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## Healthy Lifestyles Invitational Essentials

The 4-H Healthy Lifestyles Invitational gives participants the opportunity to participate in a competitive event using the knowledge and skills they learn from participating in 4-H healthy lifestyles programs.

The invitational is conducted during Texas 4-H Roundup, and is open to intermediate and senior 4-H members. 4-H members need not qualify to participate in the contest.

### Basics

4-H members may enter the healthy lifestyles invitational as an individual or as a 3- to 4-person team within the same age division. 4-H members who enter as individuals will be grouped randomly with other individuals for the team presentation part of the contest.

The invitational consists of two parts—individual judging, and team presentations.

Participants first work individually to judge/place eight classes, each of which consists of a scenario and four options related to a healthy lifestyles topic. The class topics are announced at the beginning of each 4-H year.

For each class, the individual participant will rank the four options based on the given situation. Some classes may also include a multiple-choice and a true/false quiz. Seven minutes are allowed for each class, with 1 minute between each to allow the contestants to move to the next class.

After individual judging are the team presentations. The order in which the teams present is assigned randomly. Each team is given a scenario (based on a healthy lifestyles topic) and has 10 minutes to evaluate it, decide on a solution, and prepare a presentation.

Each team will have 5 minutes to present its solution to the problem/scenario. Participants may not use visual aids during the team presentation.

### Conducting a healthy lifestyles invitational

The 4-H Healthy Lifestyles Invitational Contest requires a great deal of planning. The consumer decision-making contest guide can be used as a model for preparing and conducting this invitational contest.

### Space and equipment needed

#### Rooms

- 1 room for group assembly and awards
- 1 room large enough for separate tables for each class
- 1 room for tabulation
- 2 rooms for team presentations (one per age division)

**Tables:** 1 table per class to display the four options for each situation and a copy of the scenario for each contestant.

#### For each contestant

- Cards for taking notes (optional since reasons are not given for any class)
- Contest schedule
- Name tag or contestant number tag
- Pencils
- Time schedule for team presentations
- Universal A Scantron

Possible locations include schools, churches, community centers, county fair building, or county Extension offices.

### Volunteers needed

- **Class monitor/group leader:** Monitors 4-H members as they judge each class and direct contestants to the next class; between classes, straightens the four class options; can be used to monitor teams as they wait to give team presentation (talking is allowed)
- **Judges:** Observe and score team presentations

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- **Situation statement writers:** Members of the contest planning committee may help with these responsibilities **as long as it does not interfere with the integrity of the contest**
  - **Tabulators:** Operate the Scantron machine, tabulate placing, and present the scores
  - **Timekeeper:** Keeps time during judging and indicates when contestants should rotate to the next class

## Resources

- All located at [texas4-h.tamu.edu/healthy\\_lifestyle](http://texas4-h.tamu.edu/healthy_lifestyle):
  - 4-H Healthy Lifestyles Invitational Packet (updated annually)
  - Sample classes from previous invitational contests
  - Subject-matter resources (determined based on class topics)

## Specialist

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