

## HEALTH DIVISION

### Health Rules and Regulations

1. In order to exhibit in the Health Division, 4-H members must be enrolled in:  
**Keeping Fit and Healthy 1**  
**Keeping Fit and Healthy 2**  
**Keeping Fit and Healthy 3**
2. See General Projects Guidelines

**Class 01- First Aid in Action** – Exhibit a family First Aid Kit and cards prepared by the exhibitor.

**Class 02- Staying Healthy** – Exhibit a “smarts” project as explained in the project manual. Project should be designed/prepared by the exhibitor.

**Class 03- Keeping Fit** – Exhibit a Fitness File OR make a display on credible information about supplements and performance enhancers.