This activity consists of an illustrated talk or method demonstration addressing some aspect of healthy living.

**OBJECTIVES**

Targeted Life Skills: healthy lifestyle choices, self-responsibility, goal-setting, decision-making, wise use of resources, responsible citizenship

1. Provide young people with the opportunity to display their knowledge and/or experience in a health-related topic.
2. Encourage participants to learn about healthy living.
3. Develop leadership and public speaking skills.

**ELIGIBILITY**

**District 4-H O-Rama:** Each county may enter one junior and one senior member.

**State 4-H O-Rama:** Senior members who place in the top seven at each district O-Rama are eligible.

**ACTIVITY**

To participate, each member should be prepared to give an illustrated talk or demonstration on some aspect of healthy living. Topics can fall into many areas, including but not limited to:

- Managing or Reducing Stress
- Fitness and Physical Activity
- Injury Prevention
- Preventing Substance Abuse
- Making Healthy Choices
- Disease Prevention
- Diabetes, Stroke, Heart Disease, Arthritis
- Dangers of Tobacco
- Importance of Sleep
- Improving Community Health
- Obesity
- First Aid

All presentations should be based on scientific research rather than personal opinion. However, participants can use personal experiences or examples to help illustrate research-based information.

Illustrated talks should make full use of visuals and experience. Participants are expected to use visual aids (e.g., posters, models, props, Power Point slides). The use of PowerPoint is allowed but not required. A junior will be limited to a 2-5 minute talk. Senior talks are 5-8 minutes. Note: This does not include the time for answering questions asked by judges upon completion of the talk.
JUDGING

The standard score sheet for method demonstrations and illustrated talks, CES – 663, will be used to judge this activity.

AWARDS

District 4-H O-Rama: Trophies will be given to junior and senior winners. Ribbons will be given to second-through fifth-place winners. The top 7 senior 4-Hers from District O-Rama qualify to compete at State O-Rama.

State 4-H O-Rama: Trophies will be given to state winners. Second- through fifth-place ribbons will be awarded.

SUGGESTED RESOURCES

- Your FCS county Extension agent
- The USDA National Agricultural Library http://fnic.nal.usda.gov/
- The National Institutes of Health http://www.nih.gov/
- National Extension website www.eXtension.org

RECORDS

Participation in the health activity at county, district and state 4-H O-Ramas should be reported in 4-H Record Books under projects falling under the broad category of Enhance Health and Well-Being. When appropriate, this work may also be reported in record books under related areas.

PREPARED BY

Dr. Lisa Washburn, Assistant Professor – Health