

List of Healthy Practices: 4th H Club Challenge



At Ohio State University, we use a framework of holistic wellness. There are many dimensions of wellness models out there with maybe different numbers of dimensions. For our purposes in 4-H, the number is not as important as the concept that **wellness means being healthy in many areas of a person's life**. We use this framework to think about how are we caring about the whole health of someone and how do each of these dimensions impact a person's health. Below are examples of health practices your 4-H Club may adopt in your meetings to meet the Ohio 4-H "4th H Club Challenge."

General

- Take time for youth to set specific, measurable, attainable, relevant, and time-bound (SMART) health goals or set SMART health goals for your club.

Physical Wellness

- Apply sunscreen if going to be outside.
- As a club properly collect and dispose of prescription drugs.

Nutrition

- Serve fresh fruit and/or vegetables as your snack.
- Have water be the main beverage available.
- Collect healthy food items to donate to a local food pantry.

Physical Activity

- Play a recreational game or icebreaker that is physically active.
- Do stretching or yoga together.
- Run or walk in a charity race.

Emotional Wellness

- List things that members are thankful or grateful for.
- Take time to express appreciation to volunteers, parents, and other members.
- Practice meditation, relaxation, or mindfulness.

Digital Wellness

- Have a tech-free club meeting - no phones/devices.

Environmental Wellness

- Encourage members to bring a water bottle to the meeting instead of buying bottled water.
- Clean up trails, roads, or walking paths in your community

Social Wellness

- Take time in the meeting so members get to know each other
- Do activities that make youth feel like a community
- Volunteer together

Other

- Have a speaker come speak on a health topic.
- Do a presentation or demonstration on a health topic.

For additional ideas, see the Healthy Living – Health Officer Resources at ohio4h.org



THE OHIO STATE UNIVERSITY
EXTENSION



COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

ohio4h.org

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.