Choose Health

- Portion control
- Eat veggies
- Get sleep
- Breathe
- Relax
- Avoid
- Be active
- Portion control
- Laugh
- Water
- Exercise
- Eat
- Breakfast
- Move
- Less TV
- Be active
- Avoid sweetened drinks
- Relax

Cornell Cooperative Extension
Are we 3-H? No!

We’re 4-H!
Activities: Fairs and Events For Members and Leaders

In 4-H Clubs
Goal: 5000 youth touched

At 4-H Camp

Choose Health
Action Teens
Why Choose Health?

Childhood Obesity
20-40% have weight issues

And MANY kids have habits that could lead toward overweight and chronic disease!
Key Behaviors to Prevent Childhood Obesity

• Drink low-fat milk and water instead of sweetened drinks
• Play actively 60 minutes a day
• Eat more vegetables and fruits
• Eat fewer fast and convenience foods
• Eat only to satisfy hunger
• Limit screen time to 2 hours or less a day
• Promote healthy behaviors
Choose Health in 4-H Clubs Focus

Play actively
60 minutes a day
As We Developed Choose Health for 4-H Clubs

• 4-H Clubs vary!
  – In size, age, formality, etc.

• In traditional 4-H Clubs...
  – Is there a Rec Leader?
  – Who will be chosen as Choose Health Officer?

• So....

• The Choose Health Officer guide is:
  – Easy to read
  – Concrete with step-by-step instructions
  – Adaptable to offer flexibility
Relies on Evidence-Based Practices

- **Role-modeling**
  - By adults
  - By Choose Health Officer

- **Goal-setting**
  - Monthly Health-H Challenges
  - Opportunities to report successes

- **Family involvement**
  - Family Calendars reinforce club meeting messages
  - Suggest ways to meet Monthly Health-H Challenges
Three Pieces

Choose Health

Officer Guide

Choose Health

4-H Leader Guide

Cornell Cooperative Extension
4-H Youth Development

Family Calendar
2011-12
Program Pieces:
Choose Health Officer Guide

– Increases Health-H attention every meeting November-June
– Builds active play into each club meeting
The Pieces: 4-H Leader Guide

- Identifies key health behaviors
- Guides flexible use of CHO Guide
- Overviews monthly themes/activities
- Suggests ways to make it easy to choose healthy at club meetings
- Suggests ways to include Choose Health in 4-H Projects
- Offers resources to learn more
- Evaluates Choose Health in club setting
The Pieces: Family Calendar

- Reinforces Health-H Challenges
- Gives tips to help meet Health-H Challenges
- Follows club year (adding July-Oct in 2011-12)
- Lets you add county dates for online versions
Let’s Take a Closer Look
How does my club do Choose Health?

Choose Health isn’t a 4-H Project or a 4-H Activity like Public Presentations. Instead, Choose Health is more like the 4-H Pledge - a way of thinking and being as a 4-H member.

There are many ways your club can put the Health-H, and especially the behavior goal of active play, front and center in your members’ minds. One way is to elect a Choose Health officer who will lead the following activities at each club meeting:

- Roll Call for Health – an active way for members to show they’re at the meeting
- The Health-H Challenge – a goal to build in more physical activity into kids’ lives
- Health-H Tips – to help meet the Health-H Challenge
- The Health-H Challenge Check – where members will stand to show how they met the previous month’s Health-H Challenge
- Let’s Move Activity – to supplement the game(s) your Recreation Leader has planned to get kids moving
- Extra Ideas – to do if your club wants to do more with Choose Health

Each of these activities should take no more than 5 minutes and many will take less. Choose Health shouldn’t add much time to your meetings, but it can add meaning and fun!
What if?

4-H Clubs vary in size, focus, age, and lots more. While the Choose Health Officers Guide is set up for a typical 4-H Club, you can still incorporate Health-H activities if your club doesn’t fit the typical mold. Use the following suggestions and your own creativity to make Choose Health part of how your 4-H Club operates!

What if your club doesn’t have enough members to have a Choose Health Officer?

» Rotate the responsibilities by asking each member to take on a certain task (like the Roll Call for Health or the Health-H Challenge) each month.

» Rotate the responsibilities from month to month so one member leads activities in January, another one does it in February, and so forth.

What if you already have an active recreation or games leader?

Great! See if he/she is willing to take on the Choose Health Officer responsibilities too, or to split the job with another member.

What if you meet other times besides October-June?

The Choose Health Officers Guide is set up to fit a typical 4-H Club year where you might meet and elect officers in October, and then meet monthly through June of the following year. But what if your club starts earlier or later than October? Can you still do Choose Health? Sure! Whenever you start, use the activities listed for November to introduce Choose Health to your club and then do the other monthly activities in whatever order makes the most sense for you and your club.

The most important thing is to increase active play so use the Choose Health Officers Guide in whatever way helps you get kids moving and having fun!

Page 4

Learn More: Healthy Eating and Active Play

My Plate

www.ChooseMyPlate.gov
Offers eating plans and interactive tools to help assess and plan food choices based on the Dietary Guidelines for Americans.

Let’s Eat for the Health of it

This 2010 Dietary Guidelines brochure contains practical strategies to make healthy food choices based on themes from the Guidelines.

Ten Tips Nutrition Education Series

www.choosemyplate.gov/tipsresources/tentips.html
High quality, easy-to-follow tips on a variety of topics in a convenient, refrigerator art printable format! Topics include: Kid-Friendly Veggies and Fruits, Cut Back on Your Kid’s Sweet Treats, Get Your Dairy Today, Build a Healthy Meal, and more!

Get physical with activity

Physical activity simply means movement of the body that uses energy. For health benefits, physical activity should be moderate or vigorous intensity:

www.choosemyplate.gov/foodgroups/physicalactivity.html
Discover easy and enjoyable ways to help your child meet physical activity recommendations. www.cdc.gov/physicalactivity/everyone/guidelines/children.html

For an overview of Choose Health Officer activities, see the following page.

Page 5
How You Can Support Your Choose Health Officer

To help your club’s Choose Health Officer succeed, you can:

- Attend the Officers Training Program offered by your county along with your Choose Health Officer.
- Be familiar with each month’s theme and activities.
- Do activities your Choose Health Officer leads right along with your club. Your enthusiasm is contagious!
- Help distribute Choose Health Family Calendars to all members’ families and encourage them to use them to help meet each month’s challenge and to remember important dates like when your meetings are scheduled.

Make it easy for your members to make healthy choices at meetings by:

- Asking families to follow these guidelines when they bring refreshments for your club.
- Offering healthy drinks like low-fat milk or water.
- Providing time and space for kids to engage in active play before and after your meeting. Go outdoors whenever you can because kids are naturally more active outside than they are indoors.
- Always including a vegetable or fruit with a snack.
- Avoiding high-sugar and high-fat foods and offering nutrient-rich and high-fiber foods like whole grain crackers instead.
- Promoting healthy choices whenever and wherever you can.

Choose Health in 4-H Projects and Activities

Choose Health can also be a way to put greater emphasis on the Health-H in all your 4-H Projects and Activities such as:

- Foods and nutrition projects – talk about health benefits of the foods you prepare, especially vegetables, fruits, whole grains, and low-fat dairy.
- Community Service – help with local fun-runs.
- Clothing Projects – help 4-H members make toss-able toys or clothing that’s appropriate for active play.
- Animal Projects – suggest that members wear a pedometer while caring for their animals to see how much activity they’re getting.
- Gardening Projects – focus on health benefits of food grown and on physical activity involved in growing it.

With a little imagination, you can incorporate learning about health into everything your 4-H Club does. That’s Choose Health!
<table>
<thead>
<tr>
<th>Month</th>
<th>Theme</th>
<th>Roll Call</th>
<th>Monthly Health-H Challenge</th>
<th>Monthly Challenge Check</th>
<th>Let’s Move Activity</th>
<th>Healthy Snack Idea</th>
<th>Health Tips on Family Calendar</th>
</tr>
</thead>
<tbody>
<tr>
<td>November</td>
<td>Introduce Choose Health Move More Month</td>
<td>Act out a favorite way to be active</td>
<td>Play actively 60 Minutes a day</td>
<td></td>
<td>Link Up Tag</td>
<td>Apple Slices, sunflower and pumpkin seeds, ice water</td>
<td>Ideas for Active Families to Play Together</td>
</tr>
<tr>
<td>December</td>
<td>Stretch Yourself</td>
<td>Lead a 15 second stretch</td>
<td>Stretch before and after active play – and whenever you feel tense</td>
<td>☑ 3 x /wk</td>
<td>Animal Stretches</td>
<td>Veggie slices with low-fat dip or dressing</td>
<td>Stretches for the whole body</td>
</tr>
<tr>
<td>January</td>
<td>Unplugged Fun</td>
<td>Name 1 way to have unplugged fun</td>
<td>Have Un-plugged fun by limiting screen time!</td>
<td>☑ Once</td>
<td>Follow the Dancer (Jim Cain)</td>
<td>Baked tortilla chips and salsa</td>
<td>Limit Screen Time</td>
</tr>
<tr>
<td>February</td>
<td>Outdoor Fun</td>
<td>1 Winter fun activity</td>
<td>Enjoy winter fun by playing outside at least once a week</td>
<td>☑ Half days</td>
<td>Bobsleds (Jim Cain)</td>
<td>Hot cocoa and popcorn</td>
<td>Winter Fun Ideas</td>
</tr>
<tr>
<td>March</td>
<td>Walk with a Spring in Your Step</td>
<td>Walk with a Spring in Your Step</td>
<td>Take a walk with a buddy every week</td>
<td>☑ Once</td>
<td>Walk Like This</td>
<td>Cereal trail mix with dried fruit</td>
<td>Walking shoes, where to walk, safety, fun</td>
</tr>
<tr>
<td>April</td>
<td>Take a hike!</td>
<td>Balance while reporting on outdoor fun</td>
<td>Hike for an hour or more twice a month</td>
<td>☑ Once</td>
<td>Balance Tag</td>
<td>Dried fruit with low-fat cheese</td>
<td>Planning a hike</td>
</tr>
<tr>
<td>May</td>
<td>Safe on Wheels</td>
<td>Bike Places</td>
<td>Go for a 30-minute bike ride 3 times a week! And remember to wear your helmet!</td>
<td>☑ Once</td>
<td>Egg Toss</td>
<td>Fruit pizza</td>
<td>Follow rules of road, build in biking, wear a safety helmet</td>
</tr>
<tr>
<td>June</td>
<td>A Lifetime of Activity</td>
<td>Jumping Jacks: name1 person you know who lives actively</td>
<td>Try out 2 new Lifetime Activities – things we can do no matter how old we are</td>
<td>☑ Once</td>
<td>Vegetable / Fruit Toss</td>
<td>Low-fat yogurt fruit parfaits</td>
<td>Lifetime activities to try as a family</td>
</tr>
</tbody>
</table>
Evaluation

- How can we improve Choose Health in 4-H Clubs?
- What results do we see?
Choose Health 4-H Leaders Report

Please help us know how Choose Health is working for your club! Collect the Summary Report form from your Choose Health Officer(s) (page 35 in the Choose Health Officers Guide) and return it along with your own responses to the following questions to your 4-H Office by July 1.

Please respond to each of the questions using this scale:

1  2  3  4  5
Not at all  Average  Quite a bit

1. To what extent did members and families seem to enjoy health snacks when provided?

2. To what extent did Health Officers and youth members seem to enjoy engaging in the planned monthly activities?

3. To what extent are Choose Health behaviors present in other areas of the Club setting besides monthly meetings?

4. To what extent do you see increased awareness of health activities and behaviors in the Club community?

5. How did you support your club’s Choose Health Officer? (i.e. attend training, participate in activities, etc.)?

6. How did you promote healthy choices in your club? (i.e. provide healthy drinks/snacks, include fruits in snacks, etc.)

7. What changes would you suggest in Choose Health to make it more successful in your club?
Choose Health Officer Guide

Choose Health Officer Job Description

“As I pledge my health to better living for my club, my community, my country, and my world!”

As Choose Health Officer, I keep the Health-H front and center at all our 4-H Club meetings and activities.

Here’s how:

- I give our Secretary an active roll call idea - Roll Call for Health.
- I get members to set a goal every month - to meet the Health-H Challenge.
- I work with our Recreation Leader to lead a ‘Let’s Move!’ activity at every meeting.
- I give out healthy snack ideas at our meetings.
- I remind members to use the ideas on their Choose Health Calendars, if available.
- I fill out the Choose Health Report and give it to my 4-H leader at the end of the year.

5 Ways I can Help My Club Choose Health

1. I can lead by example!
2. I can help others know what’s healthy, but not be pushy about it!
3. I can give the head of my friend make good choices!
4. I can point out small, easy ways we can Choose Health!
5. I can have fun!

What You Do and When You Do It

Each month, you’ll share ways to be healthy, including:

- Roll Call for Health
- A Health-H Tip
- Health-H Challenge Check
- Let’s Move Activity
- The Health-H Challenge
- Healthy Snack Ideas

Here’s what happens in a 4-H Club Meeting and where Choose Health Fits.

4-H Pledge

Roll Call for Health - Secretary

Old Business
This is where you do the Health-H Challenge Check. Starting in December, you’ll ask:

How did you do with last month’s Health-H Challenge? Stand up if you...

New Business
This is where you introduce the Health-H Challenge Tips and give your club the Health-H Challenge Tips each month.

Let’s Move Activity
Talk with your Recreation Leader before the meeting so each of you has something fun and active for your 4-H members to do!

Adjourn
Enjoy a Healthy Snack Together!

Give ideas for healthy snacks to your leaders and to the member who will bring next month’s snack to share.
Let's Move Activity

Let's Move activities all look like this:

The Let’s Move activity is usually an active game. If your club has a Recreation or Game Leader, you can:
- Ask him or her to lead the Let’s Move activity,
- Lead the Let’s Move activity in addition to a game he or she leads for the club,
- Or taketurn leading active games each month.

Talk to your Recreation Leader before each meeting to see how the mood of your group want to them leading games. Your role is to take over the job of the Recreation Leader, but to encourage lots of fun activity during your 4-H Club meetings.

Most Let’s Move activities are best played out of doors where there’s lots of room and not so many drying or tripping things over. But when you cannot play outside, work with your 4-H Leader to find somewhere your members can move and play the Let’s Move activities.

Equipment

Tells you what you’ll need such as:
- INDOOR PLAYGROUNDS - which can be found on the floor, under fans or headrooms you put on the floor, in the store, or somewhere.
- TAGGING BALL - Sometimes Let’s Move in an egg game. For this game, you need a soft foam ball that can bounce when someone is hit. This ball, “?’s” won’t be able to turn someone too hard. Even someone who is turning on “?’s” or she gets the tagging ball.
- MOUSE - Throwing a ball is a good way to play active games. Use any ball or any other item your members want to do. Look for items you can play with any ball or other system. Try to gather music for twice as long as you expect to actually have time to dance.
- TOSSABLES - small balls, bean bags, bean bags, or even small stuffed animals are great for toss games.
- EGGS TOSS MATERIALS - You'll need to gather these before your May meeting.

Get Started

Tells you what you can do to introduce and explain the game. Usually, you’ll say how your friends should move — to the left, in a circle, on their own and so forth. Sometimes, you’ll ask to be a volunteer to be “?’s.”

Play Rules

Tells important rules your friends need to know before the game starts. Say the rules once, demonstrate them twice, then say them again to everyone.

Ready, Go!

Play the game — until everyone has had the most fun. Then stop and introduce another member — another member passes up or something else similarly. When you stop before your friends get tired of the game, they’re ready to play again another time.

Riff about it

Sometimes, it’s helpful to briefly ask about what you’ve just done. It’s also for information, after the play has come to an end. It’s a great way to remind your friends that their brains are just like the eggs you’ve just used.

Choose Health Officer Guide

Cornell Cooperative Extension
4-H Youth Development

Healthy Snacks

Healthy snack ideas always look like this:

Share healthy snack ideas with your members — and encourage them to take turns bringing healthy snacks to meetings.

Extra Choose Health Ideas

Extra Choose Health ideas always look like this:

Many your 4-H Club doesn’t follow the traditional teaching form. Instead, you can include Choose Health in your club meetings.

The Choose Health Officer Guide is written so that very young 4-H members can use it easily. It has ideas and activities for each month. The important thing is to encourage your club to be active, healthy, and have fun. And there are lots of ways you can accomplish those goals!

For some ideas to get you started in each monthly guide.

Five ideas to go you thinking:

1. [Blank space]
2. [Blank space]
3. [Blank space]
4. [Blank space]
5. [Blank space]

Share space for you to fill in your own ideas

How to Use This Guide

The Health-It Challenge always looks like this:

Each month’s Health-It Challenge is a tool you’ll encourage your members to use daily. You tell the story, and your members can easily do the reflection in your own words.

The Health-It Challenge is always a fun, active activity. Moving feels good and is part of being healthy, so ask members to stand if you say something that applies to them.

The Health-It Challenge also needs your help. Sometimes, it’s helpful to remind your friends that their brains are just like the eggs you’ve just used.

Roll Call for Health Ideas always look like this:

Making roll calls active should not take a lot of time in your meetings — if you show your friends a fun move and have a fun example each month! Ask them to help you make it quick and fun so roll call doesn’t ding after long.

Keep a Record:

Keep a Record always looks like this, with places to check off the parts of Choose Health you do with your club.

Check off what you do each month, and then it will be easy to complete the form on page 35 and give it to your leader at the end of the year.
November
Move More Month

Introduce your club to Choose Health!

Why Choose Health is important?

What is Health!

All of November's activities

Give our secretary

November's Roll Call Idea

Shared a healthy snack idea

with next month's refreshment committee

Brought enough Family

Calendars for everyone

Practiced what I want to say when it

Introduce Choose Health

to my club

Dare my friends to take

the Health-I Challenge

Share the Health-I Tip

Share how to use the

Family Calendar to help

all meet the Health-I Challenge

Load "Let's Move"

Thank you for deciding to Choose

Health

The Health-I Challenge

This month's challenge is:

Play actively 60 minutes every day

Healthy-I Challenge Tips

Help your club find fun ways they like to be active. Say,

Let's all say one way we like to play

and be active - a different way than

you used for roll call

When everyone has had time, say,

Hey everyone, we have

60 minutes left to play

and be active - a different way than

you used for roll call

The Choose Health Family Calendar has lots of tips to help the whole family meet the Health-I Challenge.

Ask your club members or tell members when your meetings will be so they can write them on their calendars. Say,

Next month, IP ask who met the Health-I Challenge - so keep track of how much you play every day!

Here's a Let's Move Activity for November!

Being active is a really important part of being healthier, so always plan to do something fun and active at your +/1 meetings!

Go outside whenever you can - it's more fun!

Link Up Tag

Equipment:

Something to make a (pendants. (laces, handkerchief, etc. or the floor, and so forth)

Tagging Bell

Get Started

Ask each member to find a partner and link them together (if person and stand together.

Ask one of you to be the "Tagger" and give hurr one but the Tagger Bell. Ask the "Tagger" partner to be the one "gives the bell." Tagger gives two people, and link their elbows.

If "grabs the target.

The "Target" can link a chosen with any part of a friend. Then the person on the other end of the part becomes the new "target".

If "Target" takes the "Target" the "Target" becomes "It".

Healthy Snacks

Make these, bring them to your meeting, and enjoy! Yum!

EXTRA IDEAS - November's Challenges

- Build activity into your club meetings: vote by standing up instead of raising your hand, play games before and after your business meetings, plan active outings for your club!
- Let your club sign up for the President's Fitness Challenge www.presidentchallenge.org to learn new ways to improve each member's endurance, strength, and flexibility!
- Have everyone bring a favorite active game to share!
- Sponsor a Family Fun Night with games and activities!
- Go outside to play before or after your club meetings!

Keep a Record!

- Did my friends take the Health-I Challenge?
- Shared a healthy activity idea with my friends
- Healthy-I Challenge
- Let's Move Activity
- Introduced Choose Health
- Shared Healthy Snack idea with next month's refreshment committee
- Had fun!
- How many wore Bigs shirts?
Health-H Challenge Check

December
Stretch Yourself Month

Am I Ready?

Have I...

- Read all of December’s activities
- Given our Secretary December’s Roll Call idea
- Shared a healthy snack idea with next month’s refreshment committee

Practiced what I want to say when I:

- Ask my friends how they did on last month’s challenge
- Dare my friends to take the next Health-H Challenge
- Share this month’s Health-H Tip
- Lead “Let’s Move!” - Have I chosen an animal stretch to demonstrate
- Thank my friends for deciding to Choose Health

Roll Call for Health

Before your club’s meeting, give your Secretary this idea for an active roll call:

Each member shows one way to stretch muscles. Everyone else follows and holds the stretch for 15 seconds.

During Old Business, lead the:

Health-H Challenge Check

Last month’s Health-H Challenge was to move actively 60 minutes every day. Who did well with that challenge?

- Stand up if you played an hour a day at least three times a week since last month. Sit down.
- Stand up if you played an hour a day at least five days a week since last month. Sit down.
- Stand up if you played an hour a day most days since last month! Way to go! Sit down.
- Great work everyone! Now let’s hear about this month’s Health-H Challenge!
CHOs Evaluate

• Keep a Record

New for 2011-12

**Keep a Record!**

Check off everything you did so you can complete your Choose Health Officer report at the end of the year!

**What I did in June**

- Led a fun way to do Roll Call
- Asked about last month’s Health-H Challenge
- Dared my friends to take June’s Health-H Challenge and shared why it’s important

- Led the Let’s Move Activity
- Shared a healthy snack idea with next month’s refreshment committee
- Filled in Extra Ideas
- Met the Health-H Challenge myself
- Had fun!

**How many came this month?**

___ Members ___ Leaders ___ Family
## Keep a Record for the Club Year

<table>
<thead>
<tr>
<th>What I did each month:</th>
<th>November</th>
<th>December</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Move More</td>
<td>Stretch Yourself</td>
<td>Unplugged Fun</td>
<td>Outdoor Fun</td>
<td>Walk with a Spring in Your Step</td>
<td>Take a hike!</td>
<td>Safe on Wheels</td>
<td>Life-Long Fun</td>
<td></td>
</tr>
<tr>
<td><strong>Red Call for Health</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Number of Times I led Roll Call Health = _____</td>
</tr>
<tr>
<td><strong>Health-N Challenge</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Number of Times I led Health-N Challenges = _____</td>
</tr>
<tr>
<td><strong>Challenge Check Stand Up</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Number of Times I led Health-N Challenge Checks = _____</td>
</tr>
<tr>
<td><strong>Let's Move activity</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Number of Times I led Let's Move activities = _____</td>
</tr>
<tr>
<td><strong>Shared Healthy Snack Idea</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Number of Times I shared Healthy Snack Ideas = _____</td>
</tr>
<tr>
<td><strong>Number 4-H Members at the meeting</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Number of Times I met the Health Officer's goals = _____</td>
</tr>
<tr>
<td><strong>Number 4-H Leaders at the meeting</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Good Work! Choose Health Officer!</td>
</tr>
<tr>
<td><strong>Number Family Members at the meeting</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What I liked most about being Choose Health Officer was...

What I liked least about being a Choose Health Officer was...

One thing I do differently because of my experience as a Choose Health Officer is...
Evaluating Choose Health Officers

• Leaders and CHOls voluntarily submit reports
• Local results used to market 4-H
• Tie local outcomes to state level results
• Supported by external grants offering visibility
• Incentives provided!
Now What?
County 4-H Leader Training

Choose Health Leaders Training Agenda

Introduction
- Why Choose Health?
  - Concern over habits that can lead to overweight, obesity, and chronic diseases in children
  - Many kids have unhealthy eating and activity habits so Choose Health is directed not at weight control for some, but healthy behaviors for all
  - Including those listed to the right and on page 2 in the Leaders Guide
- It’s easy to choose health when others around you make healthy choices and there are healthy options available.
- A Choose Health Officer in your club can help your members:
  - Be more aware of healthy behaviors
  - Be more active with games,
  - Set goals to be active
  - Suggest healthy snacks

Details – How to Build Choose Health into All Your Club Meetings
- Have members elect a Choose Health Officer (CHO) – or rotate the job
- Help the Choose Health Officer(s) get familiar with the Choose Health Officer Guide
- Help him/her introduce Choose Health to the club and families via the Choose Health Family Calendar
- Remind them to include these components in each meeting

Let’s Look at the Materials
- Leaders Guide
- Officer Guide
- Family Calendar

Help Us Know How it Works For You!
- Monthly and Annual Officer Report (CHO Guide, at end of each month and page 35)
- Annual Leader Report (Leaders Guide, pp ______)

Let’s Move!
- Lead as many Let’s Move games as time allows, especially unfamiliar activities like Bobsleds (in February, p 21), Animal Stretches (December, p 15), and Walk Like This (March, p 24)

Have fun!
Choose Health Officers Training Agenda

Introduction
- Congratulations! You’ve got an important – and fun – job for your club!
- It’s a new job, so you’re a pioneer!
- We’ll teach you what you do and how to do it, so you’ll be really good at it!
- The Choose Health Officer Guide and your 4-H Leader will help!

The Big Picture – What A Choose Health Officer Does
- Keeps the Health-H front and center at 4-H Club meetings!
- Suggests ways 4-H’ers can be physically active and ready for anything!

The Details – What you do at each meeting
- Show the chart to the right and briefly explain each task.

Let’s See It Works – in a Mock November Meeting!
- Use the November meeting plan in the Choose Health Officers Guide to model how to introduce different elements of Choose Health. Ask for volunteers to fill all the officer roles during this mock meeting.
- Show Choose Health Officers their November Meeting Guide (pp 10-12).

Let’s See It Works – in Other Months!
- Show the December Meeting Guide (pp 14-16)
- Share responsibilities so you help but not take over for other officers:
  - Share Active Roll Call Ideas with your club secretary.
  - Share Let’s Move with your Recreation/Games Leader.
  - Share Snack Ideas with each month’s refreshment committee.
- From December on, you’ll do a Health-H Challenge Check to recognize everyone who at least tried to meet the previous month’s Health-H Challenge. Let’s try the Challenge Check for December now.
- Check off what you do and turn it in to your 4-H Leader at the end of the year.
- Ask for questions.

Let’s Move!
- Lead as many Let’s Move games as time allows, especially unfamiliar activities like Bobsleds (in February, p 21), Animal Stretches (December, p 15), and Walk Like This (March, p 24.)
- Say, “Now you’ve experienced some of what you can do as your club’s Choose Health Officer.
- Have fun!”
A Key Element of Training?
Let’s Move Activities
The Pieces: County 4-H Newsletter Blurbs

- Keeps the Health-H front and center
- Reinforces CHO monthly themes/challenges
- Lets you coordinate county activities