



Senior Cross-Training

Pillar: Life Skills/Outdoor

When you've earned this badge, you will have developed a great cross-training routine that keeps your workouts interesting and fun.



Seniors will follow these steps to earn their badge:

1. Set your cross-training goal. (Discover)
 - a. Talk to a trainer, coach, or PE teacher. Learn what a person your age in good physical condition should be able to do. Assess yourself. Can you meet those expectations?
 - b. Set a fitness benchmark! Decide what you want to accomplish. Record how many/how long you can go without stopping. Record what you can do and your end goal.
 - c. Explore what you need to do to reach your goal. Build an exercise routine and schedule with a start date and a goal date. Use the following steps to explore your options and choose what you like!
 - d. Make small changes to your diet to help you meet your goal! For example, trade out your soda for a water, trade a sugary snack for fresh fruits and veggies and do not forget to snack on a healthy high protein snack when your workout is finished! This helps with muscle recovery!
2. Start a stretching and flexibility program. (Discover, Connect)
 - a. Try yoga. Find a YouTube video or local class to try. <https://www.youtube.com/watch?v=v7AYKMP6rOE>
 - b. Try Pilates. Find a YouTube video or local class to try. https://www.youtube.com/watch?v=TqJAlx_1-cg
 - c. Decide what you like and work it into your routine and schedule.
3. Add a cardio element. (Discover, Connect)
 - a. Cardio helps to strengthen your heart along with the rest of your body! It builds endurance and can be a lot of fun! Find a way to work cardio into your routine. Try this: <https://www.youtube.com/watch?v=VHyGqsPOUHS>
 - b. Try a HIIT workout. Find a YouTube video or local class to try. <https://www.youtube.com/watch?v=Kyv9iJf0gT8> or <https://www.youtube.com/watch?v=42FB2WwAIUg>
 - c. If you like to dance, try a Zumba class! Find a YouTube video or local class to try. <https://www.youtube.com/watch?v=7OBUSTrZOMk>
4. Add a toning or strengthening element. (Discover)
 - a. Try a body weight workout. Find a YouTube video or local class to try. <https://www.youtube.com/watch?v=zejHjXjhdIY>
 - b. Here are some ideas for using household items if you do not have weights. <https://www.wellandgood.com/household-items-to-use-as-exercise-equipment/>
5. Stay motivated and reach your goal. (Take Action)
 - a. Create a chart that will be a visual reminder! Put it somewhere where you will see it every day and fill it out each time you work out!



- b. Find a buddy! Working with a partner or group of people will help you stay motivated and engaged!
- c. Create a killer playlist! Music is a great motivator! Play it when you are working out!
- d. Set a reward for yourself! Once you have accomplished your goal, treat yourself and your workout buddy!

When you're finished: Congratulations, you have earned your badge! You can purchase online at <https://www.girlscoutshop.com/SENIOR-CROSS-TRAINING-BADGE>

You can purchase your Girl Scout Virtual main patch and bars at gsksmo.org/orderpatches.

