

Map To Creative Fitness NB/PEI Council

This challenge will be done over a period of several meetings and can easily be used as part of the program. Adapt as you see fit.

Objectives:

- to introduce girls to new types of physical activities and promote a healthy lifestyle now and in the future.
- to challenge girls to stretch their personal limits and abilities



Creative Fitness
Challenge

Requirements:

This challenge requires all age groups to complete all five components in a way that is appropriate to their age and ability. Use different activities for all five components.

- **ENERGISE**— Get outside and move! Within your ability and comfort zone try hiking, snowshoeing, cross country skiing or whatever makes you feel like you have exercised and energized.
- **FUN WITH A FRIEND**— Try a physical activity with a friend (or friends) who are not in Guiding. This can be done outside of Guiding activities or during a “Bring a Friend” session.
- **NOUVEAU A TOI**— Try a physical activity that you have either never tried before or have not done more than once previously.
- **PIT STOP**— Sparks complete 1 section; Embers 2 sections; Guides 3 sections; Pathfinders, Rangers, Guiders complete all 6.
 1. in a period of a week, eat at least five vegetables of different colors.
 2. in the same week, try a fruit that you have never eaten before.
 3. on a hike or walk carry a bottle of water and drink from it regularly.
 4. prepare or help prepare a meal containing all the food groups.
 5. plan and prepare a healthy snack to take on a hike.
 6. our bodies need fats to build strong cardiac and other muscles. Remembering that saturated and trans-fatty acids are not heart smart, prepare a snack that contains a healthy fat.

- **THE MORE THE MERRIER**— From the following topics Sparks complete 1; Embers complete 2; Guides complete 3 and Pathfinders, Rangers and Guiders complete all 6 topics.
 1. **DO THE HUSTLE**— go outside and complete an activity to help you experience the thrill of your body moving in different ways. What muscles did you use? How did it make you feel?
 2. **ANYONE FOR A GAME**— Games are a great way to enjoy being active. They can be competitive or co-operative. Try a game that is new to your unit. Did you like the game? What did you learn about yourself while playing the game?
 3. **MULTI-CULTURAL PIZZAZZ IN NB/PEI**—Check out Girls 1st and explore the various programming opportunities.
 4. **DARE YOU?**— Complete an activity that gets your adrenaline pumping! Be sure to check your Safe Guide. How did the game make you feel? Would you like to do that activity again?
 5. **LAP IT UP!**— Complete an activity that is done on, in, or using water. Use your imagination for water games- you don't need access to a free flowing water source, a bucket of water or a wading pool provides great opportunities. Did you have fun? What changes would you make to the game for others to try?
 6. **STRETCH IT & FLEX IT!**— Complete an activity that will help maintain or increase your flexibility. Can you identify some muscles that you used while playing the game?

Be sure to check your safe guide before doing some adventurous activities.

Crests can be ordered from the NB Challenges webpage!