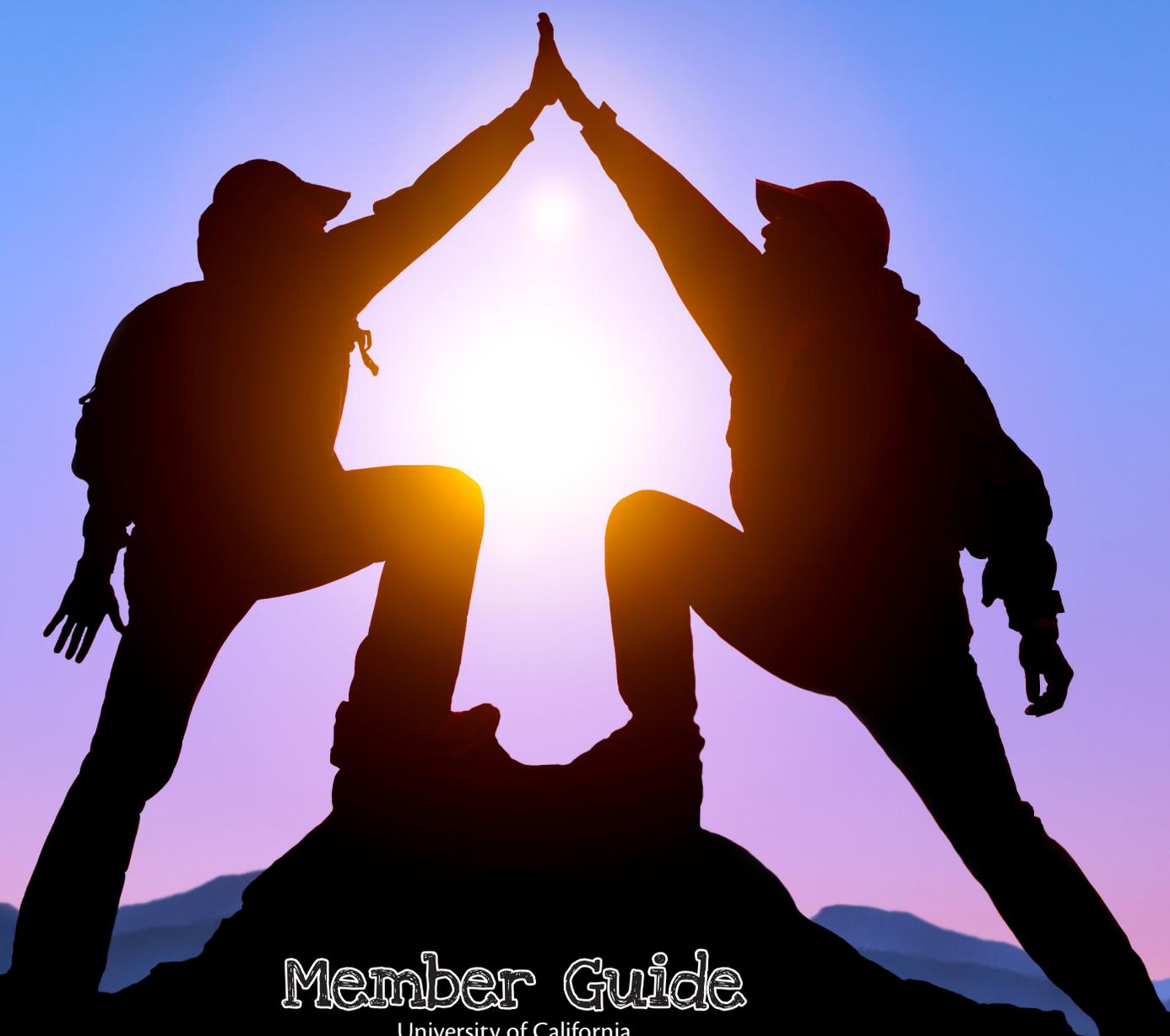


# iThrive 4

*Healthy and Thriving*



## 4-H Leadership Development Project



### Member Guide

University of California

4-H Youth Development Program

This journal is about making healthy choices for your life and through these experiences, becoming a thriving person!

In your 4-H Leadership Project, you have opportunities to feel valued, to develop your leadership skills, to reach your fullest potential and contribute to your community. These skills can be applied to a lot of different areas of your life and we hope that you will find that the lessons help guide you through many of your decisions and behavior. Overall, we want to help you be the best you can be and one part of that is helping you live a healthy life. To do that, these lessons focus on how you can thrive and be a good leader while developing a healthy lifestyle and learning how to lead others and contribute to your community to help those around you live healthier lives.

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Step Up to

Thriving in  
Healthy Living



# Introduction:

## Positive Youth Development

In California, 4-H is built upon key youth development practices known in the research to support positive youth and early adult outcomes – these practices are **safety, relationship building, youth engagement, community involvement and skill building.**

The practices of **safety** (both physical and emotional), **relationship building, youth engagement and community involvement** are the foundation to **skill building.** When you feel safe and build relationships you are more likely to feel connected to the program, each other and the community, and will be more engaged in the program. All of these help support skill building. In other words—when the foundation is there, you are **ready to learn!**

## Learning to Live Healthy

**“I pledge... my health to better living for my club, my community, my country, and my world.”**

Health is the fourth “H” in 4-H and has been a focus of the 4-H Positive Youth Development Program since its inception. 4-H Healthy Living emphasizes healthy eating habits, physical fitness, emotional health and social success. To be happy and thriving we need to also be healthy.

Unfortunately, many communities lack the resources needed for people to live healthy lifestyles, but as a 4-Her you can make a difference. By choosing to take an active role in your own health and promoting a healthy lifestyle you can contribute to the health of your family and community. Be an ambassador for health!

# What's in my iThrive journal and how to use it

Each chapter guides you through the elements of thriving embedded within the practices of healthy living. In each chapter, you will be presented with background information on one of the thrive concepts, which you may have learned about before, along with some ideas about how these concepts can be used to help you make healthy choices.

***exercise activities:*** a couple of quick and fun physical warm-up activities start each lesson. You can record your progress in the Online Record Book.

***explore activities:*** hands-on activities where you will work with your peers in the 4-H Leadership Project. These activities provide a shared experience so that you and others can reflect on the same thing; they're usually engaging, which research has shown allows you to focus more and learn better—and they're usually fun too!

***reflect activities:*** reflect on your experience, share it with others and start to draw connections between the concepts and your own life. You can record your own thoughts in your journal by just writing bullet points or key ideas or use the questions and prompts to have group discussions. No need to write complete sentences or paragraphs—just capture your main ideas.

***stretch activities:*** with other project members or on your own, learn more about the concept and apply the concept in the real world.

All of the ***exercise, explore and reflect*** sections are designed to be completed at your project meetings. The ***stretch*** activities are best done during the project meeting, but can be done individually between meetings if there is not enough time in the meeting.

When you complete 4-H *iThrive*, you will be eligible to be awarded a 4-H Thrive pin in recognition of your effort! This is an annual award and can be achieved multiple times. The first year that you complete the *iThrive* Leadership Project, you will earn the oval Thrive pin (see below). In following years, when you complete additional *iThrive* Leadership Projects, you will earn the round clovers to cluster around the Thrive pin. Each clover indicates an additional year of project completion.





# RECORD your progress!

One hundred years ago, Congress passed the Smith-Lever Act, which is when 4-H enters the picture as a part of the national Land-grant University system. The Act was designed with a mission to bring agricultural research from the universities to farmers—and 4-H youth were a huge part of applying the latest research to adopt new and innovative techniques to agriculture.

As you know, 4-H is about more than agriculture today and 4-H youth still help to improve society by contributing innovations, ideas and knowledge. In 4-H, we share what we know about youth development: what works, what's new and what's promising.

You can help advance the research around positive youth development and healthy living by answering questions in your 4-H Online Record Book (ORB). Be sure to go there **NOW** and complete the surveys in your profile page under My Sparks Score/Questions. Remember to take the Bonus Score Questions for extra points! Be sure to complete all of your surveys sometime **before you start Chapter 1**.

**Different members will have different surveys on their ORB page depending on when they completed the first baseline survey and post surveys. If you have already completed a baseline and post surveys, you will only complete some surveys once a year. Whatever surveys show up in ORB in your Spark Points area are the ones that you should complete.**

You will complete the surveys again toward the end of the year. Your profile page will remind you when you need to complete the questions—and be sure to finish them sometime between May – July.

## Weekly Exercise....

The U.S. Department of Health and Human Services recommends youth engage in at least **60 minutes of physical activity every day**. Regular physical activity helps you feel better about yourself, build muscle and bone strength and stay happy and healthy. Sometimes it can seem difficult to find an extra 60 minutes to be active, but remember the 60 minutes can be broken up into small timeframes. Be creative and fit the 60 into your daily routine! To help keep you on the path to health, each chapter begins with an exercise activity that will guide you through a simple and fun physical activity. Challenge yourself to incorporate the exercise activities into your daily routine. Be sure to record your progress in the Online Record Book.

ie explore

# The Rider, The Elephant and The Path

One of the ways you can reflect about how your brain thinks thoughts is to consider your psychological brain. This isn't your physical brain, it's the one where your emotions and logic live. How you make decisions and choices throughout your life are affected by these two parts of your brain—and how you make decisions is also affected by your environment.

In the video, your logical self is called “the rider”; your emotional self is called “the elephant” and the environment is called “the path.”

Watch the video! <http://www.youtube.com/watch?v=qmmwWxVzSsw>



# ireflect

Talk about an experience you have had when you were working hard to make logical and healthy decisions—the rider was in control!

When the rider gets tired, what strategies can you have in place to avoid the elephant from taking over?

Describe a situation that you have been in when the elephant was in charge of some decision you made.

Describe a time in which the path helped you make a healthy choice and discuss what kinds of paths help facilitate healthy choices.

How are the rider, the elephant and the path related to your leadership roles?





## Chapter

# 1

# Destination: Healthy Living

Goal management skills are used by almost all successful people in the world. It sure is easier to get somewhere when you know where you are going, how you're going to get there and what you're going to do when things get in your way. An easy way to remember these 3 steps is:

Goal Selection

Pursuit of Strategies

Shifting Gears

(in the face of obstacles)



# Yes...GPS!

Within the GPS model of goal management are different **dimensions** that help us understand the deeper meaning of the step. The words in **bold** are the phrases that describe the dimensions of **G**, **P** and **S**.

**Goal Selection** means that you....

...take initiative to choose **meaningful, realistic and positive goals**. If the goals you choose are challenging they will help you learn and reach your full potential.

**Pursuit of Strategies** means that you...

...**stick to a plan** by making step by step actions to reach your goals.

...work your hardest and **Show persistent effort** to reach your goals.

...**check your progress** toward your goals to see if changes are necessary.

**Shifting Gears** means that when you are having trouble reaching your goals, you...

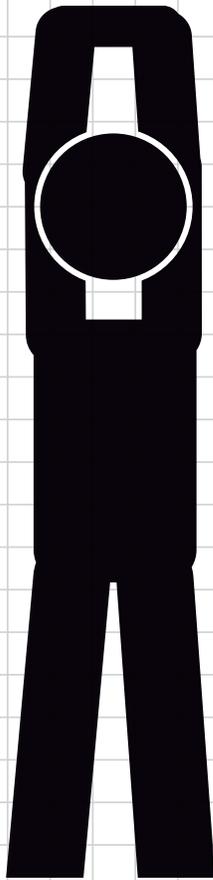
...**Seek help** from others and seek additional resources.

...**Substitute strategies** by figuring out which ones are not working and change your strategies.

# ieXercise

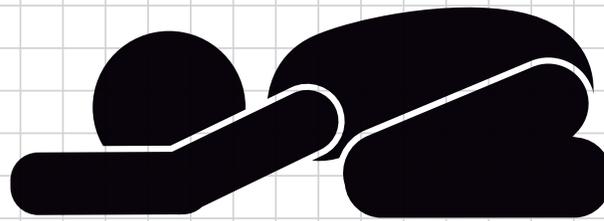
**Just breathe!** Has anyone every told you to just take a few deep breaths? When you're feeling overworked, stressed out or upset, taking a few deep breaths and stretching your muscles can help reduce some of that tension.

When you stretch, your body becomes more flexible and you're less likely to get hurt from physical activity. Try these stretches as a group and then see if you can sneak them into your daily schedule:



## Shoulder stretch:

Raise your arms above your head, interlocking your fingers with your palms facing upwards. Look straight ahead and relax your shoulder blades. Take five full breaths in and out. Relax your arms to your sides, roll your shoulders backwards and forwards a few times.



## Child's Pose

Sit up on your heels with your knees facing forward. Lower your chest down to your knees and extend your arms in front of you. Hold the pose and breathe.

Keep track of how often you do the ieXercises in the Online Record Book.

# iexplore



## GPS: Green Lights, Detours & Stop Signs

How can the rider help you make healthy choices? How can you use the skills of the elephant to make healthy choices? And how can you shape the path so that it leads to success in making healthy choices?

One of the ways you can shape the path is to manage your goals around healthy choices. When you know your destination and the strategies to get there, you are more likely to reach your goals. Everyone encounters roadblocks—the things that get in your way—it's important to know how to shift gears when something gets in the way of reaching your goals.

With your teammates, roll the die to manage those roadblocks and get to your destination!

After the game, set two healthy living goals for yourself using the chart below.



# iexplore

## MY GOALS & STRATEGIES

**Goal Selection:** Set two goals for the year. Your goals should be meaningful to you, realistic and stretch your skills.

FIRST GOAL

SECOND GOAL

### Ideas for choosing your goals:

1. Go on a walk or bike ride with friends at least once a week.
2. Include fruit in your breakfast each morning.
3. Replace soda for water.
4. Take a pet for a walk every day for one month.

## Pursuit of Strategies

What are 3-4 action steps that you will take to move you toward reaching each goal? Be specific about each task, include things like when, where and how you will take each step.

**STRATEGIES: FIRST GOAL**

**STRATEGIES: SECOND GOAL**

## Shifting Gears

What are a few things that could get in the way of achieving your goals or pursuing your strategies?  
What will you do if this happens?

**FIRST GOAL**

**SECOND GOAL**

*Things that could get in my way*

*Things that could get in my way*

*If this happens, I will...*

*If this happens, I will...*

# ireflect

What is your greatest roadblock in being healthy?

What strategies can you use to overcome that roadblock?

In your role as a leader, how can you use GPS goal management skills to help others make healthy choices?

What advice would you give a younger member if they were struggling to reach a goal?

# istretch

A **MANTRA** is a phrase or word that inspires and motivates you. Mantras can be helpful to keep the rider in control while also motivating the elephant. Additionally, mantras can help you in manage stress and keep you focused on your goals. Examples of mantras might include:

I choose  
to be  
healthy

I will be  
positive

I will  
improve my  
community

I will  
achieve  
my goals

I will  
find  
solutions

I am  
strong

Create a personal mantra and place it where you will see it often. Consider creating a mantra hashtag that you can use in your Twitter/Facebook/blog posts to keep you in line with your health goals.



Chapter

2



# MyHealth, MyPlate, MyMind

## Develop a Growth Mindset!

The more you learn and practice making healthy choices, the more you make new connections in your brain that actually help make it easier to make a healthy choice in the future. You will start to think about making healthy choices as something you can master and you will actually notice yourself feeling smarter about healthy lifestyle choices.

Your brain grows through effort and challenging exercise.

### What is a growth mindset?

The growth mindset is the belief that your basic qualities and habits are things that you can change and grow. Through effort the right strategies and getting help from others you can get better at making healthy choices.

### How does it affect you?

Having a growth mindset can affect your ability to make healthy choices. When you are working hard to reach a healthy lifestyle goal, the rider can get tired, which is when you can make choices that aren't as healthy. It happens to all of us! It's important to keep trying—putting in that effort and persistence will make it easier to make healthy choices more often.

### What is a fixed mindset?

Some people don't know habits change and they operate with a fixed mindset. These people believe that they are not good at making healthy choices and they're pretty much stuck with how much energy they have, their body composition, how they feel about themselves and the choices they make. When they encounter something that is very hard for them—like exercising 60 minutes every day—this belief causes them to quit too soon or not even try at all, because they don't think they can succeed anyway, so why bother.

### How do you develop a growth mindset?

It's easy! All you have to do is understand that the brain is like a muscle and when you put effort into something, you get better at it because your brain creates more connections. Making healthy choices can be challenging! So it's important to understand and believe that your health can improve over time. Most times, you can improve your habits greatly by trying these:

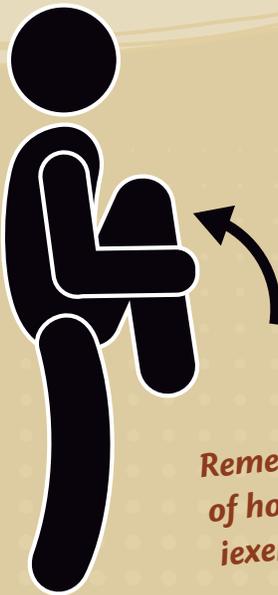
- increase your effort
- adjust your strategies
- seek help from others

# iexercise:

Warming up before any extraneous activity is important to not only having a productive workout, but also reducing your risk for injury. Brisk walking combined with some kicks and high knees can be a great warm up.

## High knees

Stand with your feet hip-width apart and pull your knee towards your chest and keep it there for three seconds and release. Then do the same with your other knee, do this for 60 seconds.



## Leg kicks

Standing with your arms at your sides alternate kicking your heels to the butt.



*Remember to keep track of how often you do the iexercises in the Online Record Book.*

# iexplore

We know that brain researchers say your abilities, habits and skills can change when you practice persistence and effort. Persistence and effort take energy and to be an effective leader you need energy; the brain is the biggest energy eater in your body, burning about 30% of the fuel your body uses every day! One way to ensure you have adequate energy is to eat a balanced plate. Too much sugar or caffeine can make us crash and staying hydrated, well-nourished and well-rested can help us feel better and be better leaders.

Scientists have discovered that people do things mainly because of the thoughts and feelings that they have – thoughts and feelings that live in the brain and that can be changed. Once again, you can think of your logical thoughts as the rider and your feelings as the elephant. When you have a thought or a feeling, the pathways in your brain send signals to other parts of your brain that lead you to do one thing or another.

By changing your brain's pathways, you can actually change and improve the choices you make after challenges and setbacks. So it's not that some people don't know or don't care about their health, it's just that everyone's brain is a "work in progress" – we're all changing. And we already know how easy it is for the rider to get tired!

In this iexplore activity, you will be using the MyPlate icon to think about and apply using a growth mindset to make healthy food choices.



# reflect

In the opening information and examples, you learned 3 things:

- a. When you work hard and learn new things, your brain grows new connections and you get smarter.
- b. The more you challenge yourself, the smarter you will become.
- c. Smart people are the people who have practiced more—they have built up their brain “muscles.”

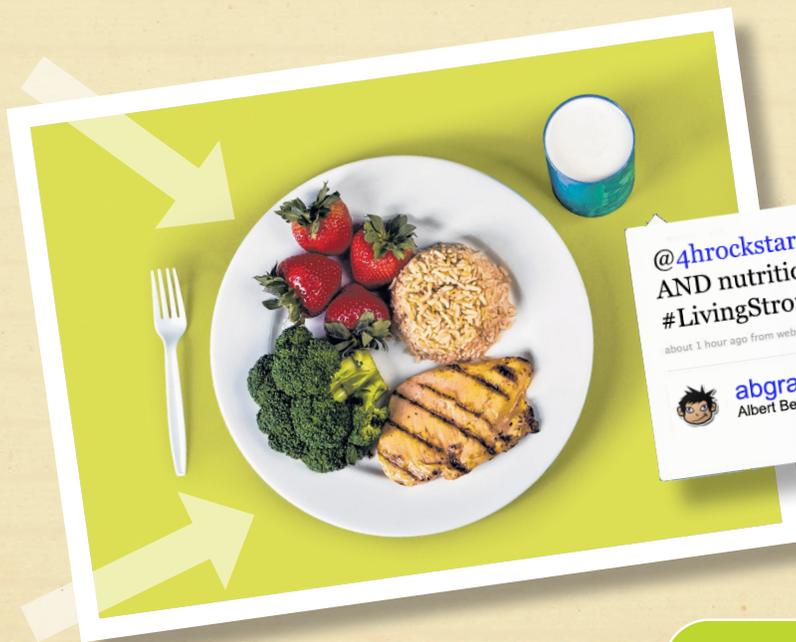
1. Think about an example from your own life. Describe a healthy habit that you did not do well at first, but then you practiced using a good strategy and became really good at it.

2. In your leadership roles you may encounter people who feel like it's too hard to eat healthy foods and be physically active. Write a letter to a friend to encourage him or her — tell them about something you just learned about being healthy and why he or she should try to make healthy choices.

3. Check your progress toward reaching the goals. Reflect on how well you are sticking to your plan. How are you demonstrating working hard and persistent effort? What strategies did you have to change for new ones? Who have you asked for help?

# istretch

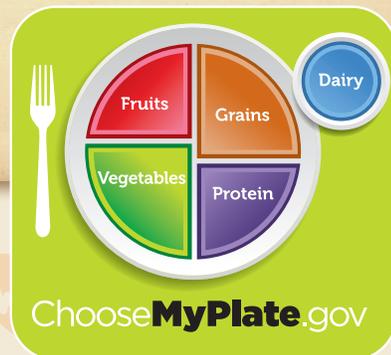
- Using the **MyPlate** icon as your guide, design a recipe or meal that meets the recommendations and incorporates your favorite foods.
- Make your meal, take a picture of it and post the recipe to your social media (Twitter, Facebook, Instagram, Blog). Hashtag your mantra and **#4HiThrive** in the post.



@4hrockstar My Healthy Meal! Delicious AND nutritious!  
#LivingStrong #4HiThrive

about 1 hour ago from web in reply to liztrauss

abraham  
Albert Belmont Graham





Chapter

3

# Caring About Nourishment

Indicators of thriving are the qualities that have been named by researchers and scientists to describe areas of behavior, knowledge and skills that successful young people have in common. These indicators are broken down into six areas, called the 6 Cs. They are: **Competence, Connection, Character, Caring, Confidence and Contribution.**

*In chapters 3 & 4 we're going to focus on two of the Cs: caring and competence. Let's start with caring!*

**Caring** includes:

**Honoring and protecting all living things—including yourself—and the world's resources.**

One of the best ways to take care of ourselves is to be mindful of what we eat. Nourishment is less about counting calories or restrictions—and more about choosing foods based on their nutritional value and eating those foods—so that the rider and the elephant are satisfied.

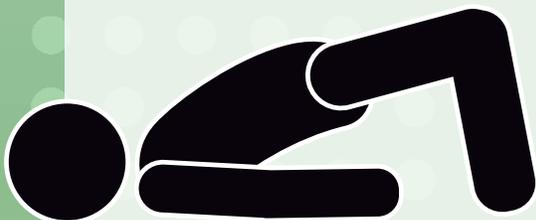
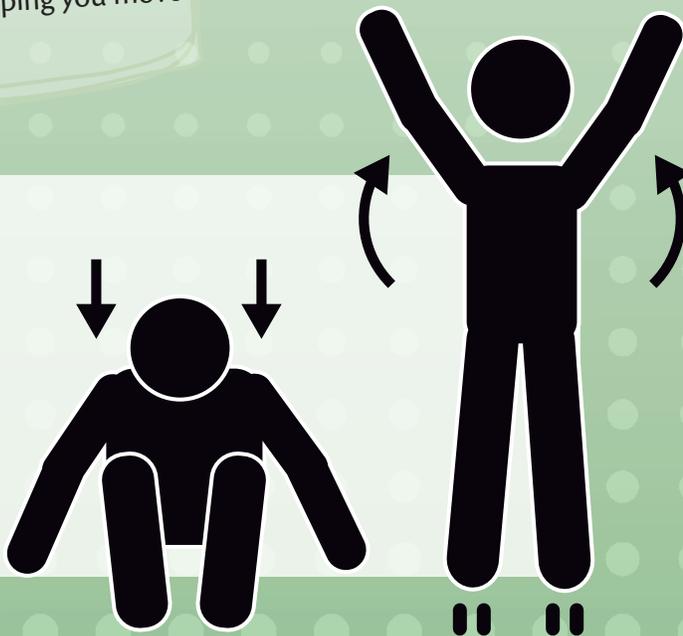
# exercise:

Resistance exercises can help improve muscle strength, bone density and build endurance. This type of strength training can also help increase the efficiency of your body, helping you move easier and faster, it also helps reduce injury risk.

Try these resistance exercises as a group:

## Jump Squats

Jump squats are the best preparation for taking jumping pictures! Stand with your feet shoulder width apart. Squat down and jump up. Land back into the squat position. Take a jumping picture of your 4-H group and post to social media – hashtag your mantra and #4HiThrive.



## The Bridge

Lay down on your back with your knees bent and your hands resting at your sides. Using your core muscles lift your torso up. Hold that position for 60 seconds.

## The Superman

Lay on your stomach with your arms and legs flat on the ground. Lift all of your limbs up into the air and hold for 30 seconds. Rest and repeat 5 times.

Remember to keep track of how often you do the exercises in the Online Record Book.



# ie xplore:

**Nutrient Navigation** You already know that some foods are better for you than others. Let's find out how nutritionally savvy you are!

## ireflect

*Think about either your dinner last night or your favorite meal. How many points would you have scored in that meal?*

- ⦿ **Using the food cards, identify which nutrients you ate and how that may have benefited your growth.**
- ⦿ **What roadblocks do you experience that keep you from eating more healthy foods?**
- ⦿ **What opportunities do you have to give input into available foods and menus?**
- ⦿ **How does what you learned in this lesson apply to caring for yourself?**
- ⦿ **How can you use this knowledge to care for someone else?**



# istretch



Cris Comerford,  
Executive Chef, The White House

**Watch:** White House Executive Chef Cris Comerford demonstrates cooking some healthy Asian dishes.

<http://www.youtube.com/watch?v=BKKF-HryVsg&feature=youtu.be>



Ming Tsai,  
Executive Chef/Owner, Blue Ginger

⦿ **Consider making a meal for your family one day this month. What would you make? What are some healthy options your family might like to try?**

⦿ **Using the food cards calculate the points of your proposed meal. How would you make it a high-scoring meal?**



Choose lean protein.

Chapter

4



# Competently Munching on Media

In this chapter, let's take a look at **Competence**.

**Competence** includes: Healthy habits in caring for your body, choosing foods that nourish your body, mind and spirit and avoiding unsafe behaviors.

# Emotions

sometimes overpower our logical thoughts and desires and we end up making decisions based on the emotions instead of our thoughts—the elephant is in charge! This is especially true when we are hungry or tired. If we eat healthy foods we are less likely to crash and be overly hungry, which means we are less likely to let our emotions take over in deciding what to eat.

Advertisers know that emotions are powerful and that people often make decisions based only on their emotions—that's why they make such pretty photos of the food. They want to distract us from our goals and desires and get us to focus on how good their food looks. If instead you look at the food and think about how it is motor oil or something fake like that, then we can better control our emotions and let our thoughts make the decision. It is hard work, but each time we are successful at making a healthy choice and don't let ourselves get distracted by advertisers, we grow new connections, feel more capable/competent and take another step towards our goal, which feels so much better than a bowl of ice cream.

## ieXercise:

**Building strength in your core improves your balance and stability**

Try to **walk the plank** for 60 seconds. Start out on the floor as if you were going to do a pushup, then place both of your forearms on the floor. You will want to keep your head in line with your spine. Hold that position for 60 seconds.

*Remember to keep track of how often you do the ieXercises in the Online Record Book.*



# explore:

**Food Fools** The food displayed in advertisements isn't always what we think it is. Marketers, food stylists, graphic designers and whole teams of people work very deliberately to make food shown in ads appealing to consumers – you. The tactics used in advertising can really undermine our competence in making healthy choices by confusing us. Let's play with one of the common tricks used in ads that contain ice cream!



# reflect

How is knowing about advertising tactics connected to your competence about making healthy food choices?

How can you take ownership of your own food choices?

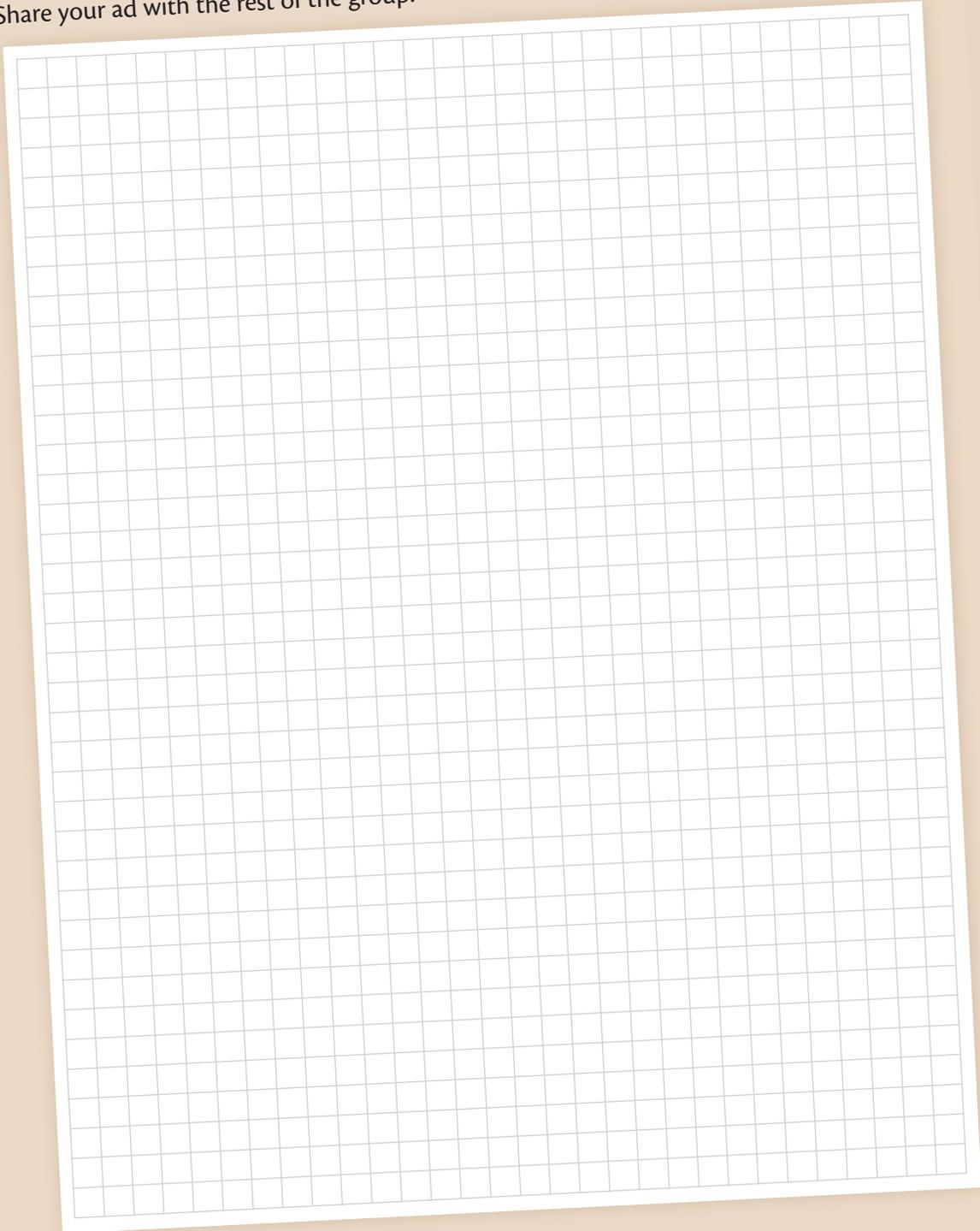
Identify three motivators for selecting healthy foods/drinks/meals/snacks.

As a leadership practice, how can you market a healthy lifestyle to your family, friends and community?

# istretch:

On your own or with one or two others, use the motivators and the marketing strategies that you thought about in ireflect as a guide, create an ad for a healthy food or beverage. Use graphic software (Photoshop or PowerPoint) to create a print ad, write a jingle or film a short commercial.

Share your ad with the rest of the group.



## Food Advertising Strategies

Adapted from Media-Smart Youth <http://www.nichd.nih.gov/msy/Pages/index.aspx>

Advertisers may use some of the following strategies to convince you to buy their products.

- ⊙ **Image** – This is when the advertisers try to persuade you that their product and the people that use/eat it are cool. If you want to be cool like them, then you need to use/eat their product.
- ⊙ **Excitement** – These ads tell you that eating their food is exciting! You can be transported to a fun adventure just by eating their food.
- ⊙ **Familiar Face** – These ads use the name and face of a popular celebrity to promote their product. Familiar cartoon characters are sometimes used to make kids identify with specific products.
- ⊙ **Trending** – These ads encourage you to join the group. They tell you that everyone else is buying their product and therefore you should too.
- ⊙ **Skewed Scale** – This is when the product size is skewed in the favor of the product. Ads will show the product as either bigger or smaller to make it seem more appealing.
- ⊙ **Burns** – No one likes to be burned, but some ads may put down a competitor to make their product look better.
- ⊙ **Stats** – Facts and numbers can be used to make a product seem credible.
- ⊙ **Playback** – Do you ever see the same commercial multiple times in a row? It's not a glitch in the system; this is done intentionally with the hope that the more you see a product the more likely you are to buy it.
- ⊙ **<3** – It's all about feelings. These ads make you feel good and connect that good feeling to the product.
- ⊙ **Music** – Jingles, slogans and catch phrases can all get stuck in our head. Advertisers use this to keep us thinking about their product long after we've stopped viewing the ad.
- ⊙ **Tricky Terms** – Some words used in ads can be misleading. Terms like: "natural," "whole grains" and "made with" can make foods sound more nutritious than they actually are.
- ⊙ **Omission** – Advertisers are selective of the information they share with you. For example, an ad may describe the health benefits of their new "fat-free" cracker, but fail to mention that the amount of sugar has now doubled.

Media messaging is a part of our everyday lives – from television and radio ads to social media and email. These messages can have an impact on the choices you make about what you eat and the activities you engage in. Understanding the intentions behind these messages can help you make informed decisions about your health.

# Sparks for Health

## Chapter

# 5



What is your inner passion?  
What gives you joy, energy and motivation?  
Perhaps it is a hobby, a skill, sports, music, art,  
leading meetings, presenting or helping others.

# passion

A spark is something you're passionate about; it really fires you up and gives you joy and energy. A spark comes from deep in your gut and is an important part of who you are. A spark may be an interest, skill or quality. Your spark is also something you use to make a positive difference in the world. It might be anything from playing a musical instrument to rebuilding antique cars, from leading a 4-H project to caring for animals at a shelter.

What is one spark that you know you have so far? If you don't know, that's okay. Sometimes it takes a lot of trying new things to find out what you are passionate about.

## Spark Champions

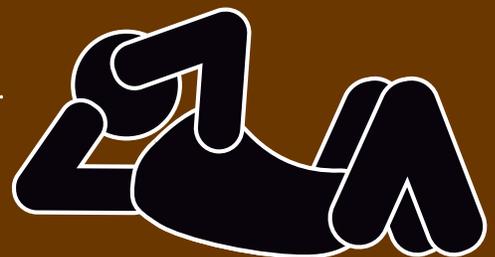
Research shows that when a young person has at least three caring adults in their life who support them and help nurture their sparks, then they are more likely to have a sense of purpose, be more socially competent and physically healthy and they do better in school. We call these caring adults, Spark Champions. As you go through the year, think about the adults in your life who are already your Spark Champions. It's okay to ask an adult who has the same spark as yours to be your Spark Champion.

# exercise

## Shifty Sit Up

Lie on your back on the floor with your knees bent and your feet flat on the ground. Bring your hands behind your head so that your elbows are sticking out to the side. Using your core muscles, pull your head off the floor and rotate your body to the left, hold that position for two seconds. Repeat on the right side, doing 10 repetitions for each.

Remember to keep track of how often you do the exercises in the Online Record Book.



# ie xplore

## watch

- ⦿ Watch a short video about the Jamie Oliver Food Revolution.  
<http://www.jamieoliver.com/us/foundation/jamies-food-revolution/videos>
- ⦿ Discuss Jamie's spark with others in your group. What has been the impact of his spark?
- ⦿ Plant your own Spark!



## ireflect

**1** Reflect on your spark (if you don't yet know your spark, think about something you are really interested in). What kinds of actions could you take to get better at your spark? Perhaps reading about it or practicing a related skill.

What do these actions all have in common?

One thing you need to have is energy and be able to focus and learn.

What healthy choices could you make so that reaching your goal is easier? Develop a plan to ensure you are healthy enough to grow your spark.

In your role as a leader, how can you help others identify their sparks?

How can healthy choices help you have more energy and better focus? Look at the healthy living goals you set earlier in the year.



# i:stretch

Watch the three minute video clip from the movie *Billy Elliot* found on the *iThrive* 4 DVD or on the California 4-H website at [http://4h.ucanr.edu/Resources/Volunteers/4-H\\_Thrive\\_Resources/iThrive\\_Activities/](http://4h.ucanr.edu/Resources/Volunteers/4-H_Thrive_Resources/iThrive_Activities/)



⊙ What parallels can you make between Billy Elliot's and Jamie Oliver's sparks?

⊙ What are the similarities in the obstacles that each of them faced?

⊙ What might you tell a friend who is struggling to pursue a spark that is not well accepted or really challenging? How would you advise this friend?



Chapter

6

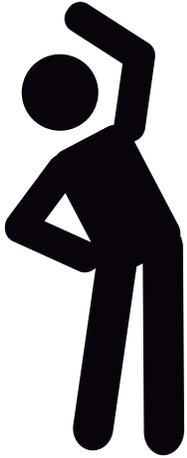
# Path to Thriving

In this final chapter before we celebrate completing *iThrive 4* we'll be applying all the skills you have learned during the year by doing an environmental scan and creating a campaign to make a positive health impact on that environment. This is the path part of the rider and elephant story – how we shape the path has a lot to do with our success at being healthy!

Be thinking about how to use your goal management, growth mindset, sparks and 6 Cs skills!

# iexercise

Taking the time to cool down after any strenuous activity helps reduce soreness later. Practice these three post-workout stretches:



⦿ **Side stretch**

Stand tall and place your right hand on your right hip and extend your left arm up over your head. Reaching to the right hold this pose for 20 seconds, then repeat on the left side.



⦿ **Hamstring stretch**

Sit on the ground with your legs stretched out in front of you. Reach your hands towards your feet and hold this position for 20 seconds. If you can, try to reach your feet.



⦿ **Calf stretch**

Sit on the ground with one leg straight and the other bent. Hold the foot of the bent leg and keeping your heel on the ground, pull your foot toward your body. Hold this position for 20 seconds, then repeat with the opposite leg.

Remember to keep track of how often you do the iexercises in the Online Record Book.

## iexplore: Be a Health Advocate

An environmental scan is a way of looking at what already exists in a geographic area and how what's available in that environment impacts people's health choices. You can also use an environmental scan to make predictions about what will happen in the future based on the current open space, the existing built environment's age and condition, etc.

In this environmental scan work in groups of 2-3 people. Ultimately your goal is to improve the health of a selected environment.

Turn to page 32-33 for the plan and mapping tools.

# i:reflect

What thriving skills did you use to improve the health of your selected environment?  
(GPS goal management, growth mindset, sparks, self-reflection)

What leadership skills would you use to help improve the health of your selected environment?

# i:stretch

Reflect back on the goals you set in Chapter 1. Evaluate how you are doing on pursuing the strategies to reach your goals.

When you complete the second part of your Junior and Teen Leadership Development Project Report Forms, be sure to talk about how you took initiative to:

**choose meaningful, realistic and positive goals.**

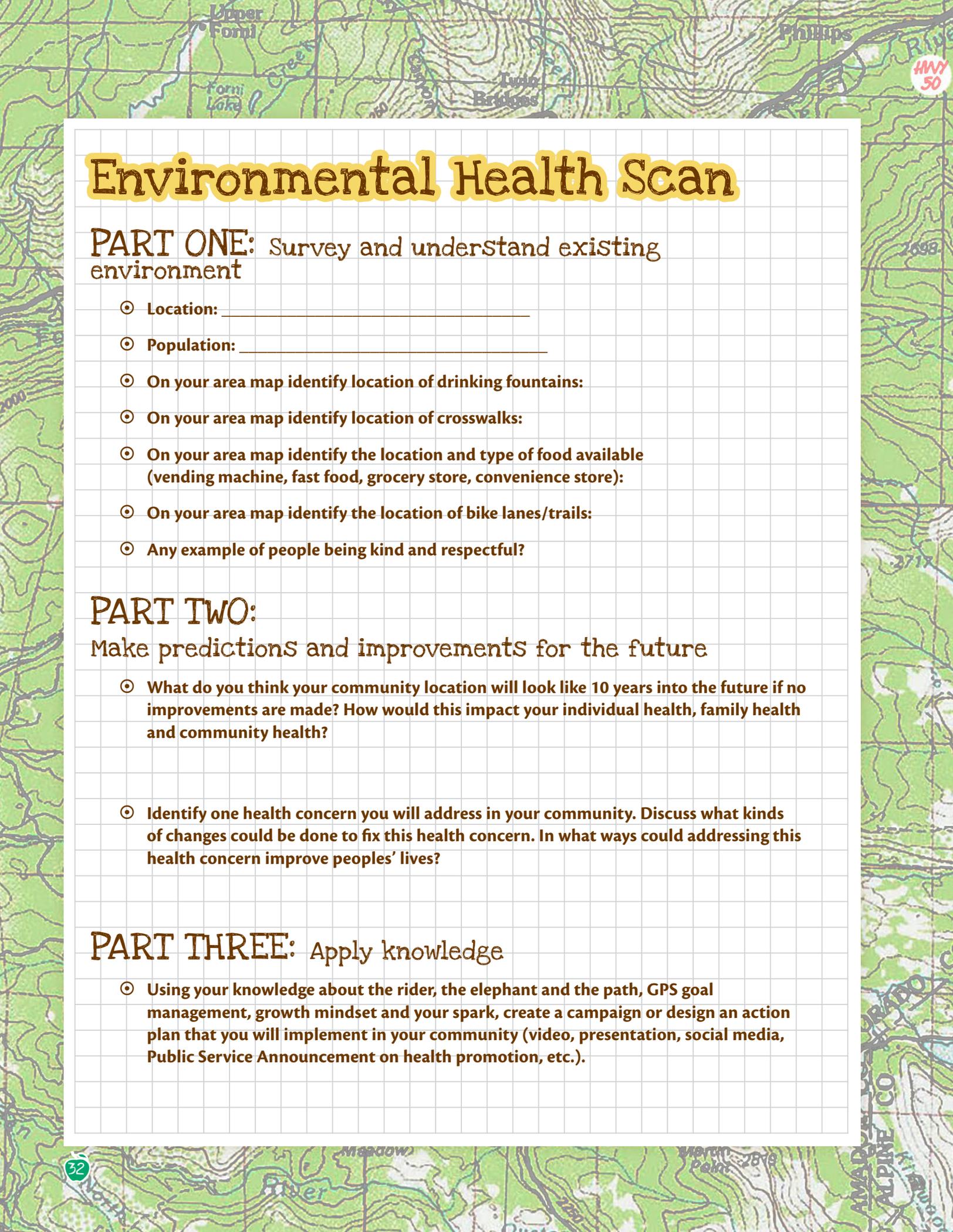
**stick to a plan** by making step-by-step actions to reach your goals.

work your hardest and **show persistent effort** to reach your goals.

**check your progress** toward your goals to see if changes are necessary.

**seek help** from others and seek additional resources.

**substitute strategies** by figuring out which ones are not working and change your strategies.



# Environmental Health Scan

## PART ONE: Survey and understand existing environment

- ⊙ Location: \_\_\_\_\_
- ⊙ Population: \_\_\_\_\_
- ⊙ On your area map identify location of drinking fountains:
- ⊙ On your area map identify location of crosswalks:
- ⊙ On your area map identify the location and type of food available (vending machine, fast food, grocery store, convenience store):
- ⊙ On your area map identify the location of bike lanes/trails:
- ⊙ Any example of people being kind and respectful?

## PART TWO:

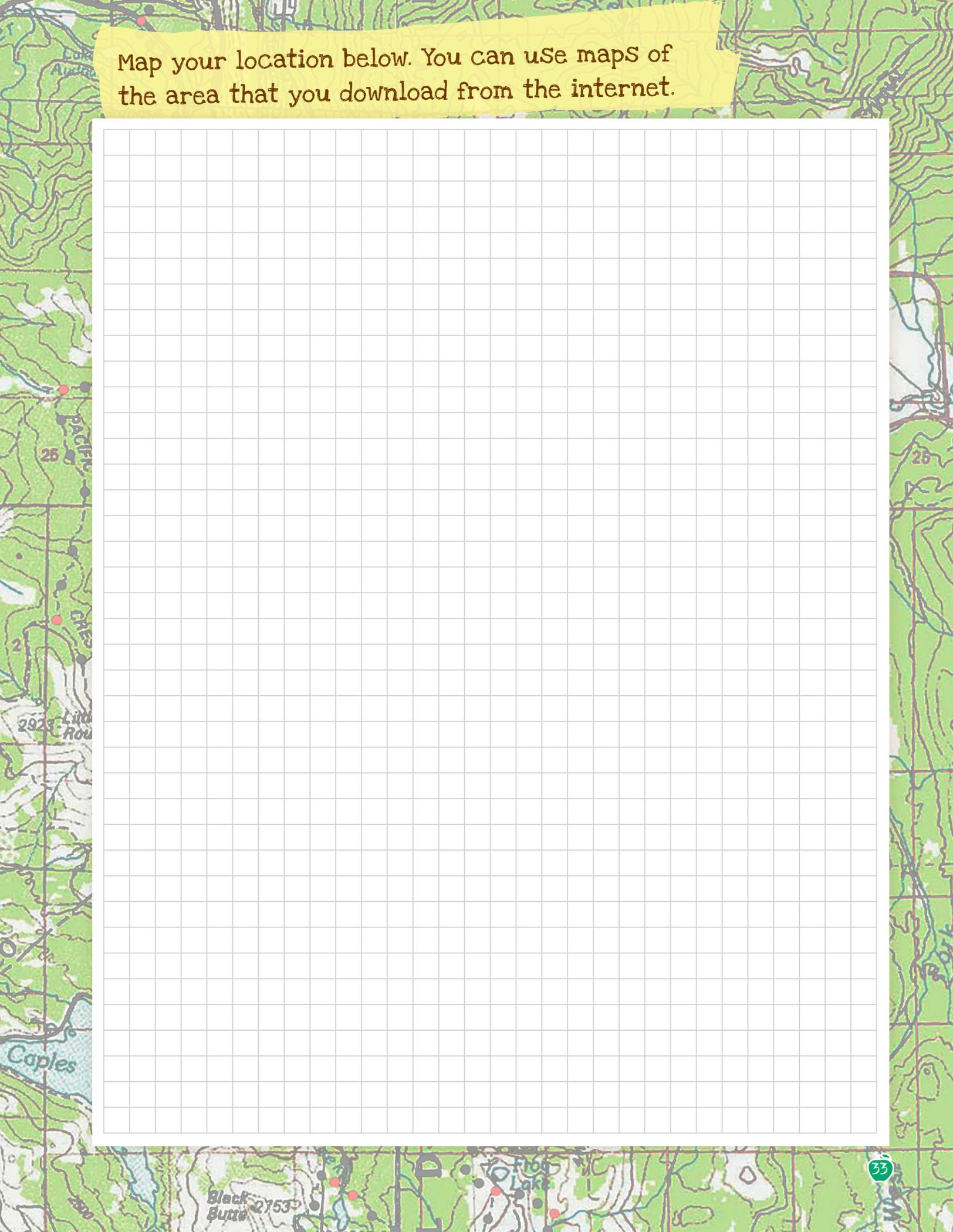
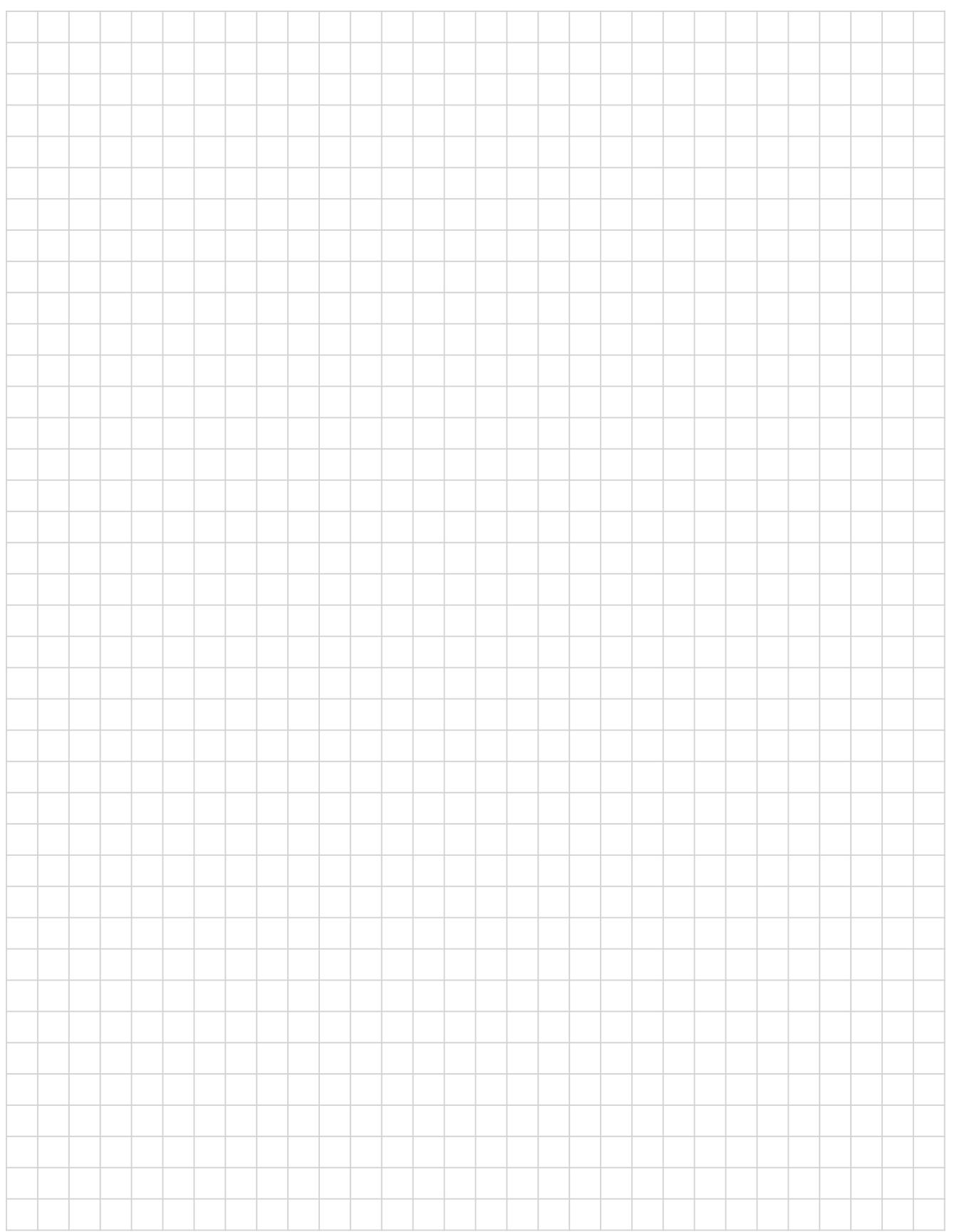
### Make predictions and improvements for the future

- ⊙ What do you think your community location will look like 10 years into the future if no improvements are made? How would this impact your individual health, family health and community health?
  
- ⊙ Identify one health concern you will address in your community. Discuss what kinds of changes could be done to fix this health concern. In what ways could addressing this health concern improve peoples' lives?

## PART THREE: Apply knowledge

- ⊙ Using your knowledge about the rider, the elephant and the path, GPS goal management, growth mindset and your spark, create a campaign or design an action plan that you will implement in your community (video, presentation, social media, Public Service Announcement on health promotion, etc.).

Map your location below. You can use maps of the area that you download from the internet.





Chapter

7

Celebrate!



You have spent a lot of time and energy reflecting on where you are on your path to developing skills. The skills you learned included identifying and/or nurturing a spark; developing and using a growth mindset, practicing goal management skills and reflecting on the 6 Cs, especially Caring and Competence.

You have learned how the rider, the elephant and the path affect your healthy choices.

You've practiced a lot of exercise and stretching options. You've learned how to choose foods with higher nutritional value and how the media may influence the food choices you make. Ultimately, you have used all of your skills to make a plan to improve the health of a community.

Now, it's time to celebrate the efforts you have made and the growth you have achieved!

# i Celebrate

AS a group, do  
Something active  
and fun together!

- Go for a walk
- Take a bike hike and have a picnic (with healthy foods, of course!)
- Go bowling
- Another idea?
- Share your Public Service Announcement or community campaign that you developed in Chapter 6.
- Decorate a watermelon cake or create other food art—and then eat it!

When you have completed 4-H *iThrive 4* you have earned the Thrive recognition pin. Your project leader may want to order pins ahead of time so that each person receives one during your celebration. If this is your first year of *iThrive*, you earn the Thrive pin. If you already earned that pin, then you receive a Thrive clover pin to place around the Thrive pin.

**Applause! Kudos! Amazing Effort!**



## 4-H Online Record Book (ORB) Surveys

Remember to go into your ORB and complete any surveys that are in your Sparks Score area. Complete the second set of surveys sometime between May – July.

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REGARDING PROGRAM PRACTICES  
July, 2013

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