

# Living Healthy Council Patch Program



You need nutrition, exercise, and rest to give you energy for the things you love. We feel our best when we take care of our bodies and taking care of ourselves can be fun!

*If the requirement is starred (\*) then it is a mandatory activity for all age levels.*

## **Discover:**

*Daisies complete 2; Brownies complete 3; Juniors complete 4; Cadettes, Seniors, and Ambassadors complete 5*

- A. Try a new fruit or vegetable.
- B. Part of staying healthy is making sure that you stay hydrated and drink enough water. Research how water helps your body and how much you should drink every day for your age. Then grab a reusable water bottle that has measurements on it so you can track how much water you drink in a typical day. Are you getting enough?
- C. Try a new sport or a new type of exercise. You could try yoga, snowshoeing, rock climbing, paddle boarding – the possibilities are endless! Exercise doesn't have to feel like work. It's all about moving and having fun!
- D. Find out how much sleep you need every night and then adjust your schedule so you can get enough sleep.
- E. Wear a pedometer or FitBit for a day or download an app like Google Fit or Apple Health to see how many steps you can log.
- F. Test yourself! Set a timer and find out how many pushups and sit ups you can do in one minute.
- G. Research healthy food choices like whole grains and fresh fruits and vegetables. Why are they good for you? Tell someone what you learned.

## **Connect:**

*Daisies complete 1; Brownies complete 2; Juniors complete 3; Cadettes, Seniors, and Ambassadors complete 4*

- A. Visit a farmers' market to buy fresh, locally grown produce.
- B. What is the "Healthy Eating Plate?" Find out what it is and then print one or draw your own to display in your home to remind you to make healthy food choices.
- C. Visit a park you haven't been to before and just play!
- D. Be a food label detective. Learn the basics of food labels, including what information is there and what is important to know about each category. Share what you learned with someone else.
- E. Research the connection between health and stress. Create a stress-free zone somewhere at home or outside where you can go to unwind when you feel stressed.

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## Take Action:

*Daisies complete 1; Brownies complete 1; Juniors complete 2; Cadettes, Seniors, and Ambassadors complete 2*

- A. Plan an outdoor activity and invite your family, friends, or Girl Scouts to join you. Make sure it's something that will get everyone moving and having a blast! You could try a race, a bike ride, a softball game, night games, or anything else that sounds fun!
- B. Prepare a healthy meal and share it with someone.
- C. For one week, eat five fruits and vegetables every day.
- D. Organize a weeklong walking challenge with family, friends, or Girl Scouts. Encourage each other to be active and add up your combined total steps in a week. You'll be amazed by how many steps you log, and you'll be making great strides toward an active lifestyle!

