

7 Tips

to creating healthy,
active meetings

Make 4-H club meetings, Fun, Healthy & Active



“I pledge my Health to better living...”

Let’s keep that 4-H pledge by incorporating healthy snacks and physical activity into our club meetings. Club meetings are a great way to showcase creative, tasty healthy snacks and a fun, active environment.

1 Make your Roll Call Active

Here’s an example: “Let’s say we’re here by acting out an active sport or game we like to play! Like this...” Show the club what you mean by acting out a sport like swimming, bowling, or bicycling! Or when your name is called, jump up and name your favorite winter fun activity.



2 Guest Speakers

Invite community members to speak or demonstrate something focused on healthy eating or physical activity. How about someone that does martial arts or a dietician or nutrition educator? Maybe a parent in your group has a passion for Zumba and can show the club members some moves?



3 Have monthly health challenges

Have the Vice President or Health Officer, challenge families to eat healthy or stay active by giving them a “Health Challenge.” One example— Have Un-Plugged Fun by limiting screen time. At the next meeting, members could report back some activities they did instead of being plugged into a screen.

4 Offer thirst quenchers that please

Make flavored water with citrus fruit, berries or cucumbers. Serve 100% juices and limit pop, Hi-C, and fruit punches with lots of added sugars.



5 Make moving part of every meeting

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling and giggling add fun to any meeting. Have a different member for each meeting lead an active 5-10 minute game, before, during or after the meeting.

6 Try healthier snack options

Veggies and fruit can be just as fun as cupcakes and brownies. Check out Pinterest for creative ideas. Don’t have time for Pinterest? Here are some quick ideas - Make a simple trail mix, cheese & crackers, pretzels, veggies, fruit, animal crackers, goldfish. Remember - it’s just a snack.



7 Elect a 4-H Health Officer

A health Officer can be part of the officer team. They can give the Secretary active roll call ideas, work with members to plan active games for meetings, give out healthy snack ideas, set Health Challenges every month.



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