## Healthy Living

### HEALTH & FITNESS

#### KEEPING FIT & HEALTHY LEVEL 2

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| **Staying Healthy Keeping Fit and Healthy Level 2, Grades 6-8** | In *Staying Healthy* youth guide:  
- Complete a minimum of 7 activities from the lessons.  
- Complete a self-assessment of personal talents.  
- Give an illustrated talk, demonstration or speech on any topic of choice related to health.  
- Exhibit Project | • 4-H Project Record Book  
• 4-H Involvement Report  
Plus one of the following:  
• 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. |
| Youth Materials: |  
- National 4-H Curriculum *Keeping Fit and Healthy Staying Healthy*, (#08175)  
- 4-H Involvement Report  
- 4-H Project Record Book | |
| Volunteer Materials: |  
None | |

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

To order National 4-H Curriculum visit: [www.4-hmall.org/Category/health-and-fitness.aspx](http://www.4-hmall.org/Category/health-and-fitness.aspx)