



# Junior Staying Fit





# Instructions

- Go through each step, completing the activity or activities for each.
- After each step there will be a fill-in portion for you to present the activity or did or that you chose.
- The activities can be adapted or changed. For example, the snack recipes, exercises, or stress-less activity.
- Make sure to fill out the question or presentation portion after each step. This may include inserting a picture or answering questions.
- When finished with the whole badge, you have the option to share any photos or discoveries with GSWNY by emailing [girl.experience@gswny.org](mailto:girl.experience@gswny.org). This is totally optional, but we're happy to see what you did if you'd like to share!



# Start Moving!

Step 1

Challenge yourself to do three 30-minute aerobic activities this week.

Aerobic activities are can be: Hiking, jogging, going for a walk, a bike ride, jumping rope and many more! Don't be afraid to mix it up and try something new!

Here are two example videos to help you get started!



[https://www.youtube.com/watch?v=McD6\\_oOWs-M](https://www.youtube.com/watch?v=McD6_oOWs-M)



[https://www.youtube.com/watch?v=sHd2s\\_saYsQ](https://www.youtube.com/watch?v=sHd2s_saYsQ)

# Start Moving!

Step 1

Workout Log	
Activity	Water
Sun	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Mon	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Tues	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Wed	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Thurs	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Fri	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Sat	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>

## Fitness Tracker

It helps to keep a log of when you are active so you can set goals and challenge yourself along the way. Keep track of your fitness over the next weeks using a template like the one to the left. You can draw you own on a piece of paper.

You also could use a notebook to keep track and enter the information if you do not want to draw a chart.



# Keep your fit body fueled!

Step 2

## What goes into a healthy snack or meal?

Write down foods that would fit into each of these categories.  
If you need help or more ideas check out <https://www.choosemyplate.gov/>

Grains	Fruits	Vegetables	Dairy	Protein



# 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.





# Stress Less

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

Step 3 (option 1)

## Calm Jar

### What you will need:

- 16 oz glass or plastic jar
- .5 cup clear glue
- water
- 1 to 2 teaspoons glitter
- Food coloring (optional)
- Sequins (optional)



Step 1- Pour .5 cup of water into your jar.

Step 2- Pour .5 cup of glue in the jar. If you want, you can add 1-3 drops of food coloring in here.

Step 3- Sprinkle the glitter into the jar.

Step 4- Fill the jar up the remainder of the way with water.

## Step 3 (option 2)

What you will need:

- 4 brown paper lunch bags
- twine
- white paper
- tape
- hole puncher
- scissors
- crayons

## Brown Paper Bag Journal



Step 1- stack your paper bags on top of each other facing the same way and fold like a book

Step 2- Hole punch along the fold in three even spots

Step 3- Tie a piece of twine in each hole about 2 inches long

Step 4- Cut 5 pieces of white paper and use tape to stick them into the book

Step 5- Decorate the front and inside of your journal.





# Stress Less

Step 3 (option 3)

**Here are some of our other favorite Stress Less activities:**

<https://kristinamarcelli.wordpress.com/2014/05/10/make-your-own-mindful-breathing-wand/>

<https://www.woojr.com/easy-2-ingredient-cloud-dough/>

<https://www.themakeyourownzone.com/got-stress-make-your-own-stress-ball/>

Feel free to find some of your own.  
Pinterest has a lot of good ideas!



# 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?