

The West Virginia 4-H Health Initiative Curriculum was developed at West Virginia University Extension Service and we thank them for giving their permission to use these materials to further health education for youth.

The 4-H health curriculum materials were planned, written, and designed by faculty and staff of the West Virginia University Extension Service, with input from volunteer leaders, parents, and 4-H members throughout the state.

The 4-H Health Activity Guide provides materials for the 4-H health officers to use with their club members. Individual 4-H members use the 4-H Planner as they learn healthy life-style skills. Any adaptations to this publication are made with the permission of West Virginia University Extension Service.

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NEW JERSEY 4-H CLUB HEALTH ACTIVITY GUIDE: PHYSICAL ACTIVITY

HELPING EACH
4-H'ER TAKE
A STAND FOR
"HEALTHIER
LIVING"



Extension Service
West Virginia University

A program developed by the
West Virginia University Extension Service
Families and Health and 4-H Youth Development Programs



4-H CLUB HEALTH ACTIVITY GUIDE: PHYSICAL ACTIVITY CONTACTS

Name: _____

Your Club: _____

Your County: _____

CLUB OFFICERS:

President: _____

Vice President: _____

Secretary: _____

Treasurer: _____

Health Officer: _____

Recreation Leader: _____

Song Leader: _____

Adult Leaders: _____

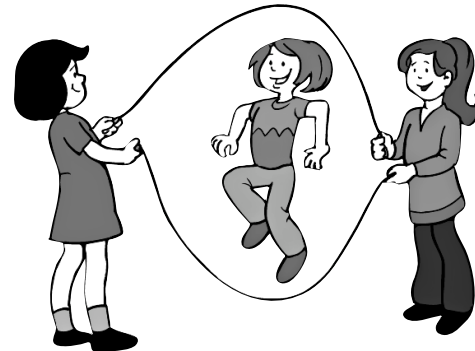
FOR LOCAL SUPPORT, CONTACT:

RCE County Extension Agent: _____

Office Phone: _____ E-mail: _____

FOR FURTHER PROGRAM INFORMATION, CONTACT:

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