

# 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.

