



**For Immediate Action**  
**April 25, 2015**

### **Participate to Win a Grand Prize for Free “4-H – Youth Voice: Youth Choice”**

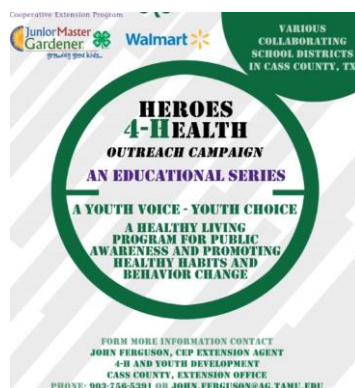
Learn about the foods you eat and how they help fuel your body for your favorite activities. Make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences. Download this FREE 4-H app called “EAT & Move-O-Matic” to your smart phone, IPOD touch, Ipad, or Tablet. Next – report your successful download of the app to the County Extension Office: @ (903) 756-5391 or (903) 756-5483 or report to a site facilitator or collaborator. Provide your correspondence, and your name will be entered in a drawing with a chance to win a 4-H prize at our next 4-H Banquet (August or September 2015).

The EAT & Move-O-Matic was developed to support Youth Voice: Youth Choice, an exciting national program from 4-H and the Walmart Foundation, which encourages young people to develop and maintain healthy, active lifestyles. The program here in Cass County under the name “*Heroes 4-Health – JMG Youth Voice: Youth Choice Ambassadors Campaign*” is including the Junior Master Gardener (JMG) as the lead program to raise public awareness and to reach 500 youths. Youth ambassadors are providing this healthy lifestyle opportunity and their campaign plan to the public. This is a joint outreach effort of collaborating donors and sponsors to reach our target audiences in Cass County, through the 4-H and Youth Development programs which we offer. **Get the app:** <http://cass4h.blogspot.com/2015/05/healthy-challenges-and-contests.html>

This program is based on identified issues facing youths in Cass County such as childhood obesity. Researchers believe the childhood obesity epidemic will lower life expectancy within a generation. According to the National Institute of Health Clinical Guidelines (1998) obesity is associated with a number of chronic illnesses, including coronary heart disease, stroke, diabetes, and some cancers. Today’s obese children are poised to triple Texas’ current adult obesity rate by 2040, and obesity-related expenses are expected to skyrocket accordingly.

Get involve in the following – contact the County Extension Office for information: (903) 756-5391

- The Public Library Seed Exchange – contact Atlanta Public Library: (903) 796-2112 and Hughes Springs Public Library: (903) 639-1332
- Volunteer with a 4-H Club or Junior Master Gardener (JMG) group
- Join a 4-H Club near you
- Join the Heroes 4-H – Youth Voice: Youth Choice Ambassadors Campaign
- Scan and load this 4-H app or use this link to get started: <http://www.4-h.org/youth-development-programs/kids-health/programming-resources/health-nutrition-fitness/youth-voice/eat-move-o-matic/>



*Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, national origin, disability, genetic information, or veteran status,. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.*

# GET YOUR KID'S HANDS ON HEALTHY HABITS.

A free new app from 4-H that's inspiring active lifestyles.



Eat & Move-O-Matic is an exciting, educational app that's giving our nation's youth a fun way to learn the relationship between taking calories in and burning them off through activity. FREE and easy to use, the Eat & Move-O-Matic helps kids make new discoveries about their favorite foods and supports healthy decisions. Available at the iTunes Store and online.

Eat & Move-O-Matic was developed to support Youth Voice: Youth Choice—a national program that encourages young people to develop and maintain healthy, active lifestyles.

## *Eat & Move-O-Matic can be used:*

1



**ON AN iPhone®, iPod Touch®, OR iPad™**

Scan this code with your mobile device to download the app.

2



**ONLINE**

View the web version at [www.4-h.org/move-o-matic](http://www.4-h.org/move-o-matic)

4-H is the youth development program of our nation's Cooperative Extension System.

SPONSORED BY: **Walmart** 

DEVELOPED BY: 

**NM STATE UNIVERSITY** Learning Games Lab

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903-765-5391



**Junior Master Gardener**  
growing good kids™