

HEALTH

See General Rule #16 regarding size restrictions.

- * **Keeping Fit and Healthy I (First Aid in Action)** – Exhibit a family First Aide Kit and cards prepared by the exhibitor.
- * **Keeping Fit and Healthy II (Staying Healthy)** – Exhibit a “smarts” project as explained in the project manual. Projects should be designed/prepared by the exhibitor.
- * **Keeping Fit and Healthy III (Keeping Fit)** – Exhibit a Fitness File OR make a display on credible information about supplements and performance enhancers