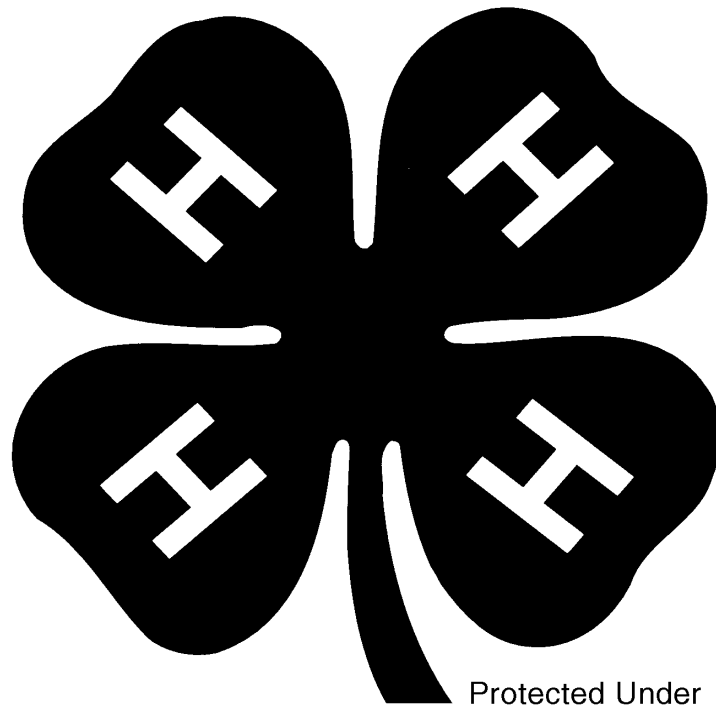


# Physically Fit



Protected Under  
18 U.S.C. 707

**MONROE COUNTY 4-H  
GRADES 3 - 12**

# Physically Fit

**Monroe County Achievement Record Sheet required**

This project focuses on keeping our bodies physically fit. Focus will be on the means to achieve Physical Fitness and the short and long term effect.

***Note: For poster requirements, please see the general poster rules in the 4-H Project Book.***

## **BEGINNING: Grades 3 – 5**

Exhibit a poster showing ways that an individual can achieve being physically fit.



## **INTERMEDIATE: Grades 6 – 8**

Exhibit a poster showing/explaining a fitness program for a person your age.

## **ADVANCED: Grades 9 – 12**

Exhibit a poster showing and explaining the effects of being physically fit in the body function; cardiovascular and respiratory system



**No State Fair Entry**