

4-H Healthy Living Ambassadors

Job Description

What is a Healthy Living Ambassador?

An official representative of and promoter of holistic healthy living, including fitness, nutrition, mindfulness and substance prevention.

Ultimate Goals:

- Learn about and promote healthy lifestyle choices
- Create media about healthy living
- Community outreach & education
- Asset building, education, and promotion
- Create and facilitate community change

Attributes an Ambassador should have:

Positive role model - Walk the walk and talk the talk about living a healthy lifestyle

Must be drug/tobacco/alcohol free

Willingness to meet with the Healthy Living team at least once per month

Responsible, reliable & trustworthy

Willing to work within a diverse team

Sign up to be a 4-H member, sign and follow the “Code of Conduct”

Willing to be photographed/recorded

Available for events

Willingness to collaborate with adults and/or youth to reach the community about the healthy living message

Creative & Outgoing

Activities and Outreach Might Include:

Conducting a program at an afterschool site or community location (school, YMCA, Boys & Girls Club)

Manning a table at a healthy living event

Create video/media for community outreach & education

Using social media to communicate about Y-H/HLA

Learning about healthy habits/nutrition

Recruit your friends to be Healthy Living Ambassadors

Provide leadership in your community about healthy living!

For more information or questions, contact the Healthy Living Program Coordinator

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Funding for Healthy Living Ambassadors is currently supported by

