



## Healthy 4 Life Patch Program

Studies have shown that the way we treat our bodies has a close connection to our health, both now and later in life. We also know that habits developed at an early age tend to become second-nature and follow us into our adult lives. Therefore, it is never too early (or too late) to take control of our lives in order to grow into strong, healthy women.

The objective of this patch program is to provide girls in grades K-6 with life skills which will encourage and inspire them to develop happy, healthy habits for life and to show them that being healthy can be fun, too! Using processes of learning by doing and cooperative learning to complete this program, girls will discover the importance of good nutrition and exercise, connect to information and skills to help them and take action to improve themselves and others around them.

To earn the Healthy 4 Life patch, review the section, "A Healthier, Happier ME" and then complete all activities (in any order) for your specific Girl Scout level (Daisy, Brownie, or Junior).

Patches will be available for purchase at your nearest Girl Scout – Diamonds Council shop.

Additional resources can be found at:

[www.nichd.nih.gov/milk](http://www.nichd.nih.gov/milk)

[www.mypyramid.gov](http://www.mypyramid.gov)

<http://pbskids.org>

[www.pbhfoundation.org](http://www.pbhfoundation.org)

[www.fns.usda.gov/teamnutrition](http://www.fns.usda.gov/teamnutrition)

[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

[www.nutrition.gov](http://www.nutrition.gov)

[www.bestbonesforever.gov](http://www.bestbonesforever.gov)

[www.girlshealth.gov](http://www.girlshealth.gov)

[www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones)

# A HEALTHIER, HAPPIER ME!

(This section is a requirement for each level)

There are some very simple steps to help you become healthier and happier. Here are just a few:

- **Eat Breakfast Everyday:** How many times have you been told that “breakfast is the most important meal of the day”? So you know that, already. But, do you know why? Well, think about how long it has been between dinner the night before and waking up in the morning. Food is the fuel our bodies run on. Without that morning “fill-up” to our “tanks”, we tend to tire more easily. Don't skip breakfast, even if you think there's no time. Here are a few ideas for a quick breakfast on-the-go:
  - Cereal bars (some have added calcium – an added bonus!)
  - Wrap low-fat cheese in a tortilla and microwave for 30-45 seconds
  - Toss a handful of almonds and dried fruit into a zippered bag (Keep a couple of already-prepared bags on hand for those super-busy mornings!)
  - Grab a banana, some low-fat string cheese and a calcium-fortified juice box
- **Get Enough Sleep:** People who do not get enough sleep tend to develop illness more easily than others and may also develop problems with learning and memory. You should try to get at least eight hours of sleep each night. Think about your evening routine. What time do you normally go to sleep? What time do you normally wake up? Are you getting enough sleep? How could you adjust your routine to help you get more sleep?
- **Exercise:** Fresh air and regular exercise helps maintain healthy bones, muscles and joints and reduces the risk of developing some illnesses. First Lady, Michelle Obama has challenged Girl Scouts to “move”, so what sort of exercise do you do? Exercise can be any physical activity you do for a length of time – walking, running, riding your bike, swimming – as long as you keep moving! You don't have to be an athlete – just find ways to sit less and move more!
- **Healthy Snacking:** Just as our bodies need a healthy breakfast each morning, we also need to re-fuel throughout the day with healthy snacks. Try to avoid sugary snacks or those heavy in oil or fats. Here are some great ideas for snacking:
  - Wrap low-fat sting cheese in a tortilla and dip in salsa
  - Top low-fat yogurt with fruit or almonds
  - Fruit slices dipped in low-fat, plain yogurt
  - Nuts
  - Pudding made with low-fat milk
  - Your favorite raw vegetables (carrots, celery, broccoli, cauliflower, cucumbers, etc) dipped in your favorite low-fat dressing
- **Drink Plenty of Water:** We all need water to survive! Ever notice how a houseplant looks when you forget to water it? Then, give it a little drink and it seems to perk back up! Water is just as critical for our bodies because it is in every cell, tissue and organ in our body. It is obvious that you get water from drinking water and other beverages, but can you name some food sources which contain large amounts of water? (broth soups, celery, tomatoes, oranges, watermelon, cantaloupe).

## DAISY LEVEL (Grades K-1)

Complete all four requirements

1. Taste the Rainbow! Eating healthy can be as simple as eating a rainbow! Using the “Rainbow Food Chart”, can you name a healthy food for each color of the rainbow? Which of these foods are your favorites? Which of these foods have you never tried? Color your “Rainbow Food Chart”. Plan a taste-testing party with your troop, family or friends and try something new to see if you like it.
2. Backyard Fun: You can get your exercise and have fun, too – just by playing! With your troop or a group of friends, learn to play one of these fun games: Duck Duck Goose, Red Rover, Freeze Tag, or Red Light Green Light. Try one of these fun activities which can be done alone or with friends: Jump rope, Hoola-Hoop, Skipping, or Dancing.
3. Got Milk? Milk contains calcium which is important for strong bones. Why do you think you need strong bones? Dairy products (those containing milk) are also good sources of calcium. Can you name other foods, besides dairy products, that contain calcium? For fun, color the page featuring “Bo” the cow and then enjoy a snack rich in calcium (cheese and crackers, ice cream, granola-topped yogurt, etc) with your friends.
4. You Are What You Eat! Do you ever think about what goes into your stomach? Let’s see! For this activity, you will need a roll of newsprint, markers/pencils/crayons, scissors, glue/tape, photos of foods (from old magazines, food cartons, or printed off the internet). Lie down on the piece of newsprint paper and ask an adult to trace the outline of your body. Draw on your face, hair, etc. Next, cutout (or draw) pictures of your favorite foods, drinks and snacks and glue/tape them inside the drawing of your body. Think about what you see. Do you think you are choosing healthy foods? What could eat that would be better?

## BROWNIE LEVEL (Grades 2-3)

Complete all four requirements

1. You've Got to Move-It, Move-It! You don't have to be an athlete to get your exercise – just be willing to move and have fun for about 60 minutes each day. A few possibilities could be: playing tag, dancing, cheering, riding your bike, skating, playing ball, doing chores, swimming, or walking the dog. Can you name others? Using the "Move-It, Move-It" chart, list the "active" things you do now and then list at least 5 more fun things you could do to get more exercise. With your troop or a group of friends, pick one of the activities and do it together.
2. Calcium is a-MAZE-ing! Calcium is important for building and maintaining strong bones and healthy teeth. What might happen if your bones were weak? What about your teeth? According to the National Institute of Child Health and Human Development, girls ages 4-8 should get about 800 mg of calcium per day (that's about 2 ½ glasses of milk) and girls 9-18 should get about 1300 mg of calcium per day (about 4 ¼ glasses of milk). Besides milk, can you name other sources of calcium? Just for fun, complete the "Calcium is aMAZEing" sheet. With your troop, family or friends, enjoy a calcium-rich snack. You can find recipes and more information on [www.nichd.nih.gov/milk](http://www.nichd.nih.gov/milk).
3. Hidden Fruits and Vegetables: Eating a variety of foods is important to staying healthy. It is recommended you eat foods from each food group every day. Using the "My Pyramid" sheet, label the spaces beneath the pyramid left to right as follows: Grains, Vegetables, Fruits, Oils, Milk, Meat & Beans. Then color the sections of the pyramid as follows: Grains = Orange, Vegetables = Green, Fruits = Red, Oils = Yellow, Milk = Blue, Meat & Beans = Purple. List at least 5 food items for each group. For fun, see if you can find all of the hidden items on the "Hidden Fruits and Vegetables" worksheet.
4. Create a Troop Cookbook: Have each girl from your troop bring 1 or 2 of her favorite healthy recipes from home. Consider assigning each a specific category (appetizers/snacks, desserts, main dishes, vegetables, etc). Combine the recipes to create your own troop's cookbook. Together, you can name it and design a cover. When you take your new recipe book home, create one of the new dishes with an adult in your family.

*(Four Handouts: Move-It, Calcium is aMAZEing, MyPyramid, Hidden Fruits and Vegetables)*

## JUNIOR LEVEL (Grades 4-5)

Complete all four requirements

1. R U a Couch Potato? If you spend most of your free time watching TV or playing video games, then you could be a couch potato! So, get up and get moving! Moving your body is fun, good for you and helps you look and feel better. And, it's easier than you think! It is recommended that you spend at least 60 minutes doing some sort of physical activity each day. (This does not have to be consecutive or the same activity.) Below are some ways to get moving. Can you think of others?
  - o When possible (and safe) walk to your destination instead of riding. Not only will you get your exercise, but Mother Nature will thank you for cutting down on pollution!
  - o Take the stairs instead of elevators or escalators.
  - o Ride your bike.
  - o Go skating.
  - o Go swimming.
  - o Get up and dance instead of just listening to your music.
  - o Go out and play! Rake a mountain of leaves and jump in. Fly a kite. Build a snowman.
  - o Do your chores!
  - o Join a class – aerobics, martial arts (karate, kickboxing, tae kwon do), yoga, dance, gymnastics, etc.
  - o Play Frisbee with friends.

Complete the "Couch Potato" worksheet by brainstorming how to turn ordinary activities into more active ones.

2. Mission: Nutrition: Will you be heading for your local burger place, cruising the food court at the mall or ordering out for pizza anytime soon? Write down a typical fast-food meal or snack you might buy. Have you ever thought about how those foods affect your overall nutrition? Think about it: Most fast-food meals and snacks are high in fat, calories and sodium and low in fiber, calcium and other important nutrients. But don't panic, fast-food can fit into your life! Here's how you can be smarter when ordering fast foods:
  - o To get more fruits and vegetables: Ask for tomato, lettuce and other veggies you like on your sandwich. Order a fruit smoothie. Get a salad instead of fries. Load pizza with veggies.
  - o To get more calcium: Order low-fat milk instead of soda. Order cheese on your burger or sandwich. Eat low-fat or fat-free yogurt
  - o For less solid fat: Order regular-sized burgers, burritos or tacos. Split an order of fries with a friend (or skip them altogether). Order meats grilled, instead of fried.
  - o For less added sugar: Order a small soda, or skip the soda and drink water. Skip the fruit pies.

3. Cool Moves: You don't have to participate in sports to be physically active. In fact, just developing a habit or routine for everyday activity is easier to keep up for a lifetime than going out for sports. How do you know if your body is getting a good workout? Use the "talk-sing" test:
- o If you can talk while doing a physical activity, you're probably moving at a pace that is right for you.
  - o If you're too breathless to talk, slow down.
  - o If you can sing, you might not be working hard enough. Speed it up! It's okay for girls to sweat!

With your troop or a group of friends, have an activity day with different "Cool Move" stations. Follow the ideas below or come up with your own.

Station 1 - Jumping Rope: Check your balance and coordination. Count how many times in a row you can jump rope without missing or getting tired.

Station 2 - Can Lifting: Check your strength. Hold one unopened soup can tightly in each hand. Now do these two activities:

- o Try to raise your arms over your head 50 times while holding the cans.
- o Put your arms straight out in front of you and bring your hands up to your shoulders. (Curls)

Station 3 - Sitting Up: Check your abdominal strength. Get a partner to help you. Lie on a carpet or cushion with your knees bent and your feet flat on the floor about 12 inches from your bottom and arms crossed on your chest. Have your partner hold your feet flat while you bend up to touch your knees with your elbows. How many times can you do this in 1 minute?

Station 4 - Stretching Out: Check your flexibility. Take off your shoes. Face the wall and sit on the floor with knees straight and locked. Place your feet flat against the wall and approximately 12 inches apart. Without bouncing, reach forward with your hands and touch the wall. Leave your fingers there for 5 seconds. Do this 3 times. More difficult option: Try touching the wall with the palms of your hands instead of your fingers.

Station 5 - Moving Fast: Check your endurance. Consider having everyone do this activity at the same time for the most fun. Warm up for about 3 minutes by walking in place, gradually moving faster. Then, turn up some fast-paced music for rigorous dancing. Remember the "talk-sing" test while dancing. How long can you keep dancing? Before stopping completely, remember to "cool down" by gradually moving more slowly and walking slowly in place for about 3 minutes.

4. Eat Enough, Not Too Much! When you don't eat enough, you may miss out on nutrients you need for energy and for growing strong and healthy. If you eat too much, you may get more calories than your body needs or can use. The important thing to remember is to eat a variety of healthy foods every day. Check out [www.mypyramid.gov](http://www.mypyramid.gov) to learn about the different food groups and the amounts of each you should have. Download the My Pyramid for Kids. With your troop or a group of friends, share favorite healthy food recipes. Design a cover and create a special troop cookbook with the recipes you collect. Divide your book into different categories - Appetizers/Snacks, Main Courses, Vegetables, and Desserts. You might consider assigning specific categories to each girl to ensure a balance of recipes. For fun, complete the "Move More. Sit Less" word search and "Bo's Secret Message" sheet.

*(Three Handouts: Couch Potato, Move More. Sit Less, Bo's Secret Message)*