



# National Youth Summit on Healthy Living

## February 12-15, 2021

### Agenda

#### Friday, February 12, 2021

##### **6:00 PM: Summit Kick-off and Welcome**

Welcome to attendees with an introduction of collegiate facilitators and leadership team.

##### **6:15 - 6:45 PM: Keynote Speaker**

*Kazi Manann, Sakina Halal Grill, Washington DC*

Mr. Manaan is the owner of the Sakina Halal Grill and in the midst of the COVID-19 pandemic and dwindling business, contributes to the community through free meals for those in need.

##### **6:45 - 7:15 PM: Action Plan Overview**

*Justin Crowe, Summit Coordinator*

Mr. Crowe will share information on the action planning process for the delegation.

##### **7:15 - 7:30 PM: Fitness Break**

*BOKS Kids*

This virtual fitness break will engage all participants in hands-on activities that will get the participants moving but also teach them new methods for incorporating physical activity into their 4-H programs.

##### **7:30 – 8:15 PM: Program Showcase**

The program showcase provides state 4-H programs and partners the opportunity to highlight an innovative program or activity that focuses on healthy living.

##### **8:15 – 9:00 PM: Debrief**

Nightly debrief led by our collegiate 4-H facilitators. Friday night will focus on the action plan process.



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### Saturday, February 13, 2021

#### **1:00 - 1:15 PM: Afternoon kick-off**

Kick-off led by one of our national 4-H Youth in Action winners.

#### **1:15 - 2:00 PM: Workshops (by tracks)**

- Food Insecurity
- Health Equity
- Physical Fitness
- Substance Abuse
- Nutrition
- Mental Health
- Adult Track

Workshops will be offered for individuals based on tracks. The adult track will provide professional development for staff and volunteers.

#### **2:00 - 2:15 PM: Fitness Break**

##### *BOKS Kids*

This virtual fitness break will engage all participants in hands-on activities that will get the participants moving but also teach them new methods for incorporating physical activity into their 4-H programs.

#### **2:15 - 3:00 PM: Workshops (by tracks)**

Workshops will be offered for individuals based on tracks. The adult track will provide professional development for staff and volunteers.

#### **3:00 - 3:15 PM: Wrap Up**

Wrap-up session led by our collegiate 4-H facilitators.

#### **3:15 - 3:45 PM: Debrief**

Nightly debrief led by our collegiate 4-H facilitators. Saturday night will focus on an emerging topic in a healthy living content area.



# National Youth Summit on Healthy Living

## February 12-15, 2021

### Sunday, February 14, 2021

#### **1:00 - 1:15 PM: Afternoon kick-off**

Kick-off led by one of our national 4-H Youth in Action winners.

#### **1:15 - 2:00 PM: Workshops (by tracks)**

- Food Insecurity
- Health Equity
- Physical Fitness
- Substance Abuse
- Nutrition
- Mental Health
- Adult Track

Workshops will be offered for individuals based on tracks. The adult track will provide professional development for staff and volunteers.

#### **2:00 - 2:15 PM: Fitness Break**

*BOKS Kids*

This virtual fitness break will engage all participants in hands-on activities that will get the participants moving but also teach them new methods for incorporating physical activity into their 4-H programs.

#### **2:15 - 3:00 PM: Workshops (by tracks)**

Workshops will be offered for individuals based on tracks. The adult track will provide professional development for staff and volunteers.

#### **3:00 - 3:15 PM: Wrap Up**

Wrap-up session led by our collegiate 4-H facilitators.

#### **3:15 - 3:45 PM: Debrief**

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### Monday, February 15, 2021

#### **12 - 1 PM: Healthy Lunch Preparation (option)**

Join the University of Arizona 4-H Healthy Living Ambassadors as they prepare a healthy lunch. Participants will be able to join in and follow along.

#### **1 - 1:45 PM: Career Panel**

Each track will feature three career panelists who will engage with the teens and discuss their career paths.

#### **1:45 - 2:00 PM: Fitness Break**

*BOKS Kids*

This virtual fitness break will engage all participants in hands-on activities that will get the participants moving but also teach them new methods for incorporating physical activity into their 4-H programs.

#### **2 - 2:30 PM: Cap Note Speaker**

*To be announced*

#### **2:30 - 2:45 PM: Wrap Up**

Wrap-up session led by our collegiate 4-H facilitators.