



Topic: Healthy Living

Badge: Staying Fit
Suggested Supplies:
Steps/Activities:

- Step 1 (Complete both Activities)
 - Start Moving!
 - Try and get moving for 30 minutes! There are lots of fun ways to get your heart racing and blood pumping! Check out these resources for ideas, or ways to get going:
 - <https://www.youtube.com/watch?v=xlg052EKMtk>
 - <https://www.youtube.com/watch?v=FP0wgVhUC9w>
 - You can also go for a jog, a bike ride, or play a game in the backyard!
 - Food Fuel
 - Staying fit isn't just about being healthy! You need the right food to be able to fuel your body. Nutrient labels on foods help us make sure we are getting what we need! Nutrient labels can be found on all food items, cereal, bread, drinks, everything!
 - A good resource for learning about nutrient labels and how to read them can be found [HERE](#) and [HERE](#)
 - Do some research on Nutrient labels and then go for a hunt in your house! What are foods you have that are lower calories, what foods are high in vitamins, what foods are higher in carbs and what food are lower in carbs. Find the healthiest snack that you can eat after you exercise, or just have for a yummy snack!
- Step 2
 - Stress Free Zone
 - Staying fit and being healthy also means taking some time to relax. When our bodies move enough, rest enough, and get the right fuel, we tend to get less upset and worried, we stress less! But sometimes we need to make time to find a way to feel less stress. Find a place outdoors to become your "stress free zone." Sometimes people ease stress after they move around--like dance and jump or run. Sometimes

people ease stress by find a quiet place and doing something restful. (If you can't go outside, then find a place to relax and destress inside. Maybe it's your room!)

- Find your de-stress zone. You can lay a blanket out under a tree. You can find a place to draw or write. You can dance to music in your head. You can sing a song to yourself. You can lie on your back, look at clouds and listen to the wind in the trees! Choose whatever you want to do that will make you feel relaxed. Just make sure to do it in a way you aren't disturbing your neighbor who is also de-stressing!
- Dear Self:
 - Another great way to relax and destress is by writing things down in a journal. You can write what happened to you that day, all your feelings and what stressed you out!
 - Find a notebook and decorate it however you want. You can cover it with stickers, draw your name on the front of it, make it your own!
 - If you don't want to write your feelings down, whatever helps you \destress!
- Step 3
 - Stick it Out
 - Sometimes you need some help to stick to your "staying fit" plan! And who says you can't make it fun! Find a jar, box, or some short of container. You can get paper, glitter, paint, or whatever you would like to decorate it!
 - After you decorate it, sit down with your family, or siblings, to come up with some things you can write on pieces of paper (or popsicle sticks). Make sure each family member has at least two pieces of paper or sticks. If you need some ideas for what to write on the sticks, here are some suggestions:
 - Do 10 jumping jacks during TV commercials.
 - Take 5 deep breaths to de-stress.
 - Find a fruit or veggie for your snack.
 - Run or ride your bike for 10 minutes.
 - Do 50 push-ups today.
 - Do 25 sit-ups today.
 - Dance throughout an entire song.
 - After you have made your jar and you have written your activity ideas down, decide when you will draw each day. Will you all do them in the morning? Or before bed? Then think about if everyone draws their own activities, or if you all do the same activity!