

Southwest District 4-H'ers Make the Jump to a Healthier Lifestyle By Kris Peavy, 4-H Agent

Eleven 4-H'ers from Randolph County youth joined nearly 40 4-H'ers from [14 different counties](#) in Southwest Georgia on Thursday, June 30th, for the Southwest District 4-H Make the Jump!: Healthy Choices for Life Day camp at Georgia Southwestern State University in Americus, Georgia. The 4th - 6th grade youth participated in nutrition, exercise, stress reduction, and anti-smoking classes, which were taught by [16](#) certified 4-H Teen Leaders.

"I am thrilled that our youth had the opportunity to participate in such an event," said Kris Peavy, 4-H Agent. "This was a wonderful day camp that taught youth the importance of a healthy lifestyle while providing the kids with some summer fun."

Classes included fun activities such as folk dancing, relay races, and Fit Deck. Other classes taught youth to make their own healthy snack mix and provided experiments that demonstrated the harmful effects of drugs, alcohol, and tobacco. Youth also had the opportunity to develop healthy relationships while interacting in games with peers across Southwest Georgia.

In a post evaluation survey, 92.5 percent of youth participants indicated that they had learned how to make healthy choices about their life from the Make the Jump Day Camp. The evaluation also indicated an increase in youth's knowledge of nutritious snacks, exercise, and the importance of water.

The event was sponsored by Health Rocks! with Committee Members including: Lynn Davis, Turner County 4-H Agent; Keri Hobbs, Sumter County 4-H Agent; Sonya Jones, Pulaski County 4-H Agent; Kate Whiting, Peach County 4-H Agent; Dr. Laura P. Johnson, Southwest District 4-H Program Development Coordinator; and Richie Knight, Georgia 4-H Program Specialist. A special thanks also goes to Georgia Southwestern State University for the use of the campus facilities during the event.

To learn more about upcoming 4-H events in Randolph County 4-H, please contact Kris Peavy or Kimberly Clark at 732-2311 or visit our webpage at www.ugaextension.com/randolph



back row: Terry Kemp, Chandler Slaughter, Brant Cox, Kaylie Smith, Aaliyah Gilbert
front row: T.J. Smith, Cullen McDonald, Matt Thompson and Cole Crawford