



Junior Staying Fit Badge Workshop

An At-Home Program

GSCCC Junior Staying Fit Badge Workshop (At-Home)



- In this Badge Program, girls will figure out what fitness, food, and fun they need in order to stay strong for life!
- Troop Leaders/ Parents are responsible for purchasing the badges.

Program Outline

Materials:

- Poster board or large piece of paper

Section 1: Start Moving!

The most important part of healthy living is staying active. And to stay active, you have to find your favorite ways to move, so you'll want to keep going! Use this step to find the fun – and practice your choice for two weeks.

- Create an activity chart!
 - Using your poster board, create a gridded chart. Going down the left hand side, write your name along with anyone else participating in the activity. Along the top, write activities you think you would all enjoy such as jump rope, hiking, biking and dancing. Mix it up and have some fun! Be sure to include at least 6 activities on your chart.
 - As you and your family complete 30 minutes of each activity, mark off the appropriate square with a fun sticker!
 - Who completes the activities first?
 - Only one activity should be completed per day and at least three activities should be completed per week.

Section 2: Keep your fit body fueled

You can't stay fit without the fuel to move! Learn what your body needs to stay strong and fit. Before you start this step, review the USDA Food Pyramid with your friends. Then put that information into action.

- Go on a nutrient scavenger hunt!

- Pick five nutrients and learn why they are important for the body.
- Next, go on a scavenger hunt in your kitchen to find which foods have the highest amount of each nutrient.

Section 3: Know how to stress less

When our bodies move enough, rest enough, and get the right fuel, we tend to get less upset and worry less often – we stress less! Still, there are times when we need other ideas for how to feel better.

- Whenever you feel stressed, find somewhere to write down how you are feeling and why. Sometimes it can be helpful to put the emotions we are feeling down on paper in order to feel better!
- Bonus: Try some yoga!
 - Yoga is a great way to re-center, de-stress, as well as work in some exercise. Click [here](#) for a beginner yoga flow.

Section 4: Get the truth about health

There are a lot of health ideas floating around – between friends, in the media, at school. Not all of these sources are accurate, so how do you separate fact from fiction? Use this step to help you.

- Do some research!
 - Brainstorm a list of questions that you would like to know about your health.
 - Do some research to find out the answers to one or two of those questions.
 - Are you reading conflicting answers to your questions? Be sure to check where you are getting your information. Are the websites you are using credible?

Section 5: Help your family stay fit

Why should you be the one having all of the fun? Help your family become fit. Teach them some ideas you've learned throughout this badge. Then try one of these activities.

- Have a “Slow Food” dinner.
 - “Slow Food” is a movement that is the opposite of fast food. Here, we slow down and focus on the food we are eating. Notice the new flavors and be sure to chew each bite thoroughly. In America, we tend to rush our meals which leads us to feeling stressed and sometimes hurting our stomachs.
 - Take this time to cook a healthy meal with your family using the knowledge you have now learned from finishing this badge. Together create the menu, shop for the ingredients and cook for some extra family bonding time.

Fill out when completed:

<https://www.cognitofrms.com/GirlScoutsOfCaliforniasCentralCoast2/GSCCCJuniorStayingFitBadgeWorkshopAtHome>