

# Health

## Supporting School-Age Accreditation and Quality Programming

4-H *Health* can be used as short-term programming or can easily be integrated into long-term projects where children and youth monitor their exercise and improve their skills or move from basic first aid skills to more advanced safety. Health supports the National AfterSchool Association keys for safety, health and nutrition.

## Essential Elements of 4-H Youth Development

Youth involved in 4-H know they are cared about and feel a sense of **BELONGING**; they exercise **INDEPENDENCE** by using decision-making and action to influence people and events; they develop a sense of **MASTERY** by learning skills needed in making positive career and life choices; and they experience **GENEROSITY** by helping others through community service. These elements support the Army Youth Development Components of Belonging, Success, Service and Independence.

### Ideas! Ideas! Ideas!



Hold a CYS Services Olympics which includes activities for the novice as well as those for the skilled athlete.

Start a CYS Services Move program and give points and rewards for levels of involvement.

Hold a Health and Fitness day to teach CYS Services families about foods that increase energy, exercises the family can do together and basic first aid.

**Up for the Challenge** is a terrific resource for health and fitness activities.

### Summary

So much of what is learned in 4-H *Health* can be used in many of the 4-H projects. The activities planned for this project will be enjoyed by children, youth and adults and will help them be healthy and stay fit for a lifetime.

## Providing Quality Middle School and Teen Programming

*Health* should appeal to teens that are looking for ways to maintain healthy bodies and stay fit through proper nutrition and exercise. Teens will enjoy developing a plan to help them reach optimum performance in both competitive and non-competitive sports. And, they will benefit from learning how to treat minor injuries, cuts and burns. The skills they learn now will be valuable throughout their lifetimes. 4-H members will be excited to share these great health and safety tips with their peers.

## Opportunities for Youth Leadership and Development and Cross-age Teaching

What better way to develop leadership skills than to teach others how to take care of minor scrapes and bruises or show younger children how to properly stretch and exercise to build body strength? Youth can also increase their leadership skills by organizing service-learning projects. *Health* may also encourage some children and youth to consider a career as a doctor, nutritionist or sports trainer.



# THE Army 4-H EXPRESS GUIDE TO

## Health and Fitness



Is there a better combination for healthy living than nutritious food, proper exercise and personal safety? 4-H *Health* lets children and youth select one area or combine all three for a fun and educational project.

## Project Goals

The 4-H *Health* curriculum is designed for children and youth of all ages who are interested in fitness and health. There are two beginning guides for those with little or no experience in this area and one intermediate level project for those with prior experience.

## Four Fun Activities

**1** Why warm-up before exercise? The stretching activities in **Health, Keeping Fit, page 18** help set a good warm-up routine that increases heart rate, gets blood flowing to muscles and helps prevent injuries.

**2** Have you ever been stung by an insect? Encourage children and youth to learn more about insect bites and how to care for them in **Health, First Aid in Action, Bugged by Bugs?, page 18**.

**3** Germs are everywhere! Learn where germs hide and how to outsmart them in **Health, Staying Healthy, Hide and Seek with Germs, pages 8-9**.

**4** Water + tea tree oil + geranium oil = antiseptic wash, of course! Children and youth can make their own wash to use when clean water isn't available. Find the recipe in **Health, First Aid in Action, Ouwes and Ouches!, page 9**.

## Experiential Learning

Experiential learning engages children and youth while they learn, share and grow through their 4-H experiences. The focus is on them as learners with an adult as the coach. First comes the “doing” or exploring. Next, youth share what they did and discuss the experience with their peers. After they've identified the skills and knowledge gained, help them determine how to apply these to other situations in their lives. Consider these questions when completing 4-H *Health* activities. What activity did you find the most difficult? Why? Was there one activity, more than any other, that caused you to change your lifestyle – maybe to exercise more or eat less junk food?



## Project Activity Guides and Target Age Groups

**First Aid in Action (Beginning Level)** teaches basic first aid. Children and youth make a first aid kit; learn how to treat sore muscles and what to do if someone suffers a burn or broken bone. They also learn to identify common household products that are poisonous.

**Staying Healthy (Beginning Level)** explores ways to keep healthy including selecting healthy foods, learning where germs hide and how to stay healthy.

**Keeping Fit (Intermediate Level)** is designed for those who are familiar with health and fitness basics and are ready to take the next step. Activities include learning about the Body Mass Index, proper diet, proper stretching, warm-up, exercise, and much, much more.



## Life Skills

“Skills that help an individual to be successful in living a productive and satisfying life” are identified as Life Skills (Hendricks, 1996). Life skills in this project include self-confidence, decision making, critical thinking, goal setting, planning and organizing, communication, learning to learn, wise use of resources, personal ethics and character, perseverance and positive relationship skills with others.

## Related 4-H Projects

Other 4-H projects that relate to *Health* are *Fantastic Foods*, *Outdoor Adventures*, *Bicycle Adventures*, *Science Discovery* and *Step Up to Leadership*. Children, youth and adults who enjoy *Health* might like to complete some of these projects or combine some of the projects for more in-depth learning.

## Integrating Technology

Use the computer for keeping fitness files or tracking caloric intake and calories used during exercise. The Internet also can be used to learn about sports injuries and how they should be treated or learn some of the newest exercises.

Visit <http://www.mypyramid.gov/kids/> for fun games and activities related to nutrition and fitness or check out <http://kidshealth.org> for more first aid information.

## Character Connection

Being a person of character is always important. Don't forget character is shown not only by how others are treated but also by how you treat yourself.

- Respect your body through healthy eating and appropriate exercise and activity.
- Show others how to take care of themselves through a service project.

Additional character resources can be found at [www.4-hmilitarypartnerships.org](http://www.4-hmilitarypartnerships.org)

## Linking to the Army's Four Service Areas and Baseline Programming

### Sports, Fitness and Health Options

Whether it's learning to be fit through diet, maintaining body strength and fitness for sports, or learning ways to keep the entire family safe with basic first aid, *Health* encompasses everything that is emphasized in the Sports, Fitness and Health Option. Conducting fitness interviews, **Keeping Fit, page 9**, is a good way to learn what others do to stay healthy.

### Arts, Recreation and Leisure Activities

Not everyone wants to be involved in competitive sports. 4-H *Health* shows there are many ways to enjoy leisure and recreation activities. **Staying Healthy, Sort the Sports, page 24**, helps to categorize activities. Many of the activities listed in this activity fall into the area of Arts, Recreation and Leisure Activities.

### Life Skills, Citizenship, and Leadership Opportunities

Knowing what to do in the case of an accident is important and it is just as important to recognize potential safety hazards and problems before they occur. 4-H members can put their leadership skills to work by creating a Do's and Don'ts brochure or poster for younger children, **First Aid in Action, page 17**.

### Academic Support, Mentoring, and Intervention Services

Tracking nutrient rich foods consumed not only helps the body, it is also a great way to learn more about nutrition and planning healthy snacks and meals. Recording daily food intake, **Keeping Fit, pages 14-15**, helps youth learn about nutrition and might spark an interest in a nutrition and fitness career.



## Community Service / Service Learning Opportunities

Each *Health* guide includes leadership/citizenship activities that can be used for one person or for a group. Consider organizing a health fair, helping senior citizens with basic stretching exercises, preparing healthy snacks for a fitness lock-in or making a poster for the center lobby.