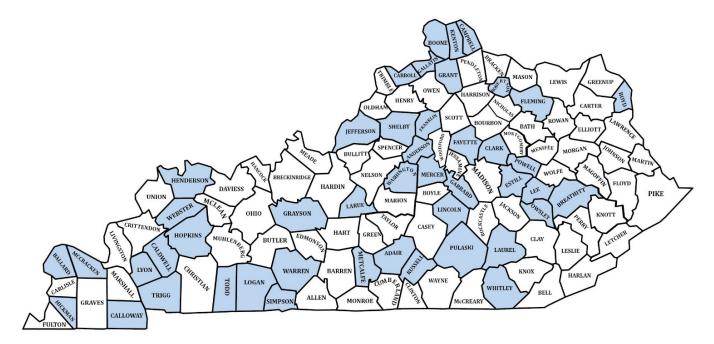
## 4-H Youth Physical Fitness & Healthy Lifestyles



This program aims to address the obesity epidemic in Kentucky by educating youth on the importance of engaging in a healthy lifestyle through proper nutrition and physical fitness. A total of 46 counties implemented this program in Fiscal Year 2015, resulting in 5,443 youth developing a better understanding of the relationship between healthy eating, exercise and well-being.

## **4-H Youth Physical Fitness & Healthy Lifestyles**

	The number of participants implementing behavior changes is listed below:
5,443	Number of youth that created an individual plan for healthy eating and physical activity
5,970	Number of youth that increased their level of physical activity outside of the program
4,188	Number of youth that feel more confident about themselves
10,034	Number of youth that can name multiple ways to be physically active
3,104	Number of youth that have noticed changes in their physical appearance