

# Waukesha 4-H Project Guide



Category: Family, Home & Health  
4/2021

<p>4-H Project <b>Health &amp; Fitness</b></p>	<p>Subprojects under this project</p> <ul style="list-style-type: none"> <li>• Safety</li> <li>• Fun &amp; Fitness</li> </ul>
<p>Things you might learn in this project:</p>	<ul style="list-style-type: none"> <li>• Strategies to stay healthy and prevent injury</li> <li>• Health and Fitness Career information</li> <li>• Fun Fitness Opportunities</li> </ul>
<p>Learning activities/ workshops/ field trip ideas:</p>	<ul style="list-style-type: none"> <li>• Interview a Doctor, Nurse, Physical Therapists, School nurse, etc</li> <li>• Interview a police officer about drug enforcement</li> <li>• Interview a mental health or addictions counselor</li> <li>• Visit your Extension Office Nutritionist</li> <li>• Participate In a fitness program</li> <li>• Visit your local red cross office</li> <li>• Visit your local YMCA</li> </ul>
<p>Ideas of things you might exhibit in the fair:</p>	<ul style="list-style-type: none"> <li>• Racewalking</li> <li>• Create a first aid kit</li> <li>• Create an exercise plan for yourself</li> <li>• Report on importance of warming up for injury prevention</li> <li>• Poster or Display on Mental Health Wellness</li> <li>• Report on Dangers of Drugs and Alcohol</li> <li>• Poster or Display on Good Nutrition</li> <li>• Poster on Habits for Good sleep</li> <li>• Report on Menu Planning for a week</li> <li>• Anti Bullying Display</li> <li>• Poster on healthy weight loss tips</li> <li>• Report on health and fitness career opportunities</li> <li>• Display on Drivers Safety or Farming Injury Prevention</li> </ul>
<p>Waukesha County Project Leaders:</p>	<ul style="list-style-type: none"> <li>• Barb Jones</li> </ul>
<p>References &amp; Resource links:</p>	<ul style="list-style-type: none"> <li>• <a href="https://www.waukeshacounty.gov/UWEX/FL/">https://www.waukeshacounty.gov/UWEX/FL/</a></li> <li>• <a href="https://4-h.org/parents/healthy-living/">https://4-h.org/parents/healthy-living/</a></li> <li>• <a href="https://fyi.extension.wisc.edu/wi4hhealthyliving/healthy-living-resources/">https://fyi.extension.wisc.edu/wi4hhealthyliving/healthy-living-resources/</a></li> <li>• <a href="https://4h.extension.illinois.edu/members/projects/health-and-fitness">https://4h.extension.illinois.edu/members/projects/health-and-fitness</a></li> <li>• </li> </ul>