

#### 4H918M Keeping Fit & Healthy- 1st Aid in Action

Youth practice first aid skills to treat cuts, scrapes, nosebleeds and bee stings. They learn how to respond to someone who is choking or has broken a bone; assemble a first aid kit; and interview members of the medical profession. Print only.

#### 4H919M Keeping Fit & Healthy - Staying Healthy

Youth design personal fitness plan & track it using their own fitness file. Through interviews & personal experiences youth discover benefits to being fit as they practice making decisions, speaking with others & managing themselves. Print only.

#### 4H920M Keeping Fit & Healthy - Keeping Fit

Youth will enjoy using the self-assessment tool to identify personal talents, explore hygiene, nutrition and physical activities, and share what they discover with a new appreciation of personal interests & talents. Print only.

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