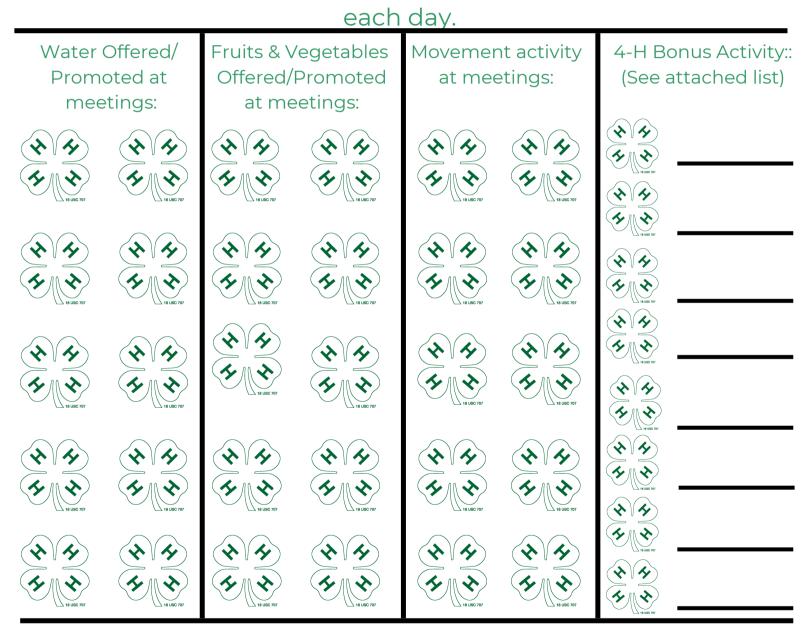


4[™] H FOR HEALTH CHALLENGE

2024-2025

Join the 4th H for Health Challenge as we encourage 4-H members and volunteers to drink water, make healthier choices and move



Club Name: Healthy Living Officer Name: Healthy Living Officer Email: # of Participants:Circle County: NC / KC / SC

This institution is an equal opportunity provider. If you have special needs or concerns that need to be accommodated, please contact the office two weeks prior to the event.



4TH **H FOR HEALTH CHALLENGE** 2024-2025

What can your club members do to put the 4-H pledge into action! Complete the activities below, using the 4th H for Health tracker to show your club's progress. 4-H'ers can complete the challenge as a club over the next 4-H year.

> The four things we ask you to do with your club as the Healthy Living Officer:

- 1. Offer or promote water as the main beverage at 4-H meetings.
- 2. Have a Movement Activity at meetings.
- 3. Offer or promote fruits and vegetables at 4-H meetings.
- 4. Have 25% of your club participate in 5 4-H Healthy Living Bonus Activities: (additional activities may be added other than those listed below, check out your newsletter)
 - a. Any of the (5) walking challenges (National 4-H Week, Walking through the Holidays, St. Patrick Day, Spring Break, or/and State Fair)
 - b. Complete the Monthly activity offered in your 4-H newsletter related to Mental Health, Emotional Health, and Financial Health.
 - c. DE Goes Purple (October)
 - d. Red Ribbon Week (October)
 - e. Drug Facts Week (March)
 - f. Sign up for a 5K walk or run (anytime)
 - g. Plogging (anytime)

How to complete your tracker:

- Color/Fill in 6 clovers in the first three categories listed on the tracker page for each month that your club completed this task.

- For the 4th category you must list the activity and number of club members that participate.

-Awards will be on a sliding scale based on overall completion of tracker.

Questions? Please contact Kaitlin Rogers at kklair@udel.edu