

Girl Scout Junior Healthy Living Badge:

Staying Fit



Marjorie Merriweather Post, who once lived at Hillwood, believed in living a healthful lifestyle.

Healthy living starts with a happy, confident you. Today at Hillwood you will practice making positive choices that will keep your mind and body fit to keep you strong for life.

To earn your *Staying Fit* badge:

- Complete all the “Try This!” activities in this booklet.
- Keep track of the activities you complete by marking the checkbox on each page.
- You or your troop leader can purchase the Staying Fit badge from the Girl Scout Council of the Nation’s Capital to get the badge that you earned by completing these activities.

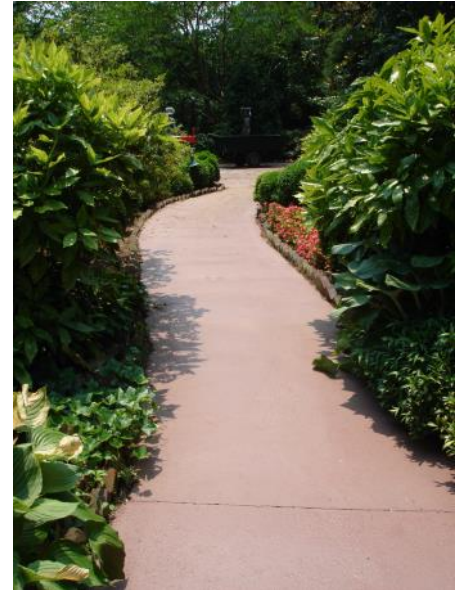
Step #1 — Start moving!

Find a way to make your day more active.

Marjorie Post believed in living a healthy, active lifestyle. She began each day at Hillwood with morning exercises in her dressing room. In the afternoon, she walked her garden paths for exercise.



Marjorie Post's Hillwood Dressing Room



Hillwood Garden Path

Try This!

#1

Visit the **GARDEN GAMES** near Hillwood's **LUNAR LAWN** to try out different kinds of exercise. Choose at least **three** activities to try from the list below:

- Putting on the Putting Green
- Jump Rope
- Hula Hoop
- Horseshoe Toss
- Hopscotch
- Croquet
- Badminton
- Yoga (led by "Health Helper" Laurie Tucker)
- Walking the Garden Paths

Which activity did you enjoy the most?

Step #2— Keep your fit body fueled.

Play a brainstorm game.

Marjorie Post often made healthy choices when deciding what to eat. Every morning for breakfast, which she ate in her dressing room, she had a banana and a bowl of Grape Nuts cereal. Eating whole grains and healthful fruits is part of a nutritious diet.

Try This!

#2

Take the healthy foods brainstorm challenge!

Brainstorm a list of foods that fit in each of the following healthful food categories. For an extra challenge, play with your friends and make it a competition! Time yourself for a minute to see who can write down the most foods in each category.

WHOLE GRAINS

LEAFY GREENS

FRUIT

Step #3— Know how to stress less

Create a stress-free zone. Take a bag of your favorite things with you to a quiet place when you need a break.

In Hillwood’s Japanese-style Garden you will find a statue of Hotei, the god of happiness in the Japanese Shinto religion. He carries a sack of happiness on his back.

What will you put in your happy sack? What are some things that make you smile? They might include:

- Photographs of people you love, a happy occasion, or a beautiful place
- A favorite stuffed animal or other favorite toy
- A favorite book
- What else?

Write a list below of the five things you will put in your “happy sack:”



Try This!

#3

Visit the **ART PROJECT** near Hillwood’s **LUNAR LAWN** to decorate your “happy sack.”

When you get home, fill your sack with five things that make you smile. The next time you feel worried or upset, take out your “happy sack” to feel better!

Step #4 — Get the truth about health.

Talk to a health professional.

Try This!

#4

Visit the **HEALTH HELPER: YOGA IN THE GARDEN** near Hillwood's **LUNAR LAWN** to meet Laurie Tucker, a certified health education specialist and owner of WellStyles Consulting.

Laurie helps people stay healthy! Try these activities with her:

- Try out some yoga poses
- Fill out a “grateful card”
- Ask her for tips on how to stay healthy

Step #5 — Help your family stay fit.

Come up with an active family activity.

You've tried out lots of different activities today. Pick a favorite to do with your entire family, or choose another favorite family activity to do together.

Try This!

#5

Make a plan for your active family activity.

Which activity will you do with your family?

- Go on a family walk
- Hula hoop
- Jump rope
- Bike ride
- Hiking
- Ball game
- Other: _____

When will you do your activity with your family?

- On weekends
- In the evening, after school
- In the morning, when we wake up
- Other: _____

How often will you do the activity?

- Daily
- Once a week
- Every other week
- Once a month
- Other: _____