are safe  
and not get lost?



# Healthy Snacks

Cereal Trail Mix with raisins.

Yum!



## EXTRA IDEAS - April's Challenge: Take a hike - walk for an hour or more!

- Plan a day-long hike for your club members and their families! Where will you hike? What will you need to take with you? How will each of you prepare?
- Get your club members to make a list of great places to take a hike in or near your community!
- Explore and find out how you can incorporate geocaching into your club's hikes!
- Set up an orienteering course for your club to navigate!
- Explore hiking groups in your area and participate in one of their youth events!

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### Keep a Record!

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

#### What I did in April

- Led a fun way to do Roll Call
- Asked about last month's Health-H Challenge
- Dared my friends to take April's Health-H Challenge and shared why it's important

- Led the Let's Move Activity
- Shared a healthy snack idea with next month's refreshment committee
- Filled in Extra Ideas
- Had fun!

#### How many came this month?

\_\_\_ Members \_\_\_ Leaders \_\_\_ Family



# May

## Safe on Wheels Month



### Am I Ready?

#### Have I...

- Read all of May's activities
- Given our Secretary May's Roll Call idea
- Shared a healthy snack idea with next month's refreshment committee

#### Practiced what I want to say when I:

- Ask my friends how they did on last month's challenge
- Dare my friends to take the Health H Challenge
- Share the Health H Tip
- Lead "Let's Move!"
- Thank my friends for deciding to Choose Health



#### Roll Call for Health

Before the meeting, give your Secretary this active roll call idea:

- Everyone sits in their chairs and moves their legs as if they are riding a bike.
- Each member names one item of protective gear to wear when having fun on wheels (helmet, wrist pads, knee pads, gloves, and so forth.)

During Old Business, lead the:

#### Health-H Challenge Check:

- Stand up** if you took an hour long hike since we met last month. Yea! **Sit down.**
- Stand up** if you took two hikes since we met last month. Great! Where did you go? **Sit down.**
- Stand up** if you took more than two hikes since we met last month. Good for you! **Sit down.**
- Hiking is a great way to be active outside!
- Great work everyone! Now let's hear about this month's Health-H Challenge!

## The Health-H Challenge

This month's challenge is: **Go for a 30-minute bike ride three times a week!**  
**And remember to wear your helmet!**

# May



### Health-H Challenge Tips

Riding bikes, skateboarding, or in-line skating is more fun when you don't get all scraped up and hurt! Bleeding takes away the fun! So wear the right gear to keep yourself safe. On a bike, always wear a helmet and obey the rules of the road.

On skateboards or while in-line skating, wear a helmet, protective knee and wrist pads, and gloves. Biking is a great way to be active and have fun. Choose places to ride where it's safe. Avoid traffic, and obey the rules of the road – every time you ride!

## Here's a Let's Move Activity for May!

Say, "Before we move this month, let's do an experiment to see how we can protect something – like our heads – that could break! Everybody find a partner."

### Egg-Head Toss

#### Equipment

One raw egg per pair, markers, padding (4 paper towels and 12 inches of masking tape.)

#### Get Started

Ask groups to draw faces on their "egg-heads." Then ask them to wrap the padding around the egg enough to protect as well as a bicycle helmet protects their heads. Go outside, have pairs face each other and take two steps back.

#### Play Rules

Each pair tosses their egg to each other. Each time they toss the egg without breaking it, they take two steps backwards. Pairs keep tossing until their eggs break.

#### Ready? Go

Give a start signal and let the Egg-Head Toss begin!

#### Talk About It

Our heads are like eggs. They can break! So every time we ride our bikes, or roller-blade, or use a skateboard, we need to protect our heads with a safety helmet.

#### Be Safe!

Make a list of safe places to ride a bike in your community!

Ride on the far right side of the road. Use arm signals before you turn. Obey traffic signs. Remember a helmet!



# Healthy Snacks

Veggie slices with low-fat dip or salad dressing.  
Yum!

## EXTRA IDEAS - May Challenge: Go for a 30 minute bike ride three times a week!



- Plan a club bike trip! Where will you bike? What will you need to take along? How will you stay safe while biking?
- Hold a bike rodeo for young bike riders just learning the rules of the road!
- Map out safe bike routes in your community? Are there enough safe places to ride? Who could you talk to in local government to find out how to influence planners to create more safe places to ride?
- Set up a bike relay race for club members or for several 4-H Clubs in your county!
- Hold a bike “tune-up” day to check tires, gears, and safety equipment on kids’ bikes! Check helmets for a good fit!

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### Keep a Record!

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

#### What I did in May

- Led a fun way to do Roll Call
- Asked about last month’s Health-H Challenge
- Dared my friends to take May’s Health-H Challenge and shared why it’s important

- Led the Let’s Move Activity
- Shared a healthy snack idea with next month’s refreshment committee
- Filled in Extra Ideas
- Had fun!

#### How many came this month?

\_\_\_ Members \_\_\_ Leaders \_\_\_ Family



# June

## Life-Long Fun



### Am I Ready?

#### Have I...

- Read all of June's activities
- Given our Secretary June's Roll Call idea
- Shared a healthy snack idea with next month's refreshment committee

#### Practiced what I want to say when I:

- Ask my friends how they did on last month's challenge
- Dare my friends to take the Health H-Challenge
- Share the Health-H Tip
- Lead "Let's Move!"
- Thank my friends for deciding to Choose Health



#### Roll Call for Health

Before the meeting, give your Secretary this active roll call idea:

Everyone does jumping jacks through roll call. Each person names one person they know who has a healthy lifestyle.

During Old Business, lead the:

#### Health-H Challenge Check:

- Stand up** if you took a 30-minute bike ride once in the last month. Yea! **Sit down.**
- Stand up** if you took a 30-minute bike ride once a week in the last month. Yea! **Sit down.**
- Stand up** if you took a 30-minute bike ride twice a week in the last month. Yea! **Sit down.**
- Stand up** if you took a 30-minute bike ride three times a week in the last month. **Sit down.**
- Stand up** if you wore your helmet every time you rode your bike. Way to stay safe! **Sit down.**
- Great work everyone! Now let's hear about this month's Health-H Challenge!

## The Health-H Challenge

This month's challenge is: **To try out two new lifetime activities like swimming, bicycling, golf, dancing, bowling, and other things we can do no matter how old we are!**

# June



## Health-H Challenge Tips

It's great to be active when you're a kid! It's fun and you develop habits that will keep you healthy all your life. It's great for grown-ups to be active too, and for kids to try out activities that we can do even when we get old – like our parents and grandparents. We might like playing basketball now, but it's not always easy to gather up enough people to play. So instead we can shoot hoops by ourselves or with just one or two other people. We can kayak or take up a martial art like karate. We can ski, fly-fish, and keep having active fun as we grow up. Who can name another lifetime activity we could try?

## Here's a Let's Move Activity for June!

To stay active all through our lives, we need to eat healthy too – now and as we get older. One way to get the vegetables and fruits we need is to think about eating a rainbow – including all those great colors like red, orange, yellow, green, blue, and purple!

# Vegetable and Fruit Toss

### Get Ready

Two or three soft, easy to catch ball or other toss-able items

### Get Started

Ask everyone to get into a circle.

### Play Rules

Toss the ball(s) from one person to another so that everyone gets a turn. Each time you get the ball, you must name a vegetable or fruit before you can toss the ball to someone else. Try to come up with different vegetables or fruits, but if someone repeats a food that's already been said, just keep tossing!

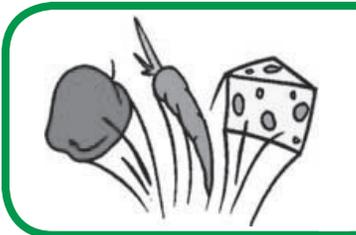
### Ready? Go

When the group is able to toss and catch one ball easily, toss in a second or third ball so everyone gets the ball more often and has to come up with more vegetables or fruits!

### Try New Activities!

Make a list of lifetime sports you'd like to try!

Sometimes you need lessons to really enjoy an activity and do it safely. Where could you learn more about some of the sports you'd like to try?



# Healthy Snacks

Low-fat yogurt fruit parfaits.

Yum!



## EXTRA IDEAS - June Challenge: Try out two lifetime activities!

- Ask club members to talk with parents and grandparents to find out what lifetime sports their family members enjoy!
- Plan a Family Fun Picnic with lifetime sports mentioned by club families! Invite parents and grandparents!
- Get your club to make a list of lifetime sports and activities they'd like to try – and where they could learn skills they'd need to participate in them!
- Take a club field trip to a bowling alley, martial arts dojo, golf course, community garden, health club, or other place where people participate in a lifetime sport!
- Plan community service projects with lots of moving and activity! How can you Choose Health while also helping your community be a healthier place to live?
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### Keep a Record!

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

#### What I did in June

- Led a fun way to do Roll Call
- Asked about last month's Health-H Challenge
- Dared my friends to take June's Health-H Challenge and shared why it's important

- Led the Let's Move Activity
- Shared a healthy snack idea with next month's refreshment committee
- Filled in Extra Ideas
- Had fun!

#### How many came this month?

\_\_\_ Members \_\_\_ Leaders \_\_\_ Family

# Choose Health Report

Look back at your monthly Keep a Record Boxes and put an X mark in each box below that you led (or got another member to lead) in your club this year. Then add up how many times you led Choose Health Activities to the right. Fill in the numbers of members and leaders at each meeting in the shaded boxes. Give your completed report to your 4-H Leader at the end of the year.

What I did each month:	November Move More	December Stretch Yourself	January Unplugged Fun	February Outdoor Fun	March Walk with a Spring in Your Step	April Take a hike!	May Safe on Wheels	June Life-Long Fun	Total
Roll Call for Health									Number of times I led Roll Call for Health = ____
Health-H Challenge									Number of times I led Health-H Challenges = ____
Challenge Check Stand Up									Number of times I led Health-H Challenge Checks = ____
Let's Move activity									Number of times I led Let's Move activities = ____
Shared Healthy Snack Idea									Number of times I shared Healthy Snack Ideas = ____
Number 4-H Members at the meeting									<b>Good Work Choose Health Officer!</b>
Number 4-H Leaders at the meeting									
Number Family Members at the meeting									
What I liked most about being Choose Health Officer was...					What I wish I'd done differently as Choose Health Officer is...				
What I learned from being Choose Health Officer was...									



... I pledge my health to better living for my club,  
my community, my country, and my world.

Look for more opportunities to become involved with 4-H Choose Health Programs:



### Choose Health at 4-H Camp

Cook up some fun at camp in a healthy eating class. As a Counselor-In-Training, find ways to make it easier for campers to choose healthy!

### Choose Health Ambassadors

Teens teach younger children to *Eat and Play Well* in after-school and summer programs!



### Choose Health with 4-H!

Activities at statewide and county 4-H events like Career Explorations, State Fair, and more!



Cornell University  
Cooperative Extension  
4-H Youth Development