

Girl Scouting at Home

DO IT!

Girl Scout Junior Staying Fit Badge or Fitness Fun Patch for all Levels



Instructions: Complete all five steps to earn your Junior Staying Fit badge or complete steps one, four and five to earn a fitness fun patch of your choice.

- 1. Learn how to kick box** or improve your technique during this demonstration with Fabiana of Fit & Fearless. Be sure to prepare a safe space, wear athletic attire and invite your family to participate with you!

<https://youtu.be/VspqKRV0sho>
- 2. Make an hour of TV or phone time active** at least three times a week for four weeks; that is the length of time needed to form a new habit. You might do leg lifts, sit-ups or lift hand weights during commercial breaks or make up a game to jog in place really fast when your favorite character speaks.
- 3. Brainstorm a list of healthy food categories**, like foods high in vitamin C or leafy green veggies. Write each category on a separate piece of paper and read the category aloud. Everyone then gets one minute to write down every food they can think of in that category. This is a great game to play at the dinner table.
- 4. Search the internet to find three health issues affecting women today.** Develop your own plan for monitoring your health. Identify a trusted adult with whom you can discuss your health.
- 5. Take care of your body.** Drink water. Go to bed ontime. Floss your teeth. Care for your skin. Choose a healthy snack. Turn off your phone 30 minutes before you plan to go to sleep. Practice breathing techniques. Stretch daily using the tree pose.

Congratulations!

Badges and patches are available for purchase at the GSNC Shop when we reopen.