



Junior Staying Fit Badge

Pillar: Healthy Living / Life Skills

When you've earned your Staying Fit badge, you'll have learned to figure out what fitness, food, and fun you need to stay strong for life.



Girl Scout Juniors will follow these steps to earn their badge:

1. Start moving! Pick one of the following activities (Discover, Connect, Take Action)
 - a. Try 30 minutes of aerobic activity every day for a week. Aerobic activities are things that make your heart beat fast. Some fun ones are jump-roping, jogging, biking, and dancing. Mix and match any kind!
 - b. SPELL OUT YOUR NAME (if your name is short, add your last name)

A: 15 PUSHUPS	J: 20 MOUNTAIN CLIMBERS	S: 15 BICYCLE CRUNCHES
B: 50 JUMPING JACKS	K: 20 CRUNCHES	T: 30-SECOND WALL SIT
C: 20 CRUNCHES	L: 12 PUSHUPS	U: 40 HIGH KNEES
D: 30 SECONDS RUN IN PLACE	M: 15 SQUATS	V: 10 SQUATS
E: 30-SECOND WALL SIT	N: 10 PUSHUPS	W: 15 CRUNCHES
F: 20 ARM CIRCLES	O: 10 LUNGES	X: 10 MOUNTAIN CLIMBERS
G: 20 SQUATS	P: 30 SECONDS RUN IN PLACE	Y: 12 LOUNGES
H: 30 JUMPING JACKS	Q: 20 JUMPING JACKS	Z: 15 CRUNCHES
I: 30-SECOND PLANK	R: 30-SECOND PLANK	

2. Keep your fit body fueled. Learn what your body needs to stay strong and fit (Discover, Connect)
 - a. Be a food label detective. Learn the basics of food labels – what information is there and what is important to know about each. Compare the labels of three snacks in your house. Which one is the healthiest? Check out this website from the US Food & Drug Administration to learn more about food labels: <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro>.
 - b. Learn about how much sugar is in your favorite soda drinks. <https://www.youtube.com/watch?v=iP-haqmmXyY> or <https://www.youtube.com/watch?v=evJCg6Vh0sY>
 - c. Learn about the food pyramid. Make a plate of what you had for breakfast or lunch and place them in the right category. Why is it important to have a variety of foods from each category?
 1. **Grains.** Foods that are made from wheat, rice, oats, cornmeal, barley, or another cereal grain are grain products. Examples include whole wheat, brown rice, and oatmeal.
 2. **Vegetables.** Vary your vegetables. Choose a variety of vegetables, including dark green, red, and orange vegetables, legumes (peas and beans), and starchy vegetables.
 3. **Fruits.** Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut up, or pureed.
 4. **Dairy.** Milk products and many foods made from milk are considered part of this food group. Focus on fat-free or low-fat products, as well as those that are high in calcium.
 5. **Protein.** Go lean on protein. Choose low-fat or lean meats and poultry. Vary your protein routine—choose more fish, nuts, seeds, peas, and beans.



3. Know how to stress less

- a. You almost always feel better when you get your feelings out. For a week, write or draw how you feel each day. If you are stressed about something, try writing it down and then rip up and throw away the paper. Did it make you feel better?
- b. Check out GSUSA's Create a Stress Free Zone here: <https://www.girlscouts.org/en/girl-scouts-at-home/activities-for-girls/juniors/junior-staying-fit-badge-activity.html>
- c. Start a journal, try meditation (yoga), or take a walk. Check out Community Partners for opportunities to schedule a class: <https://www.gksmo.org/en/events/community-programs.html>

4. Get the truth about health.

There are a lot of health ideas floating around but not all sources are accurate. Learn how to separate fact from fiction.

- a. Search online for the answer to a health question. Review at least three answers. Then find an answer that has been reviewed by real medical professionals. Jot down the site so you can use it to find true and safe answers in the future.
- b. What are some myths about health? What are truths about health?
 1. How many cups of water should you drink a day?
 2. If you're not sweating, you're not working hard.
 3. Sleep does not reduce stress.
 4. The sun gives you vitamin D.
 5. Diets are good if you only eat fruits and vegetables.

5. Help your family stay fit

- a. Plan an active family activity. It could be a bike ride, a walk in your neighborhood, a "family chore challenge" or you could even create a family obstacle course.
- c. Have girls/families do glow stick stretching or relaxation in the dark.
- d. Explain that you are going to call out natural phenomena. As each word is called out, the girls should use their body and their voices to act out the word however they choose. They should continue making the movements until you call out the next word. You can call out the words as slowly or quickly as you like.

Natural phenomena

- | | |
|------------|------------|
| 1. Storm | 5. Tornado |
| 2. Cloud | 6. Waves |
| 3. Tree | 7. Fire |
| 4. Rainbow | 8. River |

Additional online resources:

- KIDZ BOP Dance Along: https://www.youtube.com/watch?v=sHd2s_saYsQ
- Warm Up Exercises: <https://sites.google.com/view/warmup1/home>

When you're finished: Congratulations, you have earned your badge! You can purchase at <https://www.girlscoutshop.com/JUNIOR-STAYING-FIT-BADGE>

Purchase the GS Virtual main patch and bars at <https://www.gksmo.org/orderpatches>

