



# Officers Training

## Introduction

- ☐ Congratulations! You've got an important – and fun – job for your club!
- ☐ It's a new job, so you're a pioneer!
- ☐ We'll teach you what you do and how to do it, so you'll be really good at it!
- ☐ The Choose Health Officer Guide and your 4-H Leader will help!

## The Big Picture – What A Choose Health Officer Does

- ☐ Keeps the Health-H front and center at 4-H Club meetings!
- ☐ Suggests ways 4-H'ers can be physically active and ready for anything!

## The Details – What you do at each meeting

- ☐ Show the chart to the right and briefly explain each task.

## Let's See How it Works – in a Mock November Meeting!

- ☐ Use the November meeting plan in the Choose Health Officers Guide to model how to introduce different elements of Choose Health. Ask for volunteers to fill all the officer roles during this mock meeting.
- ☐ Show Choose Health Officers their November Meeting Guide (pp \_\_\_\_).

### At Each Meeting:

- ☐ *Active Roll Call*
- ☐ *Challenge Check*
- ☐ *Health-H Challenge*
- ☐ *Health Tips – Family Calendar reminder*
- ☐ *Snack Ideas*
- ☐ *Let's Move*
- ☐ *Check off what you*

## Let's See How It Works – in Other Months!

- ☐ Show the December Meeting Guide (pp \_\_\_\_)
- ☐ Share responsibilities so you help but not take over for other officers:
  - ☐ Share Active Roll Call Ideas with your club secretary.
  - ☐ Share Let's Move with your Recreation/Games Leader.
  - ☐ Share Snack Ideas with each month's refreshment committee.
- ☐ From December on, you'll do a Health-H Challenge Check to recognize everyone who at least tried to meet the previous month's Health-H Challenge. Let's try the Challenge Check for December now.
- ☐ Check off what you do and turn it in to your 4-H Leader at the end of the year.
- ☐ Ask for questions.

## Let's Move!

- ☐ Lead as many Let's Move games as time allows, especially unfamiliar activities like Bobsleds (in February, p \_\_\_\_), Animal Stretches (December, p \_\_\_\_), and Walk Like This

(March, p \_\_\_\_.)

- ☐ Say, "Now you've experienced some of what you can do as your club's Choose Health