

Fitness Badge



Being fit has many benefits including feeling happier, having more energy, getting sick less often, making it easier to control weight, having a more fit and toned body and increased strength.

Otters: Do 4 requirements including the two starred.

_____ 1. * Lifestyle activities are movements you use to accomplish everyday activities. Track the following lifestyle activities for one week and then try to increase each number for the following week.

- a. How many times did you take a walk instead of riding in a car last week? _____
- b. How many flights of stairs did you take last week? _____
- c. How many times did you choose to get active instead of watching TV last week?
- d. How many times did you park at the far end of the parking lot instead of close to the store last week? _____
- e. How many ways can you list to increase the movement in your life? Examples might include doing exercises while you watch TV, ask to do chores (vacuuming is great!), move while you blow dry your hair or brush your teeth, or even pushing the cart at the grocery store will add movement to your day. Try each of the ideas you come up with for two weeks.

_____ 2. * Keep a record of what you eat for one week. Make sure you start with the first thing you eat or drink in the morning and finish with the last thing you eat or drink before bed. Don't forget snacks. Track the following information and use the hunger rating scale to help measure how hungry you were:

- a. type of food eaten
- b. amount eaten
- c. what you were doing while you ate (watching TV, doing school, etc.)
- d. hunger rating

Hunger Rating Scale:

- 1 = fainting from hunger
- 2 = shaky from hunger
- 3 = hunger pangs
- 4 = hungry
- 5 = not hungry
- 6 = satisfied
- 7 = full
- 8 = loosening a button
- 9 = barely able to move
- 10 = stuffed and nauseous

_____ 3. Aerobic activity is movement that raises your heart rate and breathing. It gives you lots of energy and boosts your metabolism so that food is burned up faster and more efficiently. Aerobic exercise also improves the health of your mind and body so that you will be sick less often and deal with stress better. Do at least 20 minutes of aerobic activity at least 5 days a week for 4 weeks. Activities may include fast walking, jogging, tennis, basketball, soccer, jumping rope, bicycling or anything else you can think of that keeps you moving at a fast pace.

_____ 4. Stretching increases flexibility and helps prevent soreness in muscles. It will increase your range

of motion and help prevent injuries as well. Learn 3 different types of stretches for each of the following body parts. Make sure you learn the proper way to warm up and use each stretch to prevent damaged muscles.

- a. legs
- b. arms
- c. back
- d. stomach
- e. neck

For 4 weeks, do each of the stretches you learned above for 20 seconds each at least 4 times each week.

_____ 5. Strength training builds your muscles by wearing them out and prompting them to grow stronger and more toned. Strength training requires resistance, but can easily be done at home rather than in a gym. Track how many of the following exercises you can do each day and try to improve by the end of two weeks.

- a. lateral arm raises
- b. lunges
- c. push ups
- d. sit ups

_____ 6. Help plan a healthy menu for your family for one week. You may not use any processed or prepackaged foods. Try to stick with fresh fruits and vegetables, whole grains, and lean protein. Boxed macaroni and cheese, frozen corn dogs, potato chips, etc. are not allowed. Don't forget to plan for snacks. Items like cheese sticks, carrots and celery, or fresh fruit are great to have on hand.

Dolphins: Do 5 requirements including the 2 starred.

_____ 1. * Do Otter requirements 1 & 2

_____ 2. * Aerobic activity is movement that raises your heart rate and breathing. It gives you lots of energy and boosts your metabolism so that food is burned up faster and more efficiently. Aerobic exercise also improves the health of your mind and body so that you will be sick less often and deal with stress better.

Do at least 20 minutes of aerobic activity at least 5 days a week for 4 weeks. Activities may include fast walking, jogging, tennis, basketball, soccer, jumping rope, bicycling or anything else you can think of that keeps you moving at a fast pace.

_____ 3. Stretching increases flexibility and helps prevent soreness in muscles. It will increase your range of motion and help prevent injuries as well. Learn 3 different types of stretches for each of the following body parts. Make sure you learn the proper way to warm up and use each stretch to prevent damaged muscles.

- a. Legs
- b. arms
- c. back
- d. stomach
- e. neck

For 4 weeks, do each of the stretches you learned above for 20 seconds each at least 4 times each week.

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- a. lateral arm raises
- b. lunges
- c. push ups
- d. sit ups

_____ 5. Help plan a healthy menu for your family for one week. You may not use any processed or prepackaged foods. Try to stick with fresh fruits and vegetables, whole grains, dairy, and lean protein. Boxed macaroni and cheese, frozen corn dogs, potato chips, etc. are not allowed. Don't forget to plan for snacks. Items like cheese sticks, yogurt, carrots and celery, or fresh fruit are great to have on hand.

_____ 6. The harder an activity, the higher your heart rate and the more calories your body is burning. To find your heart rate, count the number of beats in 6 seconds and multiply by 10. Calculate your heart rate (bpm = beats per minute) for the activities listed below:

- a. standing
- b. stretching
- c. walking
- d. strength training
- e. jogging
- f. jumping jacks
- g. sprinting
- h. sitting

If you have problems getting your heart rate up, try "interval" training. This simply means that you do easier activities in between the harder ones while still keeping your body moving. For example walk for 2 minutes, jog for 1 minute, walk, jog, walk, jog, etc.

_____ 7. The harder your body works, the more calories you burn. Following is a list of exercises and the approximate calories they burn per minute.

Sitting = 1.1 calories per minute
Standing = 1.4 calories per minute
Stretching = 3 calories per minute
Walking = 4 calories per minute
Strengthening = 5.3 calories per minute
Jogging = 7 calories per minute
Jumping Jacks = 10 calories per minute
Sprinting = 15 calories per minute

Look at the list of foods below and figure out how many minutes you would have to exercise using each of the above methods to burn off the calories you just ate. Divide the number of calories by the calories burned per minute for each exercise. For example a 32 oz soda has 400 calories. If you choose to walk off the calories you would divide 400 by 4 giving you 100 minutes (1 hour and 40 minutes) of walking in order to burn off the calories you just consumed.

Chips 3.5oz 560 calories
Pretzels 3.5 oz 385 calories

32 oz Soda 400 calories
32 oz Diet Soda 0 calories
1 T Mayonnaise 99 calories
Super Size Fries 450 calories
Small Fries 210 calories

Butterflies: Do 6 requirements including the 2 starred.

_____ 1. * Do Dolphin requirements 1 & 2

_____ 2. * Stretching increases flexibility and helps prevent soreness in muscles. It will increase your range of motion and help prevent injuries as well. Learn 3 different types of stretches for each of the following body parts. Make sure you learn the proper way to warm up and use each stretch to prevent damaged muscles.

- a. legs
- b. arms
- c. back
- d. stomach
- e. neck

For 4 weeks, do each of the stretches you learned above for 20 seconds each at least 4 times each week.

_____ 3. Strength training builds your muscles by wearing them out and prompting them to grow stronger and more toned. Strength training requires resistance, but can easily be done at home rather than in a gym. Track how many of the following exercises you can do each day and try to improve by the end of two weeks.

- a. lateral arm raises
- b. lunges
- c. push ups
- d. sit ups

_____ 4. Help plan a healthy menu for your family for one week. You may not use any processed or prepackaged foods. Try to stick with fresh fruits and vegetables, whole grains, dairy, and lean protein. Boxed macaroni and cheese, frozen corn dogs, potato chips, etc. are not allowed. Don't forget to plan for snacks. Items like cheese sticks, yogurt, carrots and celery, or fresh fruit are great to have on hand.

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_____ 7. Put together a list of ways you can make healthy choices when eating out. Then get menus for your favorite 3 restaurants and make a list of what you could order that would be a healthier choice than your normal meal. Ideas might include:

- a. Order salad dressing on the side and ask for fat free or light.
- b. Drink water, iced tea or milk instead of soda
- c. Skip the super size and choose a small order
- d. Choose grilled or baked foods instead of deep fried
- e. Eliminate mayonnaise and cheese

_____ 8. Choose a health or fitness goal for yourself. Maybe you want to stop drinking soda, or limit dessert to just the weekends. Maybe you want to do aerobic exercise 3 days a week. Whatever it is, write it down and post it somewhere where you will see it everyday. Work on reaching this goal within month. Once it is reached, choose a new goal. Try to keep adding new goals every time you reach one until you reach the health and fitness level you desire. This requirement is fulfilled after the first goal is reached, but you are encouraged to continue indefinitely.

Eagles: Do 7 requirements including the 2 starred.

_____ 1. * Do Butterfly requirements 1 & 2

_____ 2. * Strength training builds your muscles by wearing them out and prompting them to grow stronger and more toned. Strength training requires resistance, but can easily be done at home rather than in a gym. Track how many of the following exercises you can do each day and try to improve by the end

of two weeks.

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- b. Drink water, iced tea or milk instead of soda
- c. Skip the super size and choose a small order
- d. Choose grilled or baked foods instead of deep fried
- e. Eliminate mayonnaise and cheese

_____ 7. Choose a health or fitness goal for yourself. Maybe you want to stop drinking soda, or limit dessert to just the weekends. Maybe you want to add 10 push ups a day or be able to bench press 50 pounds. Whatever it is, write it down and post it somewhere where you will see it everyday. Set a time frame to complete your goal. When your goal is reached, this requirement is complete, but you are encouraged to continue adding new goals. This week you may try drinking 6 glasses of water daily. Next week you could go jogging once a week. Goal setting should be a healthy part of your everyday life. Follow the tips listed below to create a good goal:

1. Be positive – A goal is something you want to add to you life, not subtract. If you are trying to change a bad habit such as biting your nails, your goal should be something like, “I will chew sugarless gum instead of biting my nails.”
2. Be specific – Saying you want to “eat better” is too general. Instead, try saying, “I will eat one piece of fruit everyday.”
3. Make sure it is attainable – Goals should be achievable in a reasonable amount of time. If you make them too difficult you will get discouraged.

_____ 8. Get others involved with your goal to be healthy and fit. Ask your mom to walk with you, your friends to try to eat more fruit with you, or your doctor to give you advice. Having others to rely on helps everyone achieve their goals. Get at least 3 other people to get involved in someway.

_____ 9. Watch 60 minutes of television (no cartoons and no news) then fill in the following information for at least one character:

- a. Name
- b. Name of TV show
- c. Time and date of show
- d. Key characters
- e. Which character is the most fit?
- f. What types of exercise to they do, or do you think they do?
- g. What types of food do you they eat, or do you think they eat?
- h. Does this character’s activity and food behavior mesh with his or her appearance? In other words, do they look fit even though their character is a couch potato on the show?
- i. Does this character watch a lot of TV?
- j. Does the actor or actress who plays this character exercise?
- k. Is this character a good role model for you?