

Girl Scouts of Northeastern New York, Inc.
8 Mountain View Avenue
Albany, NY 12205
(518)489-8110 Fax (518)489-8065
www.girlscoutsneny.org



Focus on Fitness, Get Active!

Originally Written by the Healthy Heart Coalition& updated afterwards.

Being active and exploring our surroundings comes naturally to youth. Unfortunately today's society does not support being physically active. Most of us use some sort of automotive transportation to get to and from most locations. Busy streets make it difficult and sometimes unsafe to walk or use alternate modes of transportation (such as bicycles); busy lives do not easily allow us to build physical activity into our schedule. Being active is no longer a luxury. The health and well being of the entire community depends on everyone adding at least 30 minutes of physical activity to their daily routine.

When you have completed the patch program you may purchase the patches from the GSNENY Store.

Requirements: All age levels must complete #1, #2 and #12.

Brownie - must complete **4** additional activities.

Junior - must complete **5** additional activities.

Cadettes, Seniors & Ambassadors - must complete **6** additional activities.

1. We all know physical activity is good for us, but why? Try to come up with at least 5 reasons why being physically active is beneficial. You can ask a friend, sibling or adult to help you or reach out your doctor, health teacher, coach even gym teacher for help.
2. Keep track of how much activity you get in one day (this includes things like jumping rope, walking home from a friend's house, using the stairs or walking to the bus stop). List ways to increase the amount of time.
3. List additional ways you could put more activity into your every day routine - be creative! Discuss this with your troop perhaps together you can work to have a yoga, dance or other instructor come to a meeting to show you activities might be new to you.
4. Draw an activity pyramid. At the top of the pyramid write down activities that you should cut down on. In the middle section insert activities to be done a couple times a week. Fill in the base of the pyramid with activities that can be done on a **daily** basis. Hang your pyramid someplace where you and your family can see it and be reminded to make physical activity part of every day.



5. Make a list of at least 10 places in your community where people can be more physically active. Could it be a local park, community center, etc.?
6. Write down ideas your troop has for making meetings include some type of physical activity. Try starting each troop meeting by doing one of the following: stretching, jumping jacks, dancing, aerobics, etc. This may even help get everyone ready to settle down and concentrate on the meeting.
7. Plan a troop meeting/outing that involves being more physically active (remember that does not mean you have to play a sport, it could be something like walking on a nature trail, or even some type of winter sport).
8. Learn how heart function, lungs, muscles, etc. are affected by participating in physical activities, Invite your pediatrician, local doctor, a nurse you may know or another health care professional to visit your troop to speak about the importance of physical activity to your health.
9. Leading a sedentary (inactive) life is now considered a health hazard. Challenge yourself to get up and move around every time you find yourself sitting for more than 30 minutes (except, of course, when you are in class). Take a break from your electronic devices and become “unplugged” unless of course you are using music to motivate you to move around and exercise.
10. Think of ways to make your community environment more active (for example, closing a park road to cars, perhaps hosting a healthier you event or building walking trails). Write a brief plan for one of these.
11. Talk to your troop or classmates about starting a walking group. You can reach out to your Phys. Ed. Teacher, School Nurse and School Principal to see if a walking group can be started at recess, lunchtime or even as a part of an after-school program.
12. Above all, have fun with your activities, whatever you choose!



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PATCH PROGRAM EVALUATION

Council _____ Troop _____ Service Unit _____ Age Level _____

Leader's Name _____

Address _____
Street _____ City _____ Zip _____

Phone (h) _____ (w) _____ Email _____

Our troop of _____ girls worked on and completed the _____ Patch Program.

Please complete the following evaluation with responses from the girls.

1. Why did you choose this program? _____

2. How much time did you spend on it? _____

3. What outside resources did you use? (people, facilities, equipment, etc.) _____

4. What part did you like best? _____

5. What would you do differently another time? _____

6. What are some things you learned to do for the first time or better? _____

7. How did the adults feel about the program? _____

Patches may be purchased from the GSNENY Store.
Evaluation forms may be submitted to Linda Stephen, lstephen@girlscoutsneny.org