


Healthy Living

KEEPING FIT & HEALTHY LEVEL 3

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum <i>Keeping Fit and Healthy Keeping Fit, (#08176)</i>  2005 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials: <i>None</i></p>	<p>In <i>Keeping Fit</i> youth guide:</p> <ul style="list-style-type: none"> • Complete a minimum of 7 activities from the lessons. • Complete a personal fitness plan. • Give an illustrated talk, demonstration or speech on any topic of choice related to health. • Exhibit Project <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Personal Fitness Plan <p>Plus one of the following:</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating a skill or skills learned in this project. • A scrapbook, portfolio or journal notebook showing activities and skills learned in the project.
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Keeping Fit and Healthy page: https://www.uidaho.edu/extension/4h/projects/keeping-fit-healthy To order National 4-H Curriculum visit: https://shop4-h.org/products/keeping-fit-and-healthy-curriculum-keeping-fit</p>		