



# Junior Staying Fit













# Keep your fit body fueled!

Step 2

## Healthy Snacks 101

### Peanut Butter Energy Bites

#### Chocolate Peanut Butter Banana Bites

- 3 Bananas, ripe
- 1/3 cup Peanut butter, natural
- 1/2 cup Dark chocolate chips
- 2 tsp Coconut oil
- Slice bananas into rounds

Line two platters/plates or baking sheets with parchment paper. Spread the peanut butter on a banana slice and top with another. Place bites on the prepared platter(s) and put in the freezer so they harden a bit.

Once your peanut butter banana bites have hardened, make your melted chocolate. Add the dark chocolate chips and coconut oil to a small bowl. Microwave for one minute, stir and microwave for another 30 seconds. Continue stirring and microwaving until all of the chocolate is melted.

Take your frozen banana bites and dip them into the melted chocolate so half of each bite is coated, place them back on the baking sheet, place them back in the freezer so they can harden again

- 2 tbsp Honey
- 2/3 cup Peanut butter, creamy
- 1 cup Oats, old fashioned
- 1/2 cup Semi-sweet chocolate chips
- 1/2 cup Flax seeds, ground

To make these peanut butter chocolate chip energy bites simply combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll. Roll into 12 bites and store in the fridge for up to a week.











# Get the Truth About Health

## Step 4

Review health websites. With an adult, search online for the answer to a health question. There are probably many! 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 as a starting point for medical questions you might have in the future.

### **Some health questions to consider:**

- How many hours of sleep do you need a night?
- Is corn a vegetable or a starch?
- How many minutes of exercise should you get a day?





# Help Your Family Stay Fit



Choose one of the activities on the following slides to complete this portion of the badge.

Step 5

**Have a family Olympics:** You don't have to be a world-class athlete to participate! For example, have a piggyback race. Have your family members line up behind a starting line. One family member must carry another member across the finish line with only their feet touching the ground, return for the next family member, and repeat the process until all the family members are across the finish line.

**Make household chores fun:** Vacuuming, sweeping, walking the dog, raking the leaves, and even loading the dishwasher work your muscles and burn calories. Make chores a fun, bonding activity by turning up the music as you work together as a family.

**Family fitness night:** Designate one evening each week as a family fitness night. Each week, a different member of your family can choose the activity that you will all do together. Whether it's jogging, yoga, rollerblading, basketball, or a soccer game - everyone gets to do something they enjoy, and the workout never becomes dull!

**Plan outdoor activities:** Spending time outside as a family will not only give you a healthy dose of Vitamin D, but is also an easy way to meet your fitness goals. Swimming, biking, canoeing, and walking are great warm weather activities, while hockey, ice skating, and sledding are great activities for the colder months.

# Staying Fit Badge Review



Think about these questions or talk with your friends or family about them.

What was your favorite part of this badge?

What would you do again?

What was your least favorite part?

Did your family enjoy staying fit together?

What did you learn about searching health questions?