



# 4-H Healthy Living Camp

**JUNE 10-13, 2019**

Registration opens Monday, April 1 via  
<https://florida.4honline.com/>

## Join us for our 4-H Healthy Living Camp!

Youth ages 8-13 will be challenged to think about the foods they eat, learn healthy alternatives, participate in fun exercises, and learn easy, healthy recipes to try at home. This program uses experiential learning to teach healthy eating and active play, targeting behaviors research shows to be most important for preventing childhood obesity and chronic disease.

Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes each day. Youth will also take a field trip to a local grocery store to learn about healthy meal planning and cooking/shopping on a budget.

**DATE:** June 10-13, 8:30 am - 4:30 pm

**COST:** \$85 (campers only)

**AGE:** Campers 8-13, Counselors 14-18

**LOCATION:** 559 N Military Trail, WPB

**REGISTER:** <https://florida.4honline.com/>



**UF** IFAS Extension  
UNIVERSITY of FLORIDA