



“Fit for Life” Healthy Lifestyles Challenge



To earn the “Fit for Life” crest, Members are required to do A, B and C, plus **one** challenge from each of the seven aspects of wellness, for a total of **ten** items. This crest can be earned **each year** by girls and women of any age. Members are expected to select items that are personally challenging to them.

Required:

A. Physical Activity

Do cardiovascular exercise for at least 20 minutes 3 times per week for 6 weeks (not necessarily consecutive weeks but within one Guiding year). Record your activity on a calendar or in a journal (GGM, p. 61). (Note: Cardiovascular exercise is any movement where you sustain your target heart rate for 20 minutes. Recording activity may be as simple as putting a sticker on a calendar on a day that you exercise.)

B. Healthy Eating

Keep a record (using words, photos or drawings) of everything you eat for a period of one week and compare it to Canada’s Food Guide. Use this food journal to create a healthy living scrapbook including such things as healthy recipes, heart rate during exercise, a healthy body image, a copy of Canada’s Food Guide or inspirational pictures of yourself or others being active.

C. Stay Smoke-Free

Learn 5 reasons why it is unhealthy to smoke and explain these reasons to someone you know.

D. Physical Activity II

1. Make a collage or poster of people being active and engaging in healthy living. Post it in a noticeable place in your home for 2 weeks. (LSI p. 39)
2. Learn how to take your pulse and monitor your breathing. Count your pulse for 10 seconds before and after physical activity and then during the activity to see the different rates. Explain how physical activity strengthens your heart and lungs. (SI, p. 37; BCDI p. 58, LSI p. 55)
3. Plan and lead an active game for a Guiding unit.
4. Try three new physical activities and do each twice.
5. Play games involving throwing and running.
6. Draw a picture of yourself showing which muscles you use to do a physical activity you enjoy. (SI, p. 27)
7. Go snowshoeing, skiing or skating with your Unit.
8. Do two of the following, making sure you are active for at least 20 minutes
 - indoor or outdoor game
 - team or individual sport
 - dancing (jive, line, folk, etc.)
 - aerobics or an aerobic activity (BCDI p. 59; GGM, p. 45)
9. Design and set up an obstacle course or fitness trail of six or more stations for others to follow. (PFM, p. 58)
10. Take an active part in an outdoor adventure game. (GGM, p. 151)

OR do any other activity approved by your Unit that meets the purpose of this challenge. (SI, p. 28, 29-30 37)

Interest badge – Go for It BCDI p. 62, LSI p. 56)

E. Healthy Eating II

1. Prepare a healthy snack for your Unit. (SI, p. 36; BCDI p. 60; LSI p. 109)
2. Make a poster or collage about the four food groups of the Canada’s Food Guide. (LSI p. 58, p. 59)
3. Find a healthy recipe and exchange it with everyone in your Unit.
4. Cook a tinfoil dinner over an open fire or coals, including at least three different vegetables.
5. Learn about the “Nutrition Facts” on food labels. Use % Daily Value to see if a food has a little or a lot of a nutrient. Discuss why it is important for consumers to be able to view nutrition information on food labels.
6. Participate in a potluck supper with your Unit. Help plan and bring a healthy dish that includes foods from at least 3 food groups.
7. Following Canada’s Food Guide, plan menus and a shopping list for your family for one week. Select five products from your list and find the best buy for each by comparison. (PGM, p. 73)
8. On a restricted budget, plan and record costs of a balanced and nutritious menu for a family of four for a day. (PGM, p. 73).
9. Discuss the use of additives in food and how they can affect you. Know some food allergies that are potentially life-threatening. (PFM, p. 43)
10. Find out some healthy foods that are grown and produced in your province.

OR do any other activity approved by your Unit that meets the purpose of this challenge. (SI, p. 36; **Interest badge – Food Power BCDI p. 62; LSI p. 58)**

F. Spiritual Wellness

1. Write or draw the things that make you laugh or smile. Share your list with a friend. (SI, p. 27,28; **BCDI p. 34; LSI p. 76**).
2. Draw a circle chart representing how you spent your time on Saturday. Do you think you are managing your time wisely? Re-draw your circle to show how you could balance all aspects of your life that are important to you and discuss the changes with a friend.
3. Try yoga with your Unit for 15 minutes per week over four weeks.
4. Brainstorm with your Unit to find 10 ways to relieve stress.
5. Brainstorm some common conflicts you may experience at home, at school, at your Unit meetings and at camp. Pick these situations and role play solving the conflict so that everyone feels respected and is treated fairly.
6. Discuss 10 things that all Girl Guides throughout the world have in common. (PFM, p. 64).
7. Know what to do if one of your friends is talking about suicide. Learn about the Kids' Help Phone and know the number.
8. With a partner, discuss something that bothers you in your life and come up with possible solutions to your stress (eg. bullying, parental separation, etc.). (**LSI p. 36**)
9. Set a personal challenge and carry it out. (**BCDI p. 34**)
10. Do something to cheer up somebody else. (SI, p. 41)

OR do any other activity approved by your Unit that meets the purpose of this challenge. (BCDI p. 35, 36 ;Interest badge – Special Thoughts BCDI p.38)

G. Disease and Injury Prevention

1. Learn 10 essential items to include in a first aid kit or survival kit that you would carry with you on a day hike. (SI, p. 39; **LSI p. 79**)
2. Explore the health effects of a diet high in sodium or high in saturated and trans fats. List three ways you can reduce the amount of sodium and saturated and trans fat in your diet.
3. Learn about AIDS and 3 other sexually transmitted diseases.
4. Explore the importance of self-esteem and healthy body image. (**BCDI p. 61**)
5. Make up a game to teach your Unit about the importance of fruits and vegetables in maintaining health. Know the dangers of high cholesterol.
6. Invite a guest speaker to talk to your Unit about addictions (eg. smoking, alcoholism, addictive drugs, obesity).

7. Learn what diabetes is and how it affects people. Learn the risk factors associated with diabetes.
8. Demonstrate a simple way to purify water. (**LSI p. 76**)
9. Write a story about someone who has a terminal illness.
10. What aspects of healthy living can help prevent cancer? Make a radio ad or television commercial to show some of them.

OR do any other activity approved by your Unit that meets the purpose of this challenge.

H. Safety

1. Brainstorm with your Unit a list of safety rules to follow around open fire.
2. Do a skit that demonstrates how to do an ice rescue.
3. Make up a game to show 8 safe boating tips.
4. Invite a guest speaker to talk with your Unit about some aspect of safety. (ie. bicycle, water, ice, boat.) (SI, p. 45)
5. Make up and draw a fire escape plan from your home. Practice it with your family.
6. Demonstrate safe use of a kitchen stove. Know how to operate a fire extinguisher.
7. List and discuss injuries that can happen in and around the home. Tell how to prevent them. Tell how to make a home safe for small children & elderly people. (**BCDI p. 49; PFM, p.18**)
8. Explain how to get help in the following emergencies:
 - gas leak
 - oil leak
 - electrical breakdown
 - telephone breakdown (PFM, p. 19)

9. Learn CPR and emergency first aid for choking, shock, burns and cuts. (**BCDI p. 49 at a level appropriate for Brownies; PFM, p. 18**).
10. Know safety rules for playing in your community in places like parks, swimming pools, playgrounds, lakes, ponds, rivers or snowbanks). (SI, p. 36).

OR do any other activity approved by your Unit that meets the purpose of this challenge. (Interest badges – Wheels BCDI p. 63, Be Aware BCDI p 87; LSI p. 51)

I. Healthy Environments

1. Learn to store food safely when camping. Construct a larder and hang food safely out of reach of bears. (**BCDI p. 84**)
2. Make a list of ways you can practice minimum impact camping.

3. Participate in a skit to demonstrate the effects of scented products or peanuts on people who are allergic to them. Show how you can be sensitive to their needs.

4. Organize a clean-up of some watershed area. (BCDI p. 49)

5. Discuss the importance of clean water. (SI, p. 40; BCDI p. 75; PFM, p. 61). Make a poster or collage showing how people depend on water for life.

6. Prepare a dramatized presentation on one of the following:

- pollution and its effect on the future
- food and world population in 20 years
- the changing environment. (PFM, p. 62).

7. Take part in a recycling project or conservation project. (SI, p. 31; BCDI p. 76)

8. What is pollution and why is it harmful? Find out what could or does pollute water where you live. (SI, p. 40; BCDI p. 76)

9. Learn about 10 edible or medicinal plants that grow wild in your province.

10. Tell two ways Canada's natural resources are protected and what you can do to help. (GGM, p. 136).

OR do any other activity approved by your Unit that meets the purpose of this challenge. (SI, p. 30, 31; Interest Badges - Terrific Trash, Saving Our Plants and Animals, Help Our Planet, Water, Water Everywhere BCDI p. 78-79; Interest Badge – Saving Water BCDI p. 103)

7. Learn how to sterilize preserving jars for bottling or canning.

8. Brainstorm ways to keep food clean and safe during preparation and storage.

9. Keep your bedroom clean and help clean the bathroom for a week.

10. Help with the laundry for yourself and your family for a week. (GGM, p. 148). Know how to read laundry labels.

OR do any other activity approved by your Unit that meets the purpose of this challenge. (Interest Badge – Smile Girl BCDI p. 62 ; LSI p. 35, p. 59, p. 60, p. 61)

Please note:

To help you find program connections, many items are marked with the following codes, followed by a page number:

SI = Sparkling Ideas – Program Ideas for Sparks Leaders

BCDI = Brownies Can Do It

LSI = Let's Share Ideas – Program Ideas for Brownie Guiders

GGM = Guide Guider's Manual

PGM = Pathfinder Guider's Manual

PFM = Pathfinder Manual (girl's book)

J. Hygiene

1. Use charades to show 10 good hygiene practices. (Examples: comb hair, wash face, shower, brush teeth, floss teeth, wash clothes, take a bath, wash down tables and countertops, wash hands after using the toilet, wash hands before touching food, wear anti-perspirant, use clean dishes, cover your mouth when you sneeze, etc.) (BCDI p. 60)

2. Have a scavenger hunt to find items related to hygiene. (Eg. facecloth, towel, soap, sanitary pad, toothbrush, cotton swabs, toothpaste, dental floss, shampoo, comb, brush, bucket, cloth, dish cloth, rubber gloves, alcohol swabs, nail clippers, nail file, wash basin, etc.)

3. Brainstorm some of the challenges that people in developing countries face with respect to hygiene.

4. Make up a skit about good and bad hygiene.

5. Invite a nurse or dentist to talk to your Unit about cleanliness or dental health.

6. Make up a commercial for a new, imaginary hygiene product. Present it to your Unit. Talk about the ways in which manufacturers try to convince you to buy their products.

Fit for Life Checklist

Name: _____

Required:

★ A. Physical activity

★ **B. Healthy eating**

★ **C. Stay smoke-free**

Do *one* from each of the following seven categories:

D. Physical Activity

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Date: _____

1 2 3 4 5 6 7 8 9 10

E. Healthy Eating

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Date: _____

1 2 3 4 5 6 7 8 9 10

F. Spiritual Wellness

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Date: _____

1 2 3 4 5 6 7 8 9 10

G. Disease and Injury Prevention

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Date: _____

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H. Safety

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1 2 3 4 5 6 7 8 9 10

I. Healthy Environments

☐ ☐ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Date: _____

1 2 3 4 5 6 7 8 9 10

J. Hygiene

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Date: _____
1 2 3 4 5 6 7 8 9 10

Did you know that...

Research shows that girls who are physically active have a reduced risk of developing depression, heart disease, adult-onset diabetes, osteoporosis, and certain types of cancer. They're less likely to smoke, and to abuse drugs and alcohol. They wait longer to have sex and are more likely to use contraceptives. And they generally do better in school. - June 1999

- The Fit for Life Challenge was designed to help increase wellness among our Members and has been developed over the past year with the cooperation and input of community health workers and health educators.
- Special thanks go out to Cathy Murphy, Glendora Boland and Margie at St. John's Regional Health and Community Services for offering their expertise in health education and suggesting improvements based in health research!
- The challenge is meant to be earned by **ALL MEMBERS**, both **LEADERS and GIRLS!** Wellness is an ongoing process, so you can earn the challenge **EVERY YEAR** to form a cool interlocking pattern of crests!
- Since there's already a lot of program work to cover within a year, many of the items in this challenge overlap with the Program books so that by completing the Fit for Life challenge, girls can also complete a lot of their Program work.

For more information & free resources to get girls & women involved in physical activity, try the following contacts:

Canada's Physical Activity Guides for Children and Youth:

Get brightly coloured booklets that teach children and youth how to become more active, or order physical activity charts with stickers for children to track their activity. Free from Health Canada. (See your Area Program advisor for samples.) 1-888-334-9769 or www.healthcanada.ca/paguide

Chatelaine Walking Club

For older Pathfinders, Senior Branches, Guiders or Trefoil Guilds.

Sign up for a free membership with the on-line walking club and get a free shoe pocket for carrying items while you walk, motivational e-mails, plus free stuff from Chatelaine's sponsors. Also connect with other walkers in your area on-line, or track your distance.

<http://www.chatelaine.com/health/walkingclubs/>

Canadian Association for the Advancement of Women and Sport & Physical Activity (CAAWS)

A plethora of resources for encouraging Canadian girls to be active. www.caaws.ca

Regional Maple Leaf Communications Inc.

Produces fun-filled, colourful interactive health publications in co-operation with local business. The Elementary Safety Book for Children, The Teenage Survival Handbook, and Drug Facts for Young People are freely distributed. Check for copies first at your doctor's office or dental clinic, and if not available, fax a request for booklets to (780) 426-2970 or send a request to Regional Maple Leaf Communications Inc., 1730, 10025 - 102A Ave., Edmonton, AB Canada T5J 2Z2 <http://www.regionalmpleleaf.com>

Office of Nutrition Policy and Promotion: Vitality

This site provides information and tips for leaders on how to best discuss healthy lifestyle issues with youth. Describes a major shift in thinking about weight and its relationship to

healthy living, and gives scientific reasoning to support it.

http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/leaders_approach_e.html