

4-Healthy LIVING

Club Challenge

CONTEST RULES:

This is a guide to get you started to becoming a healthier you!

Try to complete each daily goal and practice the "Health H". This will help you and others around you feel better.

Have a parent initial each activity you complete. You do not have to complete the activity on the same date it is on the calendar. For example, if you play ball on the 20th instead of the 15th it still counts.

MEMBER PRIZES: Only current club members are eligible to win prizes based on their level of participation.

a.) 1 or more activities – Participation Certificate

b.) 15-30 activities – 8' Confetti Jump Rope and assorted healthy snacks bag

c.) All 31 activities – 4-H T-shirt, fruit infuser water bottle, and a \$5 gift card to Tropical Smoothie Café!

CLUB PRIZE: The club with the highest percentage participation will win a "Make Your Own" Pizza & Smoothie Party at the Arboretum with a presentation from the Smoothie King. In order to be counted in the club count, members must complete at least 15 activities.

Bring your calendar in to the 4-H office or email to leslie_dill@ncsu.edu by June 3rd.

MAY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4-H Member Name:		4-H Club Name:			1 Wash your hands while you sing your ABC's before eating.	2 Organize an active game with friends.
3 Try a new vegetable you have never tasted before.	4 Wear safety gear when you go riding: rollerblade, bike, horseback, or skateboard.	5 Stretch for 20 minutes to increase flexibility.	6 Hold a Hula Hoop contest.	7 Drink water or milk, avoid sugar sweetened beverages.	8 Take time out from technology today.	9 Donate a can of food to a local pantry or someone in need.
10 Ask your parents to park at the edge of the lot.	11 Eat a healthy meal with your family at the table.	12 Make a list of everything you eat and drink today.	13 Drink 8 glasses of water.	14 Jump rope for 10 minutes, 6 times.	15 Play ball.	16 Encourage your family to shop at a local farmer's market today.
17 Try a delicious 100% fruit juice.	18 Eat a green salad.	19 Complete a random act of kindness.	20 Try a fruit you have never eaten before.	21 Take a walk.	22 Create a good health goal for your family, club, school, or community.	23 Try a new whole grain food like barley, quinoa, or brown rice.
24 Enjoy dried fruit as a snack.	25 Visit a local park or the beach.	26 Give your friend a compliment.	27 Sleep at least 8 hours at night.	28 Set a nutritional goal for next month.	29 Eat breakfast when you wake up.	30 Enjoy the outdoors, remember your sunscreen!
31 Choose your own healthy activity and write it below:		Sponsors:				