

Healthy Living

GROUP HEALTH & FITNESS

[Table of Contents](#)

Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Materials: <i>Up for the Challenge: Lifetime Fitness, Health Decisions (Maryland)</i></p> <p>http://extension.umd.edu/4-h/4-h-program-areas/challenge</p> <p>Note: May be used multiple years.</p> <p>It is recommended that the adult/teen Volunteer be familiar with the following sites:</p> <p><i>Choose My Plate</i> www.choosemyplate.gov</p>	<p>Up for the Challenge, Lifetime Fitness, Healthy Decisions addresses wellness for elementary, middle and high school aged youth. It works best in group settings.</p> <p>Recommended key topics to cover include but are not limited to My Plate, physical activities, hand washing, food safety, dairy, think-your-drink, proteins and legumes, healthy snacks and breakfast, whole grains, label reading and portion size, and eating out.</p> <ul style="list-style-type: none"> • Complete a minimum of 10 activities. • Give an illustrated talk, demonstration or speech on any topic of choice. Must be on a different topic each year, if used multiple years. Optional - deliver a youth directed skill-a-thon focused on topic from curriculum. • Exhibit Project at fair or a community event. <p>Youth 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> <p><i>Display poster/exhibit at community event</i></p>	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report <p>Create a poster (14" x 22") or exhibit display. Poster should differ each year, if project is used multiple years.</p> <p>Photos, artwork and items may be used on the poster.</p> <p>Examples of poster/exhibit display topics:</p> <ul style="list-style-type: none"> • Choose My Plate poster with healthy food choices for each section. • Physical activity that work key muscle groups (cycling with quadriceps) • Reading package labels • Recipe book of healthy snacks • Feature local foods that fit in the fruit, vegetable, grain, protein and dairy sections of My Plate • 5-10 healthy snacks items from a gas-&-go store <p>Create a grocery store or farmer's market treasure hunt.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Optional Supporting Materials: Choose My Plate: www.choosemyplate.gov</p>		