Are You Into It?

From treating bug bites to finding safe playgrounds to starting a Kids Walk to School program - 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.

- 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 health and wellness resources in your community and state
- Learn about environmental issues as they affect health
- Learn to make decisions and take action that positively affects your health, your family’s health, and your community’s health

Here’s what you can do all year!

**Starting Out**

Basic / Level 1

- Learn basic safety and first aid skills
- Learn about poisons and how to keep you and your family safe
- Develop a family safety plan
- Identify safe places to play in your community
- Learn how to be safe around pets, strange dogs, and wildlife
- Learn about fire safety
- Learn about careers in emergency medicine

**Learning More**

Intermediate / Level 2

- Create a personal health and wellness care plan
- 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
- Explore environmental health issues that might be in your community
- Learn about careers in the health field

**Expanding Horizons**

Advanced / Level 3

- Learn about sports supplements and their effectiveness
- Explore how hydration affects the body
- Learn how to avoid sports injuries
- Explore what nutrient rich foods are and how they benefit your body
- Explore careers in the fitness and nutrition fields
- Investigate community health issues like: bullying, safe driving, disaster management plans

*For more information or to obtain project materials contact your county ISU Extension Office or go to: www.extension.iastate.edu/4h/projects/health*
Take Health further!

Here are other opportunities to explore Health:

- Create a recreation/activity plan for your club and lead the activities
- Evaluate on-line resources related to health and fitness – are they trustworthy?
- Visit with your county risk management office and learn how to prepare for a natural disaster
- Encourage your fellow club members to enroll in Red Cross First Aid and CPR classes
- Lead age-appropriate physical activity sessions at your local senior center
- Explore how mental and emotional health are connected to physical health
- Is it fair time? Consider taking some of your health project learning to the fair for judging and demonstrate what you have learned through the year
- Learn about the Safe Routes to School program [http://www.iowadot.gov/saferoutes/] and start a walking or biking program with your school
- Explore careers in the health and wellness field
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in health
- Interested in a college education related to health? Schedule a visit with Iowa State University to explore those majors. [www.iastate.edu](http://www.iastate.edu)

### Resources

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<th>4-H Resources*</th>
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<td>Girls Health <a href="http://www.girlshealth.gov">www.girlshealth.gov</a></td>
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<td>Keeping Fit (4H 480C)</td>
<td>Stop Bullying Now <a href="http://www.stopbullying.gov">http://www.stopbullying.gov</a></td>
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<td>Careers in Public Health <a href="http://shl.uiowa.edu/edtrain/tools/didyouseethat.xml">http://shl.uiowa.edu/edtrain/tools/didyouseethat.xml</a></td>
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