



## Staying Fit [Meeting 1]

### Overview

#### Note to Volunteers

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.**

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason scripting is included for guiding girls through a meeting; these "lines" are under the heading "**SAY.**" However, you're the expert. If you feel you don't need the script, do what makes sense for you and your girls.

#### Prepare Ahead

- Before girls earn their Staying Fit badge, try planning some active field trips for the girls, if you can. For example: you might take them to a roller skating rink, to attend a yoga class, or go on a hike. The important thing is to let girls know fitness is fun and for them to find an activity that they enjoy doing. By exploring different options, girls might find something that works for them.
- Talk to anyone helping you about what they will do at this meeting.
- Read the Take Action Guide for Volunteers located in the resources section. Throughout the year, you'll guide girls on their Take Action Project. When it comes up in your meetings, you'll want to make sure girls understand the steps for taking action: They will see a need, work with others to brainstorm solutions, develop a plan, and do the project.
- If weather and space permits, some of these activities might be fun to do outside. See if there is a space large enough to get active outside.
- For Activity 3: On a large poster board, make a grid with each girl's name running down the side. The other three columns should read:
  - Resting heart rate
  - Active heart rate
  - Favorite activity
- For Activity 4: Print out the Food Pyramid Plate, enough copies for each girl. Using masking, electrical tape, or painting tape, take a paper plate and make a 4-section grid to match the food pyramid plate, one for each pair of girls.

#### Get Help from Your Friends and Family Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting

Ask your network to help:

- Make snacks
- Welcome girls to the meeting
- Supply materials for the session



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### Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

### Materials

#### Activity 1: As Girls Arrive

- Construction paper
- Markers
- Crayons

#### Activity 2: Opening Ceremony

- Girl Scout Promise and Law

#### Activity 3: 30-Second Fitness Challenge — *Inside Option*

- Large poster board
- Markers
- Stopwatch
- Music

#### Activity 3: Fitness Obstacle Course — *Get Girls Outside!*

- Stopwatch
- Cones (or objects that can be used for girls to run around)
- Optional: hula-hoops, jump ropes, beach ball

#### Activity 4: Plate Patterns — *Inside Option*

- Food Pyramid Plate, one for each team as a placemat.
- Paper plates that have been divided into four sections using masking, electrical, or painting tape
- Tupperware containers or bowls containing a variety of foods that will later be used for snacks including:
  - Nuts
  - Yogurt
  - Freeze-dried fruits such as strawberries, bananas, and pineapple
  - Raisins
  - Cut-up veggies
  - Healthy chips
  - Toasted O's cereal

#### Activity 4: Brainstorm Food Game — *Get Girls Outside!*

- None



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### Activity 5: Take Action Pause

- Paper
- Pen or Pencil

### Activity 6: Snack Chat

- Healthy snack items from Activity 4 (ask girls about food allergies)
- Ice cream cones, waffle or wafer, enough for each girl

### Activity 7: Closing Ceremony

- None

## Detailed Activity Plan

### Activity 1: As Girls Arrive

#### Time Allotment

10 minutes

#### Materials

- Construction paper
- Markers
- Crayons

#### SAY:

- *There are lots of fun ways to stay fit. Draw a picture of one of the ways you like to stay fit.*

### Activity 2: Opening Ceremony

#### Time Allotment

15 minutes

#### Materials

- Girl Scout Promise and Law

#### Steps

Girls gather in a circle. Welcome them to the Staying Fit meeting.

Girls say the Girl Scout Promise and the Girl Scout Law together.

#### SAY:

- *Staying Fit means a lot more than just doing exercises. It can mean eating right, making time to rest your brain, and can also help not just yourself, but others in your family.*



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- *In the next two meetings, you'll find out all about how to stay fit in all kinds of ways. Today, we'll do lots of fun activities that help you stay active and make some great recipes to help us eat healthier.*
- *At the end of the second meeting, you'll earn your Staying Fit badge. The best part is that Staying Fit is really easy and super fun.*
- *You all drew some great pictures when you came in — who wants to share some fun ways that you like to stay fit?*
- *Let girls come up with their own ideas, but offer these prompts if needed:*
- *What do you enjoy doing that's active?: Some type of sports? Dancing? Roller-skating?*
- *Swimming? Rock climbing walls?*
- *Do you do anything to stay fit with your family? Like cook healthy meals? Hike together?*

### Activity 3: 30-Second Fitness Challenge — Inside Option

#### Time Allotment

20 minutes

#### Materials

- Large poster board
- Markers
- Stopwatch
- Music

#### Steps

Note to volunteers: Keep girls with special needs in mind and adapt the fitness activities for their abilities. If they are physically unable to join in, include them by having them act as a coach, call out an activity, or monitor the stopwatch.

#### SAY:

- *The most important part of healthy living is to stay active. We just talked about some of our favorite ways to get moving, so now we are going to try some. Remember that fitness should be fun for you, something you enjoy doing. Not everyone will like doing the same things, and that's OK.*
- *Let's play a game called 30-Second Fitness Challenge that will help you try some new ways to get moving, and then we are going to use this poster with your names on it to track some of your favorites. Everyone ready?*
- *Before we begin, let's learn how to take our pulse. Your pulse rate is really important because it tells you if you might be moving too much — you never want to overdo exercise.*
- *To find your pulse, take your index and middle finger and place them on your wrist under the crease that runs below your thumb.*



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[Demonstrate where you can find the pulse.]

- *Push lightly with your fingers, and you should be able to feel a beat. Can everyone find their pulse?*
- *Walk around and make sure everyone can find it.*
- *OK. Now that we know how to find it, we are going to count how many beats we feel in 30 seconds.*
- *I'll let you know when to start counting.*
- *Go!*

[Start stopwatch and run it for 30 seconds.]

- *Your heart rate is found by how many beats per minute your heart is pumping. We just tested how many beats for 30 seconds, so we need to multiply 30 by 2. My number was XX, times 2, and that means my heart rate is XX.*
- *Who else would like to share?*
- *When resting or not really moving, your heart rate should be between 70–100. Was everyone's in that range? When we start exercising, you probably don't want your heart rate to go over 210.*
- *That means you are working too hard.*
- *Write your heart rate down next to your names now, and we'll check it again after the game.*
- *OK, let's turn on some music, and try some movements. We'll try each one for 30 seconds to see how we like it.*
- *Call out 5–6 of these movements:*
- *Touch your toes [moving up and down]*
- *Do jumping jacks*
- *Dance, free-style*
- *Do boxing punches*
- *Jog in place*
- *Walk around the room*
- *Stand on tip-toes with arms outstretched, hold the pose*
- *Do some stretches [girls' choice!]*
- *Make swimming moves with your arms*
- *Start the stopwatch each time you start a new movement. Keep going through them back-to-back, without much of a break.*

**[Keep It Girl-Led Tip:** Let girls know they can also call out a movement — anything they want.]

- *Once you've done 5 or 6 movements, have girls take their pulse again, and record it on your poster grid next to each of their names.*

**SAY:**

- *How did these activities make you feel?*

[After the girls answer, **SAY:**]

- *Did any of the activities make you feel out of breath? Which ones?*



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- *Which activity did you like the most? Let's write that one down next to your name, or maybe there is something we didn't try that you really like to do — we can write that one down.*

[Write an activity next to each girl's name.]

- *During the next week at home, try to do this activity for 2 minutes every day — if you do it in 30 seconds, that is 4 times during the day, or that is just one commercial break during a TV show.*
- *Let's see if we can all do it.*

## Activity 3: Fitness Obstacle Course — *Get Girls Outside!*

### Time Allotment

20 minutes

### Materials:

- Stopwatch
- Cones (or objects that can be used for girls to run around)
- Optional: hula-hoops, jump ropes, beach ball

### Steps:

Girls set up a fitness obstacle course and time each other as they tackle it.

### SAY:

- One popular way to train for fitness is by conquering an obstacle course. Athletes, military people, and people who work in jobs like firefighting, the police force, or the FBI often use obstacle courses for fitness training.
- Today you'll set up an obstacle course and decide on the moves everyone has to do to get through it. Then each of you will tackle the course! I'll time you as you get through it.
- Do it more than once and see if you can improve your speed.
- **[Note to volunteers:** Have girls set up cones and come up with the different activities to do as they go from starting to ending point, such as (encourage girls to choose at least 3 from this list):]
- As you zigzag through each cone, stop and:
  - Do 10 jumping jacks
  - Get on your belly and crawl from one cone to the next
  - Do 5 sit-ups
  - Do 5 pushups
  - Throw a beach ball in the air five times (or any kind of ball)
  - Do a long jump from cone to cone

[When girls are done, **SAY:**]

- *Did you manage to do the course more than once? If so, did your time improve, get worse or stay the same?*



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- *What was the most challenging part of the course?*
- *What activity made you breathe the hardest? Which activity did you need strength?*
- *What parts of your body did feel it the most?* [Example: legs, stomach, arms]
- *What other things can you imagine doing to test your skills and train for fitness?* [Example: Climb a wall, swim in a lake, run uphill, bike ride for miles]

## Activity 4: Plate Patterns

### Time Allotment

20 minutes

### Materials

- Food Pyramid Plate, one for each team as a placemat.
- Paper plates that have been divided into four sections using masking, electrical, or painting tape
- Tupperware containers or bowls containing a variety of foods that will later be used for snacks including:
  - Nuts
  - Yogurt
  - Freeze-dried fruits such as strawberries, bananas, and pineapple
  - Raisins
  - Cut-up veggies
  - Healthy chips
  - Toasted O's cereal

### Steps

Have Juniors split into pairs.

Give each team a plate that has been divided into sections. Make sure the food is in containers and is reachable or passable so every girl can take some of every type of food. Once every girl has put some of each food into her container or bowl, you can begin.

### SAY:

- *You can't stay fit without the right foods to keep your body fueled up. Certain foods will help you stay strong and give you energy, while others won't.*
- *Take a look at your placemat. At every meal, it is recommended by health experts that your plate look like this. Does anything surprise you here? Did you notice that half the plate is all fruits and veggies?*
- *Take a look at the foods in front of you. Work with your partner to put them in the right section according to your plate placemat. For example, where would this carrot go? Yes, in the veggies section. See if you can find a spot for all the foods we have.*

[Let girls decide where they think the foods should go.]



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- *You won't have meat at the meeting, but discuss that meat is a protein, along with nuts, eggs, and beans.*
- *Where each food should go:*
- *Nuts = protein*
- *Yogurt = dairy*
- *Freeze-dried fruits such as strawberries, bananas, and pineapple = fruits*
- *Raisins = fruits*
- *Cut-up veggies = veggies*
- *Healthy chips = grains*
- *Toasted O's cereal = grains*

## Activity 4: Brainstorm Food Game — *Get Girls Outside!*

### Time Allotment

20 minutes

### Materials:

- None

### Steps:

Girls go outdoors to play a game to test their knowledge about healthy foods.

### Say:

- *Everyone stand in a line, side by side. When I read off a clue and you know an answer, I'll call on you and you say the answer. If you get it right, move forward one step.*
- *There is more than one answer to each of these. [Note to volunteer: Make sure all girls get a chance to advance the line.]*
  - *Name a food that has **dairy*** [Possible answers: cheese, milk, eggs, yogurt, ice cream, cottage cheese, sour cream, whipped cream]
  - *Name a **vegetable that is green*** [Artichoke, bell pepper, bok choy, broccoli, cabbage, celery, brussels sprouts, lettuce, cucumber, green beans, leeks, kale, peas, spinach]
  - *Name a **vegetable that is red*** [Tomato, red bell pepper, radish, red onion]
  - *Name a fruit **that is red or purple*** [Apple, cranberry, cherry, grapes, plum, pomegranate, raspberry, strawberry, watermelon]
  - *Name a food made from **grain or wheat*** [pasta, muffin, bagel, biscuit, bread, tortilla, granola, hot dog and hamburger bun, pancakes, pita, pretzels, popcorn, rice, crackers]
  - *Name a type of **meat*** [turkey, pork, beef, lamb, chicken, hamburger, steak, bacon, pepperoni]



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- *Name a **bean*** [baked bean, black bean, chickpea, kidney bean, lima bean, pinto bean]
- *Name a type of **nut or seed*** [almond, brazil nut, cashew, chestnut, hazelnut, macadamia nut, peanut, pine nut, pecan, pistachio, sunflower seed, pumpkin seed, walnut]

[When girls are done, go over the My Plate food groups and **SAY:**]

- *What was the hardest category to figure out a food item for? Easiest?*
- *What's your favorite protein? Dairy? Vegetable? Fruit? Grain?*
- *What kind of healthy snack gives you energy?* [Example: nuts, raisins, trail mix, yogurt, fruit, vegetables, smoothie]

## Activity 5: Take Action Pause

### Time Allotment

10 minutes

### Materials

- Paper
- Pen or Pencil

### SAY:

- *As you earn badges this year, you'll be using the skills you've learned to take action. Then you'll come up with a Take Action Project that you can do in a meeting later this year.*
- *We just did some fun exercises and learned about healthy eating. Can you think of ways what you've learned can help others?*

[If girls need prompts, **SAY:**]

- *Teach younger girls how to stay fit.*
- *Share about healthy eating choices with my friends and family.*
- *Encourage my school to offer healthier food choices.*
- *Organize a fun fitness activity to do with friends.*
- *Note to volunteers: Write down the girls' Take Action ideas throughout the year as they work on badges. You'll use this list later to remind them of their ideas and help them choose one to do.*

## Activity 6: Snack Chat

### Time Allotment

10 minutes

### Materials

- Healthy snack items from Activity 4 (ask girls about food allergies)



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- Ice cream cones, waffle or wafer, enough for each girl

### **SAY:**

- *So now we know what we are supposed to eat, so let's make it a little more fun. For our snack, we're going to replace ice cream with healthy snacks. Each of you will take a cone and load it up with snack items you like the best. Then enjoy your snack! Who needs ice cream, anyway?*

[While girls are enjoying their snacks, **SAY:**]

- *Your body needs a steady supply of fuel to run right. Snacks can help keep your energy steady throughout the day. Energy balance is the balance of two things: Energy In and Energy Out.*
- *What do you think Energy In means? How does your body get energy?* [From the calories you get from eating and drinking.]
- *Now think about Energy Out. How does your body use up the energy you put into it?* [By being active — this means everything from daily living, like getting dressed and cleaning your room to physical activities, like sports and climbing stairs.]
- *How do you think you might balance what you eat and drink with how active you are?* [If a girl is really active playing a sport that uses a lot of energy, she will need more energy in.]

## Activity 7: Closing Ceremony

### **Time Allotment**

5 minutes

### **Materials**

- None

### **Steps**

Girls form a Friendship Circle and sing a song.

### **SAY:**

- *What was your favorite part of learning how to stay fit?*
- *What are some things you want to try this week to stay fit?*
- *Make sure you keep track of how many times you do your movement this week — we'll talk about it in the next meeting as we finish earning our Staying Fit badge. You might want to keep a Staying Fit log where you write down the healthy things you're eating and activities you're doing. You might also take a picture of your healthy food choices or one of you doing a fun activity to bring and share at the next meeting.*

Ask a girl to end the meeting by starting the Friendship Squeeze.