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**For Immediate Release**

**California 4-H Hosts *Color Me Green***

***5K Run***

*Youth take on leadership roles to be advocates for health*

In March 2017, 4-H Members will host *Color Me Green 5K Runs* all across California. The *Color Me Green 5K Runs* are five kilometer runs designed to encourage youths and community members to increase their physical activity while also having fun! During eachrun*,* participants are showered with colored dye as they pass through each marker point. This run, hosted by 4-H youth members, will be great opportunity for communities to come together and celebrate healthy living and being physically active.

Through the *Color Me Green 5K Runs*, 4-H youth members will encourage the health of [your community]. In addition to planning, organizing, and leading the run, 4-H youth will also offer training sessions that will provide nutrition education and preparation for participation in the 5K run.

Since its founding, 4-H has addressed national issues including nutrition, fitness and safety in its programs, as well as social and emotional well-being. 4-H Healthy Living programs encompass a holistic approach that includes healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships.

The California 4-H Healthy Living programs are developed and conducted by the University Of California Agriculture and Natural Resources, and seek to address national issues including nutrition, physical fitness, substance abuse, safety, and social and emotional wellness.

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