

# Badge Blueprint

## Staying Fit badge

**Purpose:** This badge teaches Juniors the different ways to get strong and stay healthy.

**Step 1: Start moving!**

Try 30 minutes of aerobic activity three times each week. Grab your jump rope and friends, go for a jog, have a hula hoop contest, ride your bike or put on your favorite music and get dancing. Don't be afraid to mix it up and try something new. You can also ask local gyms or community centers if they have a class you can attend. Many gyms will let you try one class for free!



**Step 2: Keep your fit body fueled.**

Brainstorm a list of healthy foods and what benefits they provide your body. Use [choosemyplate.gov](http://choosemyplate.gov) as a resource. Head to your local grocery store and have an alphabet challenge. Find a healthy food option for each letter of the alphabet and write it down. Many local grocery stores, like Schnucks and Dierbergs, will happily give Girl Scout troops a tour of the store and provide some helpful tips about snacks and foods that are good for the body.

**Step 3: Know how to stress less.**

Sometimes just writing down your emotions can help you feel better. For one week, write down or draw how you feel each day. Take a week off, and then record your feelings for another week. What differences did you have? Did you feel different during the week you didn't record? How have your entries changed? Add some creativity to this activity to help relieve stress. Using a spiral notebook, add stickers, cut-outs from magazines, colored pencils and markers to decorate the front and back covers. Tie ribbon to the spiral binding for an extra touch of fun.

**Step 4: Get the truth about health.**

Contact a health professional, like a pediatrician, school nurse or pharmacist, and invite them to speak with your troop. Don't forget to prepare questions to ask, including health tips for girls your age.

**Step 5 on back**

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**Step 5: Help your family stay fit.**

Get your family involved! Find something that everyone can do together, and then go do it! It can be anything from riding bikes, going on a hike, swimming, jumping rope and more. If it's a rainy day and chores need to be done, make a fun challenge out of it.

Congratulations! You have now earned this badge!

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.