

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 mental, physical and nutritional health and well-being of rural youth across Canada. Resources are designed to equip volunteers with the knowledge to help recognize youth in distress and provide the access to support they need.

This initiative includes:

- Resources in the form of tip sheets for both 4-H volunteer leaders and 4-H youth members,
- Webinars and workshops made available for the nearly 7,700 leaders that 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:



What's included in each focus area?

Each focus area will include:

- Ten tip sheets with important and useable information related to the focus; a set of five will be geared towards youth members, and five geared towards leaders
- Activity guides to assist leaders in using these resources
- Webinars and workshops to assist leaders in using these tip sheets

These tip sheets are resources that you as a leader can use to expand your own knowledge. The youth tip sheets can also be used as handouts for your members to take home.

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