



Ruhi Shirke, a Girl Scout Gold Award participant, is working with Girl Scouts of Greater Atlanta on the Badge in the Box Junior Staying Fit Badge. Ruhi has designed exciting ways for getting your body and mind fit so you can do all your favorite activities.

The Purpose of the Junior Staying Fit Badge is to know what you need to get strong and how to stay that way.

There are five fun steps to earning the badge. Once you have completed them all you will be able to proudly wear the Staying Fit Badge on your uniform.

1. **Start moving:** Try out the fun yoga poses with your family and friends
2. **Keep your fit body fueled:** Make one or all five of the tasty snacks that help to keep your body fueled.
3. **Know how to stress less:** Read the book, *Calm for Kids*, to learn ways to handle stress that can happen in your day to day life.
4. **Get the truth about health:** Let the experts at Northside Hospital give you some helpful information to keep your body fueled.
5. **Help your family stay fit:** Share the information that you have learned with your family. Try at least 3 of the activities found on the Help Your Family Stay Fit page.
6. **Parent and Troop Leader Survey:** Take a minute and let us know how you enjoyed earning this badge. Complete the short survey.



Apple Chips

Apple chips are a fun and sweet alternative to salty chips. Here's a simple recipe to make the snack.

Ingredients

- 1 tablespoon of brown sugar
- 1 tablespoon of melted butter (Optional)
- 1 tablespoon of ground cinnamon
- 2 thinly sliced apples
- Pinch of salt



Directions

- Step One:** Preheat the oven to 225 degrees Fahrenheit
- Step Two:** Get an adult to core and thinly slice 2 apples
- Step Three:** Put your apple slices in a large bowl and pour the melted butter over the apples (this will make it easier to remove the crisps from the pan).
- Step Four:** Mix in the cinnamon, salt, and brown sugar with the apples
- Step Five:** Make sure all the slices are evenly coated
- Step Six:** Lay the slices on a pan
- Step Seven:** Ask a parent to put the apples in the oven
- Step Eight:** Dry the chips in the oven for 45 minutes to an hour, and ask an adult for help when removing the apples!

Step 2

Healthy Snack Recipe Cards

Ants on a Log

This recipe is a fun activity to do with friends and family. It's a classic and a healthy snack!

Ingredients

- 4 celery sticks
- 4 tablespoons of peanut butter (preferably without high fructose corn syrup)
- 20 raisins



Directions

- Step One:** Rinse and dry the celery
- Step Two:** Coat the top of the celery sticks in peanut butter (This is your log!)
- Step Three:** Line 10 raisins on top of the celery (the raisins are your ants!)
- Step Four:** Repeat with remaining sticks and enjoy!

* If you are allergic or just don't like peanut butter, that's ok! Instead of peanut butter, try hummus on the celery. Then, instead of the raisins, try sunflower seeds!

Turkey-Cheese-Lettuce Wraps

This fun and healthy recipe can be enjoyed at any time of the day! The ingredients are interchangeable and simple.

Ingredient

- 1 slice of lettuce
- 1 slice of turkey
- 1 slice of cheese
- 1 sliced whole roasted pepper from a jar



Directions

- Step One:** Lay your lettuce slice flat
- Step Two:** Lay a slice of cheese and a slice of turkey on top of your lettuce
- Step Three:** Place a slice of the pepper on top
- Step Four:** Roll the wrap
- Step Five:** Repeat steps one through four for more mini wraps
- Step Six:** Share your creation with the friends and family

*If you don't like turkey, try replacing it with ham! Also, if you don't have a whole roasted pepper slice, try slicing up an apple for your wrap instead.

Trail Mix

Trail mix is another classic and healthy snack. These ingredients are suggested, but feel free to replace the ingredients with ones you prefer or even adjust the proportions to your liking!

Ingredients

- 1/2 cup of mixed nuts (cashews, almonds, pecans, etc.)
- 1 cup of dried fruit (you can add in the apple chips here!)
- 1/2 teaspoon of cinnamon
- 1/2 cup of raisins or cranberries
- 1/2 cup of whole grain pretzels
- 1/2 cup of coconut chips (optional)



Directions

- Step One:** Mix all your ingredients in a large bowl and enjoy!

* Try replacing the pretzels with air popped popcorn. You can add in some pumpkin or sunflower seeds. You can also make a salad for lunch and top it with this trail mix recipe!

Banana Bowl

Fruit is a fun snack on its own, but when mixed with other ingredients, it can be a sweet surprise!

Ingredients

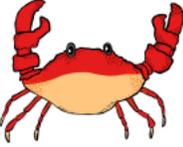
- 2 peeled and chopped bananas
- 2 tablespoons of peanut butter, melted (preferably without high fructose corn syrup)
- 8 chopped strawberries
- 1/2 teaspoon of cinnamon (optional)
- 1/2 teaspoon of honey (optional)



Directions

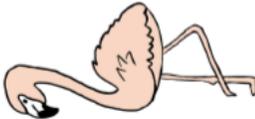
- Step One:** Place your chopped bananas in a bowl
- Step Two:** Add in the chopped strawberries and mix
- Step Three:** Mix the peanut butter, honey, and cinnamon in a small bowl
- Step Four:** Drizzle the liquid mixture over the bananas and strawberries
- Step Five:** Serve fresh

*You can replace the strawberries with other berries like blueberries or raspberries. If you can't have peanut butter, try almond butter instead. If you want a crunch to the bowl, try chopping some pecans and adding them to the bowl.

	<p>You got... Downward Dog! (Adho Mukha Svanasana)</p> <ol style="list-style-type: none"> 1. Stand up tall 2. Bend over and place your hands out in front of you on the floor 3. Keep your legs straight or slightly bent
	<p>You got... Crab Pose! (Ardha Purvottanasana)</p> <ol style="list-style-type: none"> 1. Sit on the floor with your feet flat on the ground 2. Place your hands behind you 3. Push your hands and feet into the ground until your hips are in the air 4. Level yourself flat like you're a table
	<p>You got... Cat Pose! (Marjaryasana)</p> <ol style="list-style-type: none"> 1. Place your knees and your hands flat on the floor 2. Inhale... on your exhale round your spine up in the air 3. Release tension in your neck

	<p>You got... Hedgehog Pose! (Balasana)</p> <ol style="list-style-type: none"> 1. Kneel on the floor and make sure your toes are touching 2. Bend over and place your head on the floor 3. Reach your arms behind you by your sides 4. Leave your palms facing up
	<p>You got... Starfish Pose! (Savasana)</p> <ol style="list-style-type: none"> 1. Lie flat on your back 2. Separate your legs 3. Lay your arms at your sides (no higher than your heart) 4. Keep your palms facing up 5. Inhale and exhale, concentrating on your breathing
	<p>You got... Seal Pose! (Urdhva Mukha Svanasana)</p> <ol style="list-style-type: none"> 1. Lie on your stomach with your hands flat on the floor 2. Push into your hands to lift your chest off the ground 3. Press the top of your feet into the mat 4. Try to lift your knees off the ground 5. Open your chest and draw your shoulder blades to each other

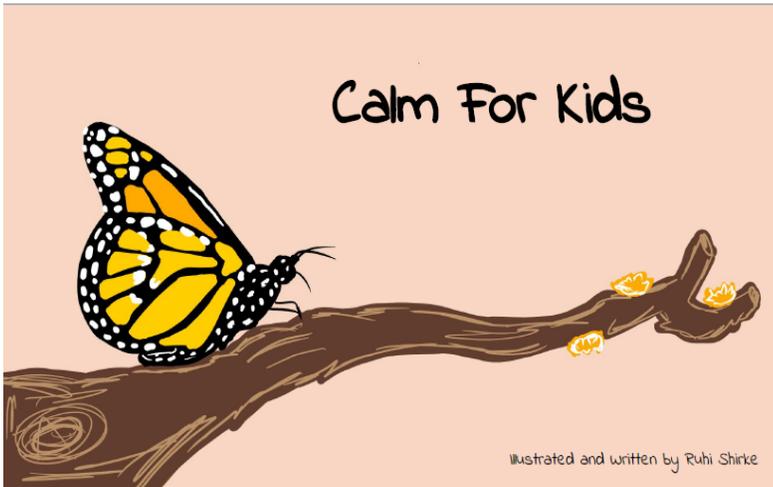
<h2 style="text-align: center;">Yoga Cards</h2>	<p>Game: Shuffle the cards and then lay them out in the new order. Go through your unique yoga routine from the first card to the last. Reshuffle and repeat as many times as you'd like.</p>
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	<p>You got... Lizard Pose! (Uttan Pristhasana)</p> <ol style="list-style-type: none"> 1. Get into a plank form (your forearms on the ground and feet pushing your legs up off the floor) 2. Bend your right leg 3. Bring your right foot up beside your right forearm
	<p>You got... Shark Pose!</p> <ol style="list-style-type: none"> 1. Lie on your stomach 2. Bring your arms behind you and clasp your hands behind your back, this is your fin 3. Bring your chest up off the floor 4. Bring your legs together and touch your feet to each other, this is your tail
	<p>You got... Flamingo Pose! (Vrikshasana)</p> <ol style="list-style-type: none"> 1. Stand up straight 2. Shift your weight to your right leg 3. Bend your left leg and place your foot on the side of your right thigh 4. Bend your elbows and bring your palms together in front of your heart 5. Now try again on your left leg

	<p>You got... Gorilla Pose! (Padahasthasana)</p> <ol style="list-style-type: none"> 1. Stand up straight 2. Bend over at your hips 3. If you're able to, slide your hands under your toes with your palms facing up. If not, just try to touch your toes
	<p>You got... Butterfly Pose! (Baddha Konasana)</p> <ol style="list-style-type: none"> 1. Sit on the floor with your legs straight in front of you 2. Bend your knees 3. Press the soles of your feet onto one another 4. Hold your feet together with your hands
	<p>You got... Camel Pose! (Ustrasana)</p> <ol style="list-style-type: none"> 1. Start in a high kneeling position 2. Put your arms behind you and place your hands on your back 3. Now, if you're able to, hold your heels

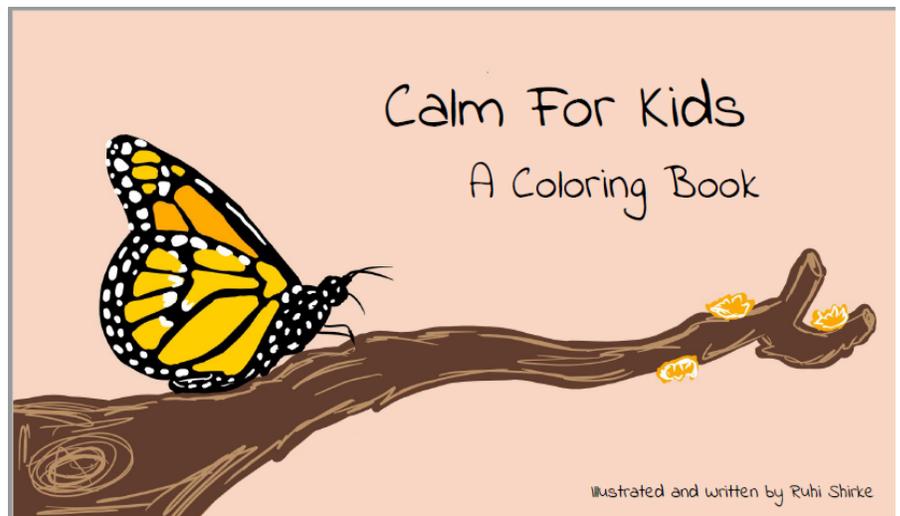
Step 3: Know how to stress less

A book and a coloring book for girl s to read and use to help relax.



<https://www.youtube.com/watch?v=yIjDqMuNBR8&feature=youtu.be>

Click COLORBOOK to download the Calm for Kids Coloring Book.



Get the Truth about Health

Now that you've learned a little about staying fit, you're ready to hear from three health professionals about how you can keep your body fueled!

The Lineup



First up... Chrissy Williams, a registered dietitian at Northside Hospital, will share the 5210 Rule.

Next... Kristin Cuculovski, a certified nutritionist at Northside Hospital, will share some healthy habits you should consider implementing into your daily lives.



Finally... Dr. Jeannine Jannot, author, psychologist, and academic consultant, will share some valuable advice regarding stress.

Click the link below to watch the video, or type it into a search bar. Make sure you watch all the way through and take notes as you watch along.

<https://youtu.be/8eWR1A1CKUA>

Attention Parents and Troop Leaders!

Scan this QR code or search the link below to take this required survey. It is important to us that we receive feedback from our valued members about the quality of this badge.

surveymonkey.com/r/ZVN7P7C



Help Your Family Stay Fit

Now it's your turn to share what you've learned with your family. First, talk to them about what you've learned over the course of this badge. Now, try at least three of these activities with your family this week.



- 1) Try gardening with your family. Research how to grow an herb garden and after some time, you can even use the herbs in your cooking!
- 2) Go on a walk and try to find some wildlife. Some common critters include lizards, spiders, beetles, caterpillars, and ants.
- 3) Cook a meal with your family, try making something that everyone will like. Try to encourage all your family members to participate.
- 4) Tell your family about something cool that happened in your life today. Encourage your other family members to share their day with you, and make sure you listen to them.
- 5) Play a board game! Risk and Monopoly are fun and long games that will keep your family engaged and excited.
- 6) Play a card game. Playing cards is fun and there are so many different games. Try going online and learning how to play a new card game, then teach your family how to play. Make sure no one cheats!
- 7) Have a book talk. Reading can be fun, but so is sharing what you've read with the people you love. Go to the library with your family. Everyone has to pick out a book. Then, after a week, everyone in the family has to share what their book was about and why they liked it.
- 8) Go on a bike ride. There are a lot of biking trails if you look in the right places. Ask a parent to help you find a good biking trail and encourage your family to go biking with you.
- 9) Play in the water. You don't have to have a pool to have fun in the water on a hot day. Ask your family to play outside in the water with you. You can set up sprinklers, make a slip and slide, or break into teams and have a water balloon fight.
- 10) Visit a local farm. It's a great idea to support local businesses and an easy way to do this is to research local farms in your area. Bring your whole family along and learn something new about your community. Fresh and locally grown food can also be really good for your body.
- 11) Try baking! Baking can be fun, but it's even more fun when you can share and bake with your family.
- 12) Set up a camp. You don't need to go to a camping ground to have an overnight camping trip with the family. Camping in your own backyard is a great bonding experience for the whole family and it's a great way to get out of your comfort zone.

- 13) Show some love! It's so important that you give and receive love in your family. Show some love by offering a hug saying "I love you," or even just high fiving. Make sure everyone in your family feels loved and appreciated by you.
- 14) Be a comedian for a day. Make a list of jokes and deliver them in front of your family as a stand up show. Maybe make some fun treats for your family members to eat while they watch you perform. The goal is to have some good laughs, so don't be shy to be silly!
- 15) Have a family dance party. Make a list of your favorite songs and ask your family to get moving. Everybody is allowed to be crazy. The important part is to have fun.
- 16) Do a workout routine together. Working out doesn't have to be hard or boring. Research some easy exercises and encourage your family to do a routine with you. This is a great way to feel better and release some stress.
- 17) Do a stretching routine together. Stretching is a great way to get your muscles moving and to get yourself feeling better. Try sharing some new yoga moves with your family or go online and research some other easy stretches.
- 18) Play a sport. Get the family to go outside and break into teams. You can play any sport you want, some fun family games include tennis, football, baseball, kickball or soccer.
- 19) Have a picnic! Get together some picnic essentials from around your house. This can include snacks, drinks, blankets, or anything else you think would be necessary. Then encourage your family to go outside and have a picnic. You don't have to drive to a lake, you can have the picnic in your backyard and it'll be just as fun.
- 20) Host a painting contest. Go online and choose a picture of anything you'd like, this can be a TV character, an animal or a landscape. Then get some painting materials for everyone in the family. Once the family is together, show them what picture you've chosen for everyone to paint. Once everyone is done, everyone must share their artwork and the family has to vote on the best painting.



Parent and Troop Leader Survey

- 1) How likely are you to implement stress coping skills into your daily life?
 - a. Very likely
 - b. Likely
 - c. Neutral
 - d. Not likely
- 2) How likely are you to encourage your child to practice stress coping activities?
 - a. Very likely
 - b. Likely
 - c. Neutral
 - d. Not likely
- 3) How likely are you to talk to your child about stress?
 - a. Very likely
 - b. Likely
 - c. Neutral
 - d. Not likely
- 4) How likely are you to encourage your child to take time off from a stressful activity?
 - a. Very likely
 - b. Likely
 - c. Neutral
 - d. Not likely
- 5) How likely are you to talk to your child about healthy habits?
 - a. Very likely
 - b. Likely
 - c. Neutral
 - d. Not likely
- 6) How likely are you to be more attentive to daily habits?
 - a. Very likely
 - b. Likely
 - c. Neutral
 - d. Not likely
- 7) Do you feel like your child understands the qualities of a healthy lifestyle?
 - a. Yes
 - b. A little
 - c. No
- 8) Do you feel like your child is now better equipped to combat stress?
 - a. Yes
 - b. A little
 - c. No
- 9) Do you feel like you learned something new from this badge?
 - a. Yes
 - b. A little
 - c. No
- 10) Do you feel like your child learned something new from this badge?
 - a. Yes
 - b. A little
 - c. No

