



# Caring For Your *Heart*

Go Red for Women™ Heart Health Patch Program



## Ambassadors

(Grades 11-12)

Girl Scouts of Nassau County



Girl Scouts®

North  
Shore LIJ

# Caring For Your *Heart*

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Your heart is a muscle that pumps blood and oxygen to all parts of your body. Every minute of the day it works hard to keep you alive. To take care of your heart, it's important that you eat good foods, exercise and do not smoke.

Heart disease in women is very common, but making good choices as a young girl will help keep you in good health. By earning this heart health patch, you are showing that you care about your heart. When you're finished with this patch program you will:

- Understand how your heart works
- Learn about heart healthy choices
- Do things to keep your heart healthy
- Share with others ways that they can care for their heart

Your patch activities are explained under ***Discover, Connect*** and ***Take Action*** – the Three Keys to Leadership in Girl Scouts. To earn a patch, Ambassadors should complete five (5) activities, with one ***Take Action*** mentoring activity.



This patch program was created by the North Shore-LIJ Health System's Division of Cardiovascular Services, the American Heart Association and

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the Girl Scouts of Nassau County to teach you how to take care of your heart. When you finish, you will earn a patch in the shape of a red dress. You might recognize it because the dress stands for women and heart disease. The American Heart Association uses the red dress in their Go Red for Women™ movement that teaches people about heart disease in women.

When you are finished with your heart health activities, review them with your troop leader. She will complete an activity report and order your new Go Red for Women™ Heart Health Patch.

***Congratulations on taking good care of your heart!***

Girl Scouts of Nassau County  
[www.gsnc.org](http://www.gsnc.org)  
(516) 741-2550

North Shore-LIJ Health System  
[www.northshorelij.com](http://www.northshorelij.com)  
(516) 562-2351

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)  
(516) 450-9131



# Discover

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**Love Your Heart Workshop:** Attend a fun and interactive class at the North Shore-LIJ Health System. You'll learn about the heart and how to keep it healthy. You'll also be able to meet hospital employees and ask questions about their career in healthcare.

**Learn from an Expert:** Invite a doctor, nurse, medical technician or any healthcare professional to speak at your troop meeting. Ask them things you can do to keep your heart healthy.

**Visit the Library:** Go to the library and take out a book about a female athlete. Read the book and write a three paragraph essay about what an athlete does to keep healthy.

**What a Healthy Heart Means to Me:** Design a poster that explains what having a healthy heart means to you. Share your poster with your troop. Then, go to a local business (supermarket, hair and nail salon, gym, and mall) and ask them to hang your poster so that others can learn from your poster.

*Create your own Discover activity!*



# Connect

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**A Heart Healthy Meal:** Plan a heart healthy dinner. With a parent, shop for the ingredients and help prepare the meal. Set the table and enjoy the dinner with your family. Talk about what makes the meal heart healthy.

**Make a Smoothie:** With your troop use fresh fruits to make a heart healthy smoothie. Talk about the taste and the health benefits of the ingredients.

**Snack Wisely!** With your troop or with your family, make a heart healthy snack. After you taste it, talk about it with your family. What did you like about it? Why is it a healthy snack?

**Help Your Heart... Don't Smoke!** Make a colorful poster with pictures or drawings that shows the bad things about smoking. Discuss it with your family.

*Create your own Connect activity!*



# Take Action

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**National Go Red Day:** The first Friday in February is National Go Red Day. This is a heart health awareness day when people wear red and promise to eat healthy and exercise. During the month of January, work with event planners at the North Shore-LIJ Health System to prepare activities for Go Red day.  
**\*Mentoring Activity**

**Teach a Troop About Healthy Snacks:** Be a guest speaker at a local Daisy or Brownie meeting and help them earn their heart health patch. Teach them how to prepare a heart healthy snack. Explain the importance of eating heart healthy foods. Your leader or the Girl Scout council can help you find a local troop that you can visit. **\*Mentoring Activity**

**Show Them How to Move:** Be a guest speaker at a local Daisy or Brownie meeting. Teach them 15 minutes of heart healthy exercises and help them earn their heart health patch. Explain the importance of being active. Your leader or the Girl Scout council can help you find a local troop that you can visit.  
**\*Mentoring Activity**

**Get the Word Out:** As a troop, create a commercial, song, poem or skit with a message explaining the importance of heart healthy living. For example, it could be a commercial for a healthy food, a song about exercise, or a poem about your heart. Perform it for your troop and their family members.

**Activity Calendar:** Plan healthy activities that you can do afterschool for one week. Mix up the activities so you don't get bored. Healthy activities include: walking, jogging, swimming,

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bike riding, kite flying, hopscotch, sports and outdoor games. At the end of the week share your activities with your troop. Can you include any of these activities in your daily schedule?

**Annual Heart Walk:** Check with the American Heart Association to see if you can help with the annual Start! Heart Walk. Volunteer to help at the walk. You can also decorate a t-shirt and wear it that day to show that you want to have a healthy heart.

*Create your own Take Action activity!*

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## Notes

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*Setting New Standards In Healthcare<sup>SM</sup>*