

YOU'RE INVITED TO JOIN 4-H IN ANSWERING THE PRESIDENT'S CHALLENGE!

As part of 4-H's involvement with the Let's Move campaign, 4-H National Headquarters has started a group to take the President's Challenge together - and you're invited to be part of it!

The President's Challenge is for one million Americans to complete the Presidential Active Lifestyle Award (PALA). **4-H is answering this call by setting a goal with Michelle Obama to have 100,000 4-H members complete their PALA by September 2011.**

Healthy living has been at the core of 4-H and remains one foundation of the pledge (I pledge...my health to better living...). 4-H strives to equip youth with healthy living knowledge and skills that will prepare them physically, emotionally and socially to meet the challenges of the 21st century.

The Presidential Active Lifestyle Award recognizes those individuals who log their recommended physical activity for six consecutive weeks, five days a week (60 minutes for youth, 30 minutes minimum for adults).

4-H is making this goal a top priority. National 4-H Council and Kraft are offering incentives for 4-H counties to get the most youth in their county to achieve the award.

Signing up for the 4-H group is simple. All you have to do is register. It's quick, and there's no cost to participate!

HOW TO JOIN:

- 1) Go to <http://www.presidentschallenge.org/nat14-H/>
- 2) Fill out the registration form.
- 3) After registering, start logging your activities. As you log activities you'll be able to track your progress toward winning a President's Challenge Award or Medal.

Good luck!



The President's Challenge -- www.PresidentsChallenge.org
Let's Move Campaign -- www.letsmove.gov