

# Fit for 4-H Poster Competition

**Poster Title:** How to Feel Better Today, Tomorrow, and in the Future!

## **Guidelines:**

Your posters should include information about how to feel better and stay healthy for tomorrow. You can include the food you eat, and physical activity choices you make every day. You can tell how those choices affect your health. You can do this by making smart choices from every food group and being active. Learn how you can do this by researching and creating a poster to generate awareness about staying fit for 4-H.

## **Rules:**

Poster must be an 11 x 14 white poster board.

No foam boards.

Do not attach anything to the poster that is more than ½ inch thick.

Be sure to place your name, grade and school on the back of the poster in the upper right hand corner.

Posters are due at **October Club Meetings.**

Recognition and awards are in the following divisions:

**Elementary Division- 4<sup>th</sup> – 5<sup>th</sup> Grade**, Middle School Division- 6<sup>th</sup> – 8<sup>th</sup> Grade and High School Division- 9<sup>th</sup> – 12<sup>th</sup> Grade.