



Waukesha County

University of Wisconsin-Extension

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TEENS NEEDED TO TEACH KIDS HEALTHY HABITS

New Waukesha County 4-H Program is Looking for Teens to Mentor Youth

(WAUKESHA, WI) – Waukesha County 4-H is looking for teens to teach younger children as part of a new 4-H program. The program, called *Choose Health: Food, Fun, and Fitness*, will train teens in nutrition and active living so they can pass those skills on to children ages 8 -12.

"This is a great opportunity for Waukesha County teenagers to participate in a nutrition and fitness education program so they can learn healthier habits – and have fun doing so," says Martica Davis, UW-Extension, Waukesha County Outreach Coordinator. "Choose Health Action Teens, or CHATs, will gain leadership and teaching skills, as well as a greater understanding of and commitment to healthy eating."

The hands-on, interactive program teaches children in after-school or school-break programs about the importance of healthy eating and active play in their daily lives. The program includes a variety of hands-on lessons, including:

- Opportunities for children to measure the amount of sugar in soda and other drinks
- Ways to eat more vegetables and fruits
- How to use Nutrition Facts Labels to determine sugar and fat content in foods, choose more whole grain and high fiber foods, and see the amount of fat in fast food
- How to start their days with a healthy breakfast

To learn how to become a Choose Health Action Teen (CHAT) or about the *Choose Health: Food, Fun, and Fitness* program, contact Martica Davis at mdavis1@waukeshacounty.gov or call the Waukesha County UW-Extension office at 262-548-7770.

About UW-Extension Waukesha County 4-H

UW-Extension Waukesha County 4-H has more than 200 certified adult volunteers, 100 youth volunteers and 526 youth in 23 community clubs and 9 SPIN (Special Interest) clubs.

Learn more about 4-H at www.waukeshacounty.gov/uwex/4H/, find us on Facebook at www.facebook.com/WaukeshaCounty4H/ and Twitter at mobile.twitter.com/WaukeshaCo4H.

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