

Fun and Fit

Have more energy. Sleep better. Study better. Feel great! You can be fit by making the right choices every day and by adding fun exercises to your week. Start your fitness routine with this badge.

Done



1. A Little Each Day

Walk to school. Ride your bike. Take the stairs. Think about how you can change your routine just a little to add more fitness to your day. On your own or with your troop or group, come up with seven ways you can make fit choices throughout the day. Pick one and add it to your next week's schedule.

2. Chart the Race

Make a large troop activity chart. Record every girl's name down the side of the page, and list five or six activities across the top. Place a start banner on the left and a finish line on the right. Identify physical activities that each person can do. For the next three weeks, each time you or one of the girls in your troop takes part in an activity, put a footprint in the appropriate square. Who will cross the finish line first? Not in a troop? Race with your family and/or friends!

3. Warm Up

Warming up before you exercise or play a sport helps get your muscles ready to move. Spend five to ten minutes warming up. Plan a warm-up activity to get you ready—use movements that are similar to the sport or fitness activity that you will be doing, like arm circles for swimming, high knees for soccer, or small jumps for basketball. Start your warm-up by walking around slowly. Add the movement you've chosen. Slowly pick up the speed. For fun, use music or sing a song to get you moving. Create a warm-up routine for your favorite sport.

4. Cool Down

After a sports or fitness activity, it's best to slowly cool down. A cool-down is just like a warm-up, but instead of gradually getting faster, you go slower. For example, once you are finished in-line skating, you

could skate slowly, and take really long strides. Create a cool-down routine for your favorite sport.

5. S-t-r-e-t-c-h

Stretching keeps your muscles and joints loose, reduces your chance of injury, and helps you relax. The best time to stretch is after you exercise, when your body and muscles are warm. Show your troop, friends, or family how to do three of the following stretches:

- Front of thigh stretch
- Back of thigh stretch
- Calf stretch
- Back stretch
- Chest and front of shoulder stretch
- Stomach stretch

6. Get Moving

Aerobic exercises—jumping rope, dancing, walking fast, and swimming—are exercises that make you breathe faster and deeper. They help your heart and lungs work their best. For the next two weeks, do aerobic exercise three to five times a week. You'll need to do them for 15 to 20 minutes to get any health benefit. Don't overdo it, though. Make sure you are working out just hard enough by taking the "talk test"—you want to feel slightly out of breath but still be able to talk while exercising. Start slowly at first. Include a warm-up and a cool-down. Try a variety of activities so you don't get bored!

7. Know No Obstacles

Read about the international games in the "Be Healthy, Be Fit" chapter of your *Junior Girl Scout Handbook*. Learn one and teach it to younger girls.

8. Strengthen Up

Strong muscles will help you run faster and jump higher. They will also help reduce your chances of getting injured. For the next two to three weeks, do strength-building exercises two to three times a week. Work out for at least 15 minutes. Learn the right way to do squats, lunges, push-ups, and sit-ups. You can ask a gym teacher or athletic coach, or go to Girl Scout's "Just for Girls" Web page for detailed instructions.

9. If the Shoe Fits, Wear It!

Wearing shoes that don't fit can really hurt your feet! They can also hurt the way you walk, ride a bike, or play sports. How do you know if the shoe fits? Try this activity: Stand on a piece of paper and trace your bare foot. Put your shoe on a piece of paper and trace your shoe. Cut out both shapes. Hold them together, sole to sole. Are they about the same shape? Is your shoe a little longer in the toes? If not, it's time for new shoes!

10. Fancy Footwork

Flat feet need shoes that give extra support. High arches require shoes with extra cushioning. See if you have flat feet or high arches by taking the watermark test. You will need a bucket, water, and a brown paper bag. Don't forget some towels for cleaning up.

1. Take your shoes and socks off. Put your bare feet, one at a time, into a bucket of water. Place each wet foot on the brown bag. You should have just enough water to leave a footprint, but not so much as to make a mess.
2. Reading your footprint: If your footprint looks like a pancake with toes, you have flat feet. If there is little or no connection in your footprint between the front part of the foot and the heel, you have a high arch.