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!

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<td>Learn basic safety and first aid skills</td>
<td>Create a personal health and wellness care plan</td>
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<td>Learn about poisons and how to keep you and your family safe</td>
<td>Learn about germs and how they affect your health</td>
<td>Explore how hydration affects the body</td>
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<td>Develop a family safety plan</td>
<td>Learn how to choose food for fuel</td>
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<td>Identify safe places to play in your community</td>
<td>Discover new ways to add physical activity to your life</td>
<td>Explore what nutrient rich foods are and how they benefit your body</td>
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<td>Learn how to be safe around pets, strange dogs, and wildlife</td>
<td>Explore new foods to keep you healthy</td>
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<td>Learn about fire safety</td>
<td>Explore environmental health issues that might be in your community</td>
<td>Investigate community health issues like: bullying, safe driving, disaster management plans</td>
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<td>Learn about careers in emergency medicine</td>
<td>Learn about careers in the health field</td>
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Step It Up!

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

- Show club members how to treat bee and wasp stings
- Teach your club a new game to raise their heart rates
- Prepare a poster about how to stay safe in case of disaster

**Communication**

- 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

**Citizenship**

- Volunteer to be the club health and safety officer
- Organize a 4-H health club
- Write a grant for sport safety equipment for your community
- Demonstrate how to make power snacks at a club meeting

**Leadership**

*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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<tr>
<th>4-H Resources*</th>
<th>Other Resources</th>
<th>Record Keeping</th>
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<td>Iowa 4-H Health <a href="http://www.extension.iastate.edu/4h/projects/health">www.extension.iastate.edu/4h/projects/health</a></td>
<td>Girls Health <a href="http://www.girlshealth.gov">www.girlshealth.gov</a></td>
<td>4-H Yearly Summary (4H0096)</td>
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<td>First Aid in Action (4H 480A)</td>
<td>Kid’s Health <a href="http://kidshealth.org/kid">http://kidshealth.org/kid</a></td>
<td>Experienced 4-H Project Record (4H0096B)</td>
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<td>Staying Healthy (4H 480B)</td>
<td>Kid’s Safety <a href="http://www.cpsc.gov">www.cpsc.gov</a></td>
<td>Advanced 4-H Project Record (4H0096C)</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>
<td>Record keeping Self-Evaluation (4H98)</td>
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**Exhibit Ideas**

- Create first aid kits for your home and club
- Develop a self health plan
- Make a poster on water hydration and exercise
- Make a poster on sports injury
- Give a demonstration on wrapping to prevent or after sports injury
- Design a poster on farm safety
- Design a poster on dental care for babies and toddlers
- Give a demonstration about careers in the health field
- Make a poster on the pros and cons of antibacterial soap
- Give a demonstration on bicycle safety
- Create a poster about how nutrients affect your body
- Demonstrate how to use protective gear for outdoor sports
- Create a skit about what to do in an emergency situation
- Create a share the fun skit that gets the audience up and moving to raise their heart rate
- Prepare a selection of nutrient rich foods and provide samples for your fellow club members to try. Explain how the foods help your body function at top performance
- Teach proper stretching exercises and techniques to your club members

For more information or to obtain project materials contact your county ISU Extension Office or go to: [www.extension.iastate.edu/4h/projects/health](http://www.extension.iastate.edu/4h/projects/health)