



Buzzy BODY & BITES for Teens

Buzzy



Let's Meet the Virginia 4-H 2024-2025 Healthy Living Ambassadors!



Cassidy Larochelle



Garima Patel



Ariana Blake



Hailey House



Trinity Pamplin



Jaleah Pulliam



Payton Long



Olivia-Kate Crombie



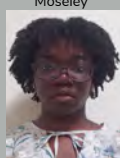
Aubrey Moseley



Kennedy Wright



Avyonna Hester



Gloria Takpani



Minnah Khan



Emma Lloyd



Clark Russell

Cassidy Larochelle: I graduated early and am now studying nursing. As a HLA I'm excited to expose myself to more 4-H opportunities!

Garima Patel: I'm a high school freshman registered in Roanoke County 4-H, and I'm excited to plan our upcoming Healthy Living Summit!

Ariana Blake: I'm a sophomore and President of Fairfax County 4-H. I'm excited to share my passion for healthy living with 4-Hers across the state.

Hailey House: I am a senior and looking forward to working with amazing teens on creating an effective platform for young teens!

Trinity Pamplin: I am from Mecklenburg County, and something I am interested in experiencing is the Healthy Living Summit and the outreach.

Jaleah Pulliam: I am a junior from Mecklenburg County 4-H. I am looking forward to making new connections!

Payton Long: I reside in Washington County, Virginia, and I am currently a sophomore. I am eager to expand my knowledge of healthy living!

Olivia-Kate Crombie: I'm a sophomore who participates in Teen Club. I'm looking forward to planning the workshops for the Healthy Living Summit!

Aubrey Moseley: I'm a 15-year-old from Russell County, passionate about patriotism, farm life, hunting, rural traditions and healthy living.

Kennedy Wright: I am a sophomore in Henrico County, Virginia, and I am excited to plan this year's upcoming summit.

Avyonna Hester: I am a junior in high school, and I am so honored to be able to help plan the upcoming Healthy Living Summit!

Gloria Takpani: I'm a sophomore at Maury in Norfolk and I'm looking forward to meeting new people and trying something new! :D

Minnah Khan: I'm a sophomore and part of Chesterfield County 4-H. As a Healthy Living Ambassador, I am excited for the Healthy Living Summit!

Emma Lloyd: I'm a high school senior in Frederick County 4-H. As the HLA Chair, I'm excited to plan our upcoming Healthy Living Summit!

Clark Russell: I am a junior in high school from Washington County, and I'm looking forward to helping educate at the Healthy Living Summit.



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BITES



Mushroom Barley Soup

Prep Time: 10 minutes

Total Time: 40 minutes

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 8 ounces mushrooms, sliced
- 2 celery stalks, chopped
- 2 carrots, sliced
- 2 cups water
- ½ cup pearly barley
- 3 low-sodium bouillon cubes
- 1 teaspoon garlic powder
- ½ teaspoon ground thyme

Nutrition Facts

4 servings per container		1 serving
Serving size		(453.38g)
Amount per serving		
Calories		170
		% Daily Value*
Total Fat	4.5g	8%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	90mg	3%
Total Carbohydrate	29g	11%
Dietary Fiber	6g	21%
Total Sugars	4g	
Includes g of Added Sugars		
Protein	5g	
Vitamin D	0mcg	0%
Calcium	51mg	4%
Iron	1mg	8%
Potassium	433mg	10%

*The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in a soup pot over medium heat. Add onion, mushrooms, celery, and carrots to the pot and cook for 5 minutes or until vegetables are tender.
- Add water, barley, bouillon cubes, garlic powder, and thyme to the pot. Bring to a boil, cover, and simmer for about 30 minutes, until barley is done.

Find more recipes at
eatsmartmovemoreva.org

BODY

Do you ever find yourself feeling tense after a study session or sore after sports practice? One of the best ways to prevent pain in your muscles and joints is regular stretching. Here are a few of my favorite stretches:

Cat/cow stretch

Start by getting down on the floor on your hands and knees. To get into cat pose, arch your back. Imagine a string pulling your spine up to the ceiling to get the correct form. To get into cow pose, curve your spine inward. Instead of imagining a string, think about the center of your spine pushing down and away from your hips and shoulders. The cat/cow stretch is good for releasing tension in your back.

Towel shoulder stretch

For this stretch, you'll need a towel or a yoga strap. Behind your back, grab the top of the towel or strap with one hand, with your thumb facing the floor. Grab the bottom with your other hand and your thumb facing the ceiling. Try to pull the towel apart, with your top hand moving, pulling up toward the ceiling and your bottom hand pulling down toward the floor. This stretch is good for stretching out your shoulders. A lot of people hold tension in their shoulders when they're stressed, so this is a good stretch for that, as well as for athletes and weightlifters who put their shoulders to work.

Butterfly stretch

A butterfly stretch starts in a seated position, with the soles of your feet pressed against each other. While just sitting in this position helps to stretch out your hips, to feel the stretch deeper and to give your back a stretch, lean forward and try to touch the floor with your nose. The butterfly stretch is an easy way to release tension in your hips, another place that people carry tension. If you don't lean forward, you can do it while watching TV, reading, or homework.

Stretching is an easy way to release tension from your body and help ease soreness.

Exercise Your Mind

Healthy Lifestyles Word Search

C C A H Q C S V S R I M Y B X C S B N S
 D J D P T T K P Y R D A U M S E T D Y O
 Z O Y T I L O B O B L A P O L O I A T U
 U L H U A R A C W P G U U Y J D B N I L
 Q W R R T J H E E N O B T A H T A C V M
 L F O S H Y C L H I X S Y Y I L H E I R
 T F T R G A P J P L E S H F M F Y Y T P
 N G I I K I R P I F A X L T L Q H X C G
 K U E D R O B R I F E T J M J K T K A H
 E N T T T L U L A D Q B N A K B L R L T
 E Y W R E O Y T G Y F Q O E X T A C A F
 K O N V I H S S E N T I F D M A E H Q C B
 J R J T T T Q H S S N U C H Y A E H I R
 V E O L P A I H G T N Z E X E R C I S E
 T R A W V M F O P G J F I G S S T M Y A
 V E Z X M W X L N U A L G A L G P L H T
 H U L G C A B O V J K M I N D F G V P H
 S Z U L W O E R G T M S J I T N O J P I
 G N I N N U R T A U R G V B Y J Q M C N
 C Q D L L T V E G E T A B L E S T D K G

- Healthy Lifestyles
- Exercise
- Workout
- Breathing
- Hygiene
- Fitness
- Mental Health
- Healthy Habits
- Fruits
- Vegetables
- Nutrition
- Dance
- Sports
- Running
- Teamwork
- Physical Activity
- Triple Play
- Mind
- Body
- Soul

Resources

Virginia 4-H

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Virginia Family Nutrition Program

eatsmartmovemoreva.org

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