

4-H Camps Healthy Living

I Pledge

My **HEAD** to clearer thinking
My **HEART** to greater loyalty
My **HANDS** to larger service, and
My **HEALTH** to better living.

For my club, my community,
my country and my world.



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HEALTHY LIVING CAMP PLANNING STRATEGIES

Healthy Food and Beverage Choices

Snacks and light refreshments

- In season fruits and vegetables
- Bite-sized: grapes, cherries, strawberries, baby carrots, cherry tomatoes, and broccoli florets.
- Whole apples or bananas
- Cut-up honeydew melon, cantaloupe, and watermelon.
- Prepackaged fruit cups and dried fruit when refrigeration is not available
- Cut-up vegetables celery, squash, and bell peppers served with low-fat or fat-free dips or hummus
- Low-fat pretzels or popcorn
- Low-fat frozen yogurt
- Cheese Cubes
- Mixed Nuts
- Tail mixes
- Whole grain crackers
- Protein bars
- Dried fruit
- Baked tortilla chips and salsa
- Honey
- Peanut butter
- Beverages
- Water: sparkling, bottled, spring or calorie free flavored water, infused,
- Fruit or vegetable 100% juice, 8oz. servings or less
- Nonfat or low-fat milk

Breakfast & Brunch

- Include a variety of seasonal fresh fruit
- Nonfat or fat-free yogurt with granola and /or nuts
- Bagels should be 3 1/2" or less. Serve with low-fat cream cheese, jam or jelly
- Small or mini muffins, fruit bread or fruit and nut granola bars (5g of fat or less per serving)

Lunch & Dinner

- Include seasonal fresh fruit
- Broth or vegetable-based low sodium soups
- 100% Whole grain breads
- Vegetable sandwiches or a sandwich tray with fresh vegetables, sliced low-fat cheese, lean meats
- (chicken, turkey, and fish) and low -fat spreads
- Low-fat sandwich spreads and condiments
- Salads should contain a variety of vegetables and fruits, low-fat dressing on the side
- Pastas with olive oil, tomato or other vegetable-based sauces
- Vegetarian alternatives such as bean-based soups and casseroles or vegetable lasagna
- Serve entrees and side dishes with tasty beans, peas and lentils
- Choose foods that are broiled, baked, poached, grilled, roasted or steamed
- Provide at least two vegetables with every meal, seasoned with fresh herbs

Healthy Desserts

- Angel food cake with sliced fruit
- Fruit skewers, drizzled with honey or dip in vanilla low-fat yogurt
- Individually portioned dark chocolate.
- www.choosemyplate.gov

Physical Activity

Create a fun and safe environment

- Voluntary?
- 3-10 minutes long, gets muscles moving and the heart pumping. Before the meeting and after maybe in-between?
- Do at individual's pace, does not cause pain and is comfortable. (You do not need to sweat)
- Encourage the use of stairs
- Slowly stretch neck, shoulders, arms, hands, legs and feet. Avoid bouncing or jerking movements.
- Move arms, head or torso in slow circles. March in place or pump arms up and down.
- Hold a break every two hrs. Label the break as a "stretch Break" or "Walk Break" to cue participation or action.
- Have access to a fitness facility.
- Organize early morning physical activity opportunities.
- Encourage networking by having a group participate together. Provide maps for physical activities and choose shopping and restaurants within walking distance.
- You can lead a physical activity break anywhere: Inside a meeting room, outside the meeting room, outside the building or around a table and even sitting in a chair. Make sure the participant has enough room to avoid any harm.
- Advise the participants to only do what they feel comfortable doing and to stop if they have any pain or discomfort. Participation is voluntary.

Build physical activity into conferences.

- Consider conference locations where participants can easily and safely walk to places of interest and have easy access to locations for activity during breaks.
- If feasible, choose a conference facility that includes a fitness center, an outdoor green space, or a room with space to move around and stretch.
- Consider asking someone to lead physical activity breaks (can be a guest or coworker).
- Try activities like standing for every other topic, stretching to music, or icebreakers that encourage people to move around the room.
- Make meeting space easy for people who prefer to stand instead of sit.
- Organize physical activity opportunities in mornings or afternoons, such as group walks or low-impact fitness classes.
- Provide participants with maps of the area showing safe walking and running routes, trails, or local fitness centers.

Small Group Walking Discussions

- During workshops and meetings integrate walking breaks into sessions by having people group in twos or threes to walk around the room (or even outdoors!) for small group discussions.
- When organizing workshops and conferences, employers may encourage participants to dress “fitness casual” for movement during the day.
- They may also give permission to attendees at the beginning of the meeting to stand, stretch or “pace” the room.

Mental Wellness

So how can we plan an event that enhances your delegates wellbeing as well as their knowledge?

1. Start the day laughing or singing
 - Elevate the energy in the room by kick starting your conference with a laughter or singing workshop.
 - Laughter is known to release endorphins – the ‘feel-good’ chemical – it provides relief from worry, reduces stress and strengthens social connections.
 - Singing has been proven to lower stress levels by releasing stored muscle tension and decreasing levels of cortisol – the stress hormone – in your blood stream. Singing also improves blood circulation improving mental alertness, concentration and memory. And you don’t need to be ‘able to sing’ to enjoy singing!
2. Smells like success
 - Smell is the strongest of your five senses and using aromatherapy can help to boost brain activity and increase productivity – with different scents producing different affects.
 - If you are looking to get creative sparks flying, infuse the room with peppermint oil as it invigorates the mind, then beat the post-lunch slump with cinnamon scents which helps to fight mental fatigue. Essential oil vaporisers are inexpensive to buy and can be placed throughout the event, creating a different aroma in each zone if required.
3. Feel good food
 - Nutrition plays a big part in how we feel – as the old adage goes ‘you are what you eat’. Conferences are notorious for poor food choices. So, try swapping pastries and coffee at your 11am break for raw energy bar green tea and wheat grass shots to reenergise your delegates.
 - At lunch, avoid refined carbs and provide options that contain complex carbohydrates to keep blood sugar level and your delegates awake for the rest of the afternoon! The humble sandwich is the simplest way to combine a complex carbohydrate (wholemeal bread) with protein and good fats. Alternatively, think salads with lots of veggies, wholegrain pasta or brown rice. Swap high-fat puddings with plain/Greek yoghurt and fresh fruit.
4. Musical boost
 - Try introducing background music to breakout brainstorming sessions to amplify creative output. A study into neuromusicology has shown that background music improves the performance on cognitive tasks and improves accuracy, while music perceived as ‘happy’ or ‘upbeat’ increases levels of creativity. Participants in the study came up with more creative solutions and a greater number of ideas when they listened to music.

5. Get colourful
 - A ground-breaking study by University of Texas showed that colour elicits a reaction in the brain and can subsequently affect mood and overall productivity. Having coloured breakout rooms to coincide with the output you want is a fun way to reinforce your expectations of delegates. For example, the colour yellow gets the creative juices flowing and can help inspire delegates to come up with new, innovative ideas; while blue is calming and aids concentration and increases productivity.
6. The importance of downtime
 - Conferences are typically quite intensive learning environments so it's important to leave enough time between sessions for delegates to absorb and digest the information they've just received. Think about having chill out areas with beanbags to promote relaxation and allow a 10-15 minute break between each sessions to allow delegates to refresh their focus.
7. Mindfulness sessions
 - Wellbeing isn't just for events! Empower your delegates with mindfulness techniques that they can bring back to their desks. There are a multitude of inspirational Mindfulness and Stress Management speakers who can enable your delegates to be happier and more successful.
8. Wind down with Yoga
 - Finish off your event with a short standing yoga session. Even just 15 minutes can help your delegates to unwind and reset. Benefits of yoga include relaxing muscles and releasing tension from the work day – even more important if you've spent most of the day sitting!

Mental Wellness Activities

1. Countdown to 5

This simple sensory countdown activity is a great way to regain focus, and put your mind in an aware and receptive state. Delegates can write down answers if they choose, or simply relax and count through the following:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can touch

2. Feel the Fruit

This wellbeing activity for conferences is based on Fleming and Kocovski's 'raisin exercise'. It's specifically designed to treat social anxiety, making it a great choice to bring a sense of calm connection to a new environment at the start of a meeting or conference session.

Each delegate is given a piece of fruit – a kiwi, lemon, orange, bunch of grapes or handful of raisins – and prompted to imagine this fruit is entirely new to them. They're then prompted to consider the fruit: how it looks, feels, how it makes their skin feel; how it smells; how it tastes. Doing so allow the mind to clear if distractions and worries, and give all attention to the moment.

3. Gratitude Wall

Practicing gratitude means taking note of something you're grateful for at any given moment. It means those moments don't pass unacknowledged, and stimulates mindfulness. This note could relate to a person; an activity you're glad you're able to do; something you're grateful to have learned. In a conference setting these might relate to the event – but it's important to make clear that small, everyday things count too: something that made you laugh today, or a good meal.

Get delegates to write their 'gratitudes' on paper to be dropped into a jar or tucked behind their name badge. Depending on context and group size, you might also suggest they're written on post-its, or directly onto a wall display.

4. Breathing boxes

This activity combines creative expression with a breathing exercise. It can be broken into two parts, or performed as a continuous activity.

First is a simple arts and crafts exercise. Attendees should be provided with a 'net' to allow them to create a small cardboard box – plus art supplies. The act of coloring can be an effective mindfulness tool, allowing direct concentration on a single task, with no pressure related to the outcome. Ideally this should take place in a silent space, to avoid distractions and allow calm focus.

Once the box is constructed, participants lie on the floor and place their box on their waist. They focus on breathing in and out, counting the seconds of each inhalation and exhalation, and watching the box slowly move up and down with their breathing. This encourages diaphragmatic breathing, where the belly lifts as much as or instead of the ribcage – a calming practice used in yoga.

5. Cardboard Creations

This wellbeing activity requires nothing more than scissors, tape and a big stack of cardboard boxes and packing materials – most venues will have plenty to spare, and if not ask your catering supplier!

Wellbeing isn't all about mental calm. It can also derive from playful activity, in a setting where there are no right answers. This task gives you a set period of time to construct a cardboard creation: animals, robots, spaceships, furniture, vehicles, mountains... A facilitator can support attendees with ideas if they're lost for inspiration.

At the end of the conference, be sure to remove the tape before recycling the folded cardboard, or reusing it at another event.

6. DIY Skincare

Hands-on activities can support delegates who find networking and other unfocused social events a challenge. This DIY sugar scrub also provides the participant with something personal and practical to take away and use for self-care – offering a sensory experience both while making it, and using it later.

You'll need a space which allows handwashing, and where you can comfortably make a little mess. Using an easy recipe like this, participants can measure and combine just three ingredients to create a scented skin scrub that exfoliates skin and leaves you feeling clean, fresh and moisturized. Although skincare might seem gendered to some participants, we all have skin. And by providing a range of different essential oils, it's possible to personalize the scent to your own tastes.

7. Walk and Talk

Conferences can involve a lot of sitting. That's not good for the spine, and it increases your risk of cardiovascular disease, diabetes, and more. It's not good for the mind, either: a recent study suggests that sedentary behavior thins the medial temporal lobe in the brain, which is involved in memory processing. We're sitting down to learn, when doing so limits our capacity to do so.

Walking meetings are a powerful way to change the context from a traditional, overfamiliar learning setting. They're also an opportunity to stay on task while keeping moving. A walking meeting works best with the right facilitation: for example, with a clear task and set time-frame.

Try replacing the group breakout discussions you'd normally have around a table with a walking conversation with the same participants.

Alternatively, begin the plenary with an opportunity to walk and talk over the achievements of the day.

8. Mindful Walking

Walking also offers an opportunity to step out of the learning environment, and 'reset' the mind after periods of work.

In this activity, the facilitator offers prompts to make the walk a mindful experience as well as an opportunity to move those muscles. This is an observational exercise that's directed at seeing what we do not usually notice. Instead of looking around and seeing a tree, a sign, a person, participants are encouraged to recognize the individual qualities of their environment: colors and shapes, light and darkness, sounds and smells, textures and the sensations on their skin as they move. This helps to reconnect them with their own body, as well as becoming more attuned to their unique environment.

9. Disco in the Dark

Walking isn't the only way to incorporate physical movement. This wellbeing activity for conferences provides a quick, lighthearted way for a large group to take a valuable break from hard work.

Use your venue's AV facilities to cue up an upbeat song ('Happy' by Pharrell Williams, or 'Good Times' by Chic), kill the lights, and get down guilt-free. The darkness removes any potential embarrassment about your moves.

10. Quiet Space

This one is almost the inverse of an activity: a quiet room away from the hustle and bustle of a busy event. To achieve this, it should not be too close to the main entrance or a coffee break space, and should never be a corner of a corridor or another room: there must be a door.

A space like this should always be provided to support neuro-diverse attendees. But a quiet zone can provide a necessary haven for anyone struggling with feeling overwhelmed, or finding the atmosphere stressful. The space should be provided with comfortable seating, low lighting, and blankets if the weather is cool. Don't feel the need to supply activities for this space. Instead, offer abstract artwork on the walls, and noise-cancelling headphones (not to play music, but to block out external noise and offer a sense of security).

Mental Exercises

1. Meditation
2. Breathing exercises
3. Journaling: write down stories, thoughts, or experiences. Make doodles or draw and add pictures.
 - A digital journal is a fun option. You could add photos, voice record your entries, and add video or word attachments.
 - By recording your unique experiences in a journal, it can help you prepare for your future, assistance you with accomplishing your goals and support others. Be sure to write happy, sad, fun, moving memories. List what you have accomplished and what you would like to improve on. Add funny stories that you do not want to forget. Explain how you accomplished hard things and how who helped you with your success.
 - Create a time capsule: Make a list of all the things you love about this time of your life. For example, what is your favorite movie, song, school subject, sport, hobby, food, and entertainment? It would also be fun to include your friends, talents, and future goals.
 - Write your personal history: Introduce yourself, write where you are from your county, state, and town. Include details like food, dress, home, neighborhood, education, religion, economics, etc.
4. Yoga: There are various styles of yoga. Yoga combines physical postures, breathing techniques, and meditation or relaxation. Here are some tips from Brooke Ingram in her article, "EXPERT ADVICE, INCORPORATING YOGA INTO MEETINGS, MEETINGS AND CONFERENCES."
 - What yoga tips can be used to stay balanced during a meeting?
 - Some poses in yoga recommend a drishti, or a focal point. This focal point helps with balance in certain positions. By focusing on your drishti during a pose, the mind is able to balance with the body. In meetings, consider your presentation as something like a drishti – something easy to focus on and smooth to deliver.
 - What yoga techniques can be used to stay engaged and alert during meetings?
 - When practicing yoga, it's important keep a strong spine. To keep the spine lengthened and straight, try engaging the core muscles. During meetings and other times when you're seated for an extended time, take a moment to engage those core muscles and straighten your back. The effects from doing this simple stretch can benefit focus and alertness.
 - How can a meeting planner incorporate yoga into the meeting schedule?
 - Chair Yoga is beneficial for the office environment. It requires less range of motion, and devoting just 10 minutes each day improves body awareness and (often) a much needed mental break.
 - Have you seen a rise in yoga being a part of meetings?
 - I haven't personally seen a rise in yoga as a part of meetings, but yoga in and of itself has become more popular. It's nearly impossible to not see a yoga article somewhere in your social networks and on web pages – it benefits everyone!
 - What daily habits do you recommend to help balance work-life?
 - Practice yoga, giving love and attention to your body and mind. That doesn't mean you have to go to a class every day. Taking a few minutes for yourself to stretch, taking a few deep breaths, and thanking your body for what it does for you every single day. Learning to listen to your body can create balance. If we need rest, take a nap. If we need an adventure, go explore. Life is about give and take, for everything that we are given, we must give something back.

- More tips from “3 Simple Ways Yoga Can Help You During Big Meetings” by Lauren Krauze.
 - Breathing
 - Before the meeting: Take five minutes to sit quietly, by yourself, and stabilize your breathing. Inhale deeply for four counts, and then exhale deeply for four counts. Repeat this cycle ten times. This type of slow, conscious breathing has a calming effect on the nervous system. Also, staying with the breath allows you to focus on where you are right now, rather than worrying about past meetings or the potential outcome of the upcoming meeting.
 - During the meeting: When you’re not speaking, take deep breaths in through the nose and out through the nose. This will keep you focused and well paced so you don’t rush through the presentation.
 - Posture and Body Awareness
 - Before the meeting: Practice standing up tall with your shoulders drawn back, chest lifted, chin up, abdomen pulled in. Also, take time to do some gentle neck stretches. This will help release any tension in the neck and throat muscles.
 - During the meeting: When presenting, distribute your weight equally on both feet. This will help you feel more stable and grounded, which will encourage you to speak from a self-assured place. Your clients will also perceive you as more confident and knowledgeable.
 - Nada Yoga: Nada yoga is a type of yoga that encourages practitioners to appreciate, respect and respond to all sounds, both internal and external.
 - Before the meeting: Sit quietly for five minutes and listen to the thoughts in your mind. This practice creates an awareness of your state of mind and also helps you become familiar with how you’re feeling. If you’re having nervous thoughts, you can develop compassion for yourself and work with that nervousness before the meeting. Also, investigate the acoustics of your meeting room. Will people in the meeting be easily distracted by external sounds?
 - During the meeting: Bring your attention to the sounds in the room. If you are the only one talking, invite others to speak. Also, allow silence to play an important role; it lets people process what they hear and can be an effective pause after you present an important piece of information.
- 5. Chair Yoga Postures
 - Overhead Stretch
 - Raise your right arm slowly over your head, gently stretching at the shoulder.
 - As you fully extend your arm, feel the stretch along your side.
 - As you lower your right arm, raise your left arm over your head, stretching at the shoulder.
 - Alternate one arm and then the other breathing easily with each extension.
 - Repeat 3 to 5 times per side.
 - Forward Fold
 - With your hands over your head and arms extended, slowly bend forward from the waist.
 - Gradually bring your hands to the floor next to your feet.
 - Let your head relax between your knees.
 - Rest your abdomen on your thighs and breathe slowly and deeply, allowing your breath to massage your organs.
 - After a few breaths, slowly come up one vertebra at a time.

- Side Twists
 - Cross your right leg over your left thigh.
 - Place your left hand on your right thigh.
 - Reach behind you with your right hand and grasp the chair, using it to assist a rotation in your spine to the right.
 - Keep your head aligned with your spine and remember to breathe.
 - Hold for a couple of breaths.
 - Release and repeat on the other side.
- The Arch
 - Sit up straight with your bottom on the edge of the chair. Stretch your arms out straight behind you and place both hands on the either side of the chair, grasping the back of the chair.
 - Inhale slowly and deeply, lifting your chest both forward and upward, arching the lower back.
 - Extend your neck and stretch from the lower back.
 - Hold for two breaths and then relax.
 - Repeat three times.
- Knee Stretch
 - Grasp below your right knee with both hands.
 - On your exhalation, pull your knee up to your chest, feeling the stretch in the hip and thigh.
 - Drop the shoulders back and down, lift the chin and pull the knee closer into the chest.
 - Hold for several breath cycles and then repeat on the opposite side.

Hobbies

Purposeful hobbies are something that brings you pleasure, meaning and purpose. Hobbies come in several forms such as creating, physical fitness, or relaxing. Some examples are Sewing and crafts (creative arts), drawing, journaling, reading, writing, video games sports, games and puzzles. You might also enjoy active hobbies such as gardening, hiking, photography, crafts, music or dance. Take time to improve your mental health and wellbeing by doing something you enjoy. Research proves that people who practice hobbies have less stress, better moods, and overcome depression.

Remember to inform your attendees to bring their appropriate hobbies on their packing list.

headtohealth.gov.au › [meaningful-life](#) › [purposeful-activity](#) › [hobbies](#)

Why do hobbies improve mental health?

There are two levels that hobbies help your mental health and wellbeing. The first are direct, coming from the actual act of performing the hobby; the second are indirect, coming from the actions that make performing the hobby possible.

Direct benefits:

- Focusing on the task at hand
- Physical exercise (in the case of sport)
- Creative freedom
- Control over how you spend your time

Indirect benefits:

- Involvement with communities
- Accomplishing goals
- New experiences (like going somewhere new, learning, making new friends)
- Sense of purpose

How to find a hobby

Finding a hobby can be tricky. Long hours at work, familial obligations and lack of inspiration and motivation can seem like impossible to overcome obstacles. However, finding a hobby and doing a hobby require the same things: time, energy, effort, and enjoyment. Here are our favorite strategies:

1. Time first, activity second

- Feeling like you don't have enough time can stop you dead in your tracks when it comes to hobbies. However, there are hobbies and activities you can squeeze into the odd minutes and hours of your day, like:
 - Lunch break sports and exercise
 - Reading, knitting, puzzle-solving on public transport
 - Social, turn-based video games
 - Early-morning boot-camps, yoga or running teams
- To find out when you might be able to fit in a hobby, try to be conscious of your time during the day. When you're feeling most bored, or actively searching for a distraction, is probably time you can use to indulge in a hobby.

2. Volunteering

- Helping others can be the best hobby of all. Think about what skills you have, and how you might be able to use those skills to help other people. From there, you can post your availability to social media, or try to find volunteer organizations that need your talents.



