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