

Dawson 4-H March Newsletter



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4-H Club Meeting

Meeting will be:
**Sunday
March 6th
2:00 p.m.
Extension Office.**



**Archery Practice
Sunday - March 6th
Following the club meeting
Other Practices:
Sundays, 2:00-4:00**



Other 4-H Information

- **Saturday, March 5th
Fashion Storyboard/Duds to
Dazzle Workshop**



- **Thursday, March 14th**
Food 4 Kids



4-H Motto and Pledge

In support of the 4-H Club Motto,



"To Make the Best Better"



I Pledge:

My **HEAD** to Clearer Thinking,
My **HEART** to Greater Loyalty,
My **HANDS** to Larger Service, and
My **HEALTH** to Better Living,
For My Club, my Community,
my Country, and my World.



Susie Nickel - March 2nd
Maislyn Weaver - March 3rd
Ismael Moreno - March 8th
Cy Kellum - March 15th
Jaken Bolton - March 21st
Jonathan Bolton - March 21st

Nutrition/Health

Be Active

1. **Start activities slowly and build up over time.**
 - This will help to prevent injury.
2. **Get your heart pumping.**
 - Do at least 2 ½ hours each week of physical activity.
3. **Strength-train for healthy muscles and bones.**
 - Do strengthening activities twice a week to help build strength.
4. **Make active choices throughout the day.**
 - For instance, take stairs instead of the elevator. Some exercise is better than none.
5. **Be active your way.**
 - Do anything that makes you move.. Dancing, bike riding, walking....
6. **Use the buddy system.**
 - Be active with friends or find a walking group in your community.
7. **Set goals and track your progress.**
 - Plan some physical activities ahead of time and keep a record of everything you do.
8. **Add on to your active time.**
 - Once you get a regular schedule add on a little extra for more motivation.
9. **Increase your effort.**
 - Add more intense activities once you have been moderately active for a while.
10. **Have fun!**