Introduction to the Healthy Living Initiative

What is the Healthy Living Initiative?

4-H Canada’s Healthy Living Initiative has been developed to support the health and well-being of rural youth across Canada. Resources are designed to equip volunteers and families with the knowledge to help recognize youth in distress and provide the access to support they need.

This initiative includes:

• Resources and activities for 4-H youth members, 4-H volunteer leaders, and families and youth new to 4-H.
• Webinars and workshops for volunteer leaders, who are critical mentors and role models in adult-youth partnerships.

What is healthy living?

Healthy living at its core focuses on taking care of the ‘whole you’. It means making positive choices in your mental health, physical health, nutritional health, and overall well-being.

Why is healthy living important?

Healthy living awareness is important for everyone because it is a holistic approach to taking care of yourself. All aspects of yourself are interconnected and making a change in one area of your health will affect other areas of your health. For example, changes in our mental health can lead to changes in our body reactions.

Why is 4-H Canada developing this initiative?

4-H Canada’s Healthy Living Initiative is in response to the critical needs of youth in communities across Canada. Young people living in rural and remote communities are at a greater risk of experiencing issues related to their mental and physical well-being. They also lack the resources and services that might be available to those in more urban areas.
What will I find in this initiative?

The Healthy Living Initiative is presented in three programs, called focus areas, each centered on a different aspect of healthy living. These areas are:

- **Mental Health**
- **Physical Health**
- **My Plate and the Planet**

What’s included in the focus areas?

Mental health and physical health focus areas

- Tip sheets with important and useable information.
- Activity guides to assist leaders in using the resources.
- Webinars and workshops to assist leaders.

My Plate and the Planet

- Activity book with background information about the food we eat, with instructions for exciting hands-on activities that build upon learning.

How are these resources developed?

4-H Canada has teamed up with knowledgeable and youth-focused organizations to develop the resources and materials for each focus area of this initiative. All organizations have expertise in their area of focus to ensure the accuracy, relevancy and rigour of the information provided through this initiative.

Thank you to the strategic partners who have assisted in developing these resources.

How is this initiative made possible?

4-H Canada’s Healthy Living Initiative is made possible thanks to the generous support of these partners:

Each of these partners believes in the importance of healthy living in Canadian youth and adults, and has partnered with 4-H Canada to ensure they are receiving the support they need through the development of this initiative.

For more information on the Healthy Living Initiative, visit 4-h-canada.ca/healthyliving