

Staying Fit Virtual Meeting

Time to Move and Groove!!

While you wait for the meeting to start please clear out an area so you are able to move around. Also, grab paper and pen!



How will this Virtual Troop Meeting Work?

- On the right side of your screen, there is a control panel. You should see a microphone, a video camera and a chat bubble.
- When we sing together, you will want to click on your microphone so it is green. Then everyone will be able to hear you.
- If you have a webcam, clicking on it will let everyone else in the meeting see you too.
- The Chat Log looks like a cartoon thought bubble...see it underlined in red? You can type questions or comments into the chat log and everyone will be able to see what you write!



Opening:

Girl Scout Promise

On my honor,

I will try, to serve God, and
my country, to help people
at all times,

and to live by the Girl Scout
Law.

Girl Scout Law

**I will do my best, to be honest and fair, friendly and helpful,
considerate and caring, courageous and strong,
responsible for what I say and do, to respect myself and
others, respect authority, use resources wisely,
make the world a better place and be a sister to every Girl Scout.**



Earning the Badge:

Badge Requirements

- Start moving!
- Keep your fit body fueled
- Know how to stress less
- Get the truth about health
- Help your family stay fit



Start Moving:

SPELL OUT YOUR NAME

A: 15 PUSHUPS
B: 50 JUMPING JACKS
C: 20 CRUNCHES
D: 30 SECONDS RUN IN PLACE
E: 30-SECOND WALL SIT
F: 20 ARM CIRCLES
G: 20 SQUATS
H: 30 JUMPING JACKS
I: 30-SECOND PLANK
J: 20 MOUNTAIN CLIMBERS
K: 20 CRUNCHES
L: 12 PUSHUPS
M: 15 SQUATS

N: 10 PUSHUPS
O: 10 LUNGES
P: 30 SECONDS RUN IN PLACE
Q: 20 JUMPING JACKS
R: 30-SECOND PLANK
S: 15 BICYCLE CRUNCHES
T: 30-SECOND WALL SIT
U: 40 HIGH KNEES
V: 10 SQUATS
W: 15 CRUNCHES
X: 10 MOUNTAIN CLIMBERS
Y: 12 LOUNGES
Z: 15 CRUNCHES



Keep your fit body fueled:

What is healthy eating?

Eating healthy is an important part of a healthy lifestyle.

Helpful Healthy Tips!

- Eat 3 meals a day, with healthy snacks.
- Drink water. Try to avoid drinks that are high in sugar. Fruit juice can have a lot of calories, so limit your intake. Whole fruit is always a better choice.
- Eat balanced meals. (What are balanced meals?)
- When cooking try to bake or broil instead of fry.
- Limit sugar intake.
- Eat fruit or vegetables for a snack.

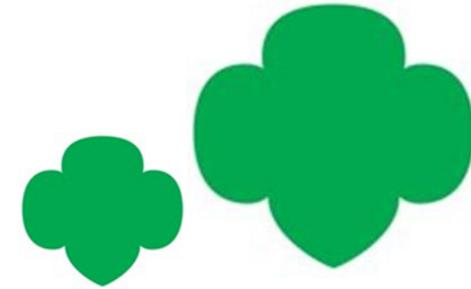
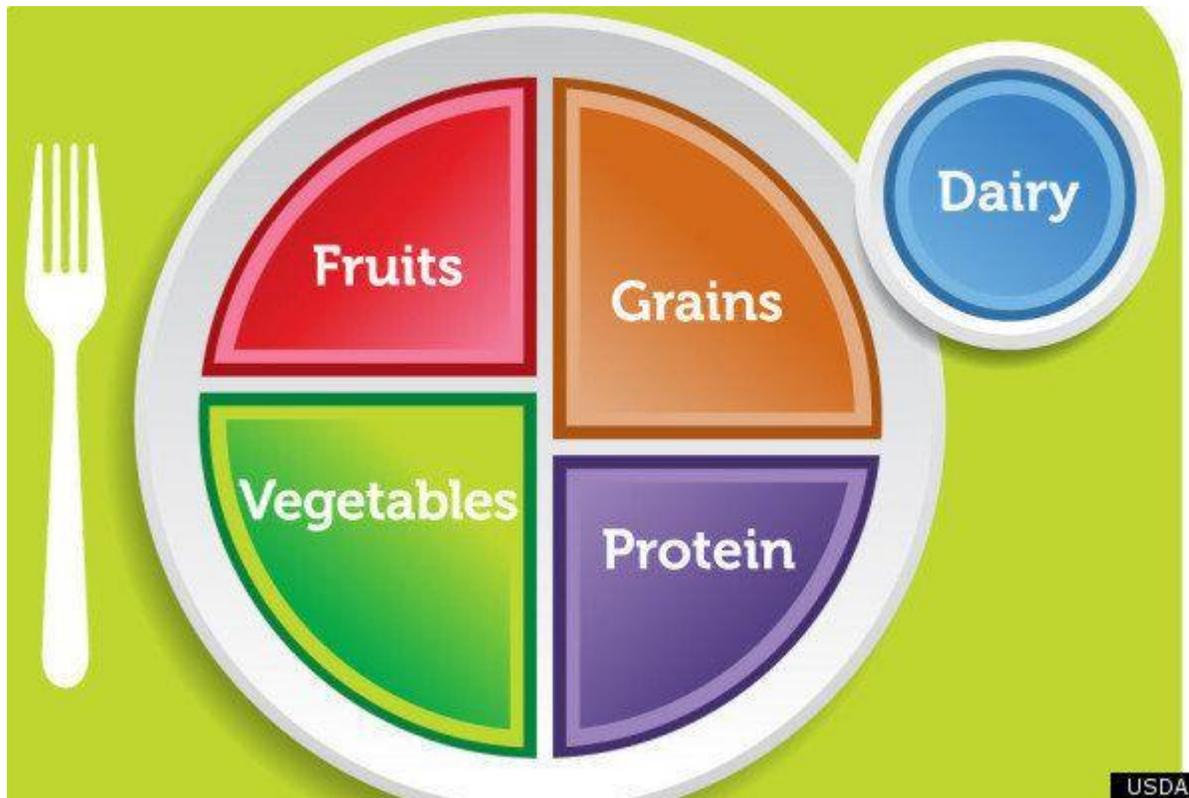


Keep your fit Body Fueled:



- **Grains.** Foods that are made from wheat, rice, oats, cornmeal, barley, or another cereal grain are grain products. Examples include whole wheat, brown rice, and oatmeal.
- **Vegetables.** Vary your vegetables. Choose a variety of vegetables, including dark green, red, and orange vegetables, legumes (peas and beans), and starchy vegetables.
- **Fruits.** Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut up, or pureed.
- **Dairy.** Milk products and many foods made from milk are considered part of this food group. Focus on fat-free or low-fat products, as well as those that are high in calcium.
- **Protein.** Go lean on protein. Choose low-fat or lean meats and poultry. Vary your protein routine—choose more fish, nuts, seeds, peas, and beans.

Keep your fit Body Fueled:



Think about what you had for breakfast..

Draw a plate on your paper and then place the items in the correct food category!

Fruit or Vegetable?



FRUIT



FRUIT

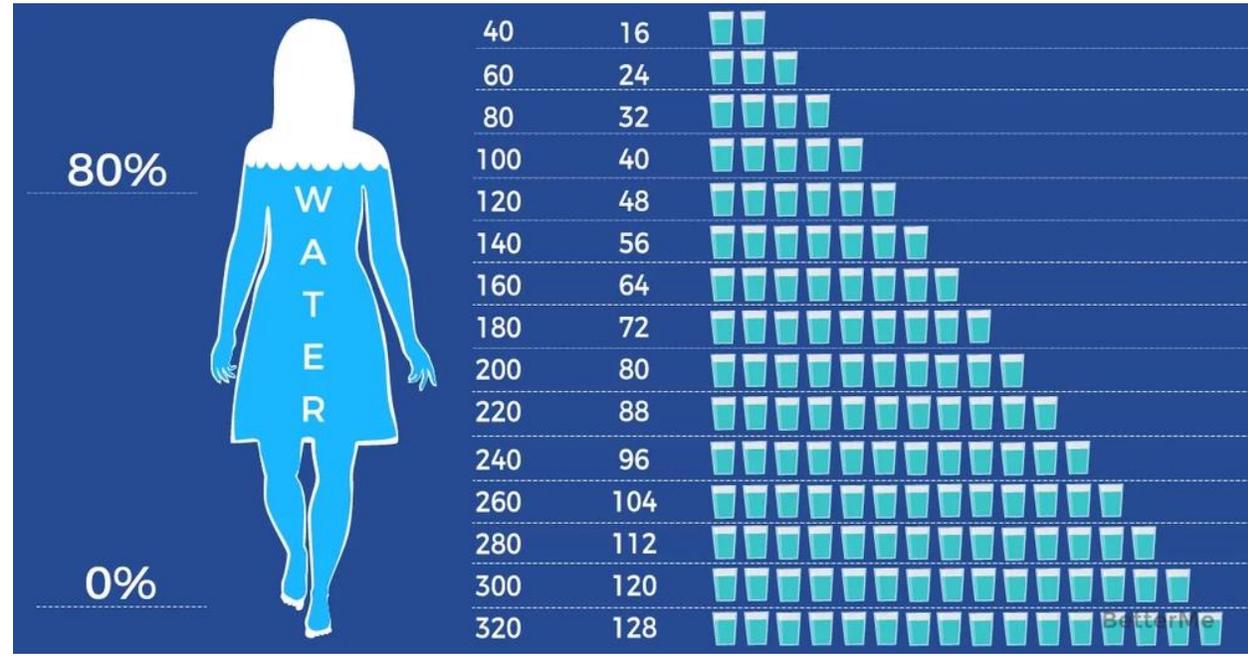


VEGETABLE



Keep your fit body fueled:

Why its important?



Know how to stress less

Did you know?

EXERCISE: It might seem contradictory, but putting physical stress on your body through exercise can relieve mental stress. The benefits are strongest when you exercise regularly. People who exercise regularly are less likely to experience anxiety than those who don't exercise. There are a few reasons behind this:

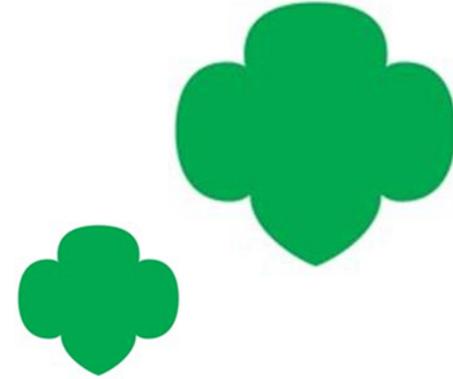
Stress hormones: Exercise lowers your body's stress hormones — such as cortisol — in the long run. It also helps release endorphins, which are chemicals that improve your mood.

Sleep: Exercise can also improve your sleep quality, which can be negatively affected by stress and anxiety.



Know how to stress less

Make a Chart that helps you manage stress:



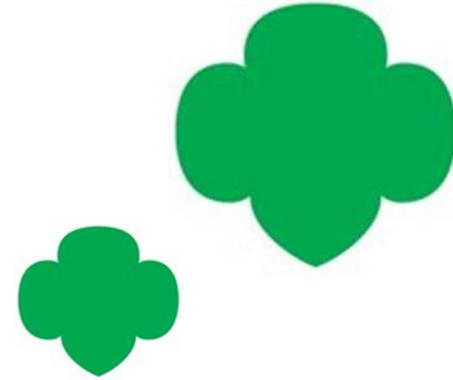
Get the truth about health

The sun gives you vitamin D?
If you're not sweating, you're not working hard?
The Human body is made up of mostly water.
Sleeping **does not** reduce stress.

TRUE



FALSE



Get the truth about health: Complete at home

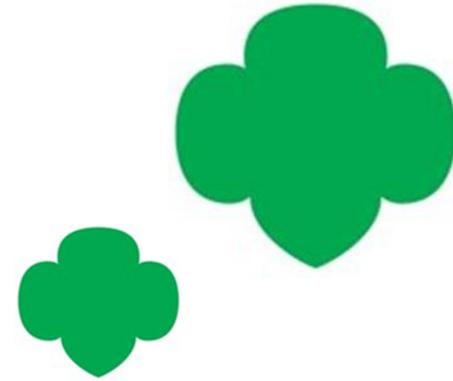
There are many articles and facts about health. Do some research and put together a schedule for the next week! Some examples are below..

Take what you have learned and create a routine for your family members:

How much water should they drink a day?

Make an alphabet chart and do a family workout!

Help others figure out how to manage stress!



Help Your Family Stay Fit: COMPLETE AT HOME

Do you have a Tik Tok? Make up a family dance

Do you have a Pet? Go on a family walk

Do you like to cook? Come up with healthy recipes

Take 10 mins out of your activities and do some stretches! Use what you have learned from today to help keep you and your family fit during social distancing(:

