

# **Health**

## **Health Rules and Regulations**

1. In order to exhibit in the Health Division 4-H members must be enrolled in **Get up and Move I, II, III or Keeping Fit and Healthy I,II, III.**
2. **See General Project Guidelines.**
3. Each county may submit 2 entries from this section for state fair.

### **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.