

# What does it take to be 4-H Club Healthy Living - Health or Safety Officer?

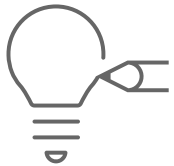
## Characteristics include:



Mindful on nutritional and fitness needs of youth



Active in activities that better the mind and body



Advocate for awareness on topics that trouble youth



Good public speaking skills



Displays empathy for others

## Time Commitment

How will a club better their overall health? A healthy living officer should be passionate and supportive in their reports and available for:

- Club meetings
- Committee check-ins after the club meeting

## Quick Tip

Think about which method will work best for the topic and location of your activity



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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
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**Ohio 4-H**

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