

# Badge Blueprint

## Cross-Training badge

**Purpose:** This badge will teach Seniors how to develop their own cross-training program that will keep workouts interesting and fun.

### Step 1: Set your cross-training goal.

Get advice from a professional. If you play a sport or are a member of a gym ask a coach, instructor, personal trainer, professional athlete or even your school physical education teacher. During your meeting, talk about any strengths, weaknesses and skills you might like to learn or improve on.

### Step 2: Start a stretching and flexibility program.

Take a yoga or pilates class. Contact your local gym or community center to see if they offer any classes. Many gyms will allow you to take a class for free to try it out, so don't forget to ask!

### Step 3: Add a cardio element.

Head outdoors and enjoy nature by going on a hike, jogging, power-walking or riding your bike. Bring out your inner kid and try your hand at hula-hooping or jumping rope. Invite family and friends to join you and challenge yourself to do a little more each time.

### Step 4: Add a toning or strengthening element.

Set up your own free-weight plan. This can be done at a gym or in the comfort of your home. Use your local library or check out the link below to get some ideas of what your free-weight plan will be. Don't be afraid to mix it up and get creative. Don't have weights? Use canned goods instead.

- [letsmove.gov/get-active](https://letsmove.gov/get-active)

### Step 5: Stay motivated to reach your goal.

Track your process during this journey. Use photos, sketches, words or any other things that help motivate you. After each workout, record what you did, for how long and how you felt while doing the activity. Regardless of if you reach your goal, it will be a great reference for you to use as you grow as an athlete.



*Congratulations! You have now earned this badge!*

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