



Staying Fit



Badge Overview

Figure out what fitness, food, and fun you need to stay strong for life. When you've earned this badge, you'll know what you need to get strong and stay that way.

Badge Components

1. Start moving!

Using online resources, participate in an online fitness opportunity. This could be a YouTube video or a live stream of an activity like yoga, Zumba, aerobics, etc.

- How did this make you feel?

2. Keep your fit body fueled

It's important to keep your body fueled with good food in order to have the energy to go through your day!

- Make a healthy snack using this [website](#) as inspiration.

3. Know how to stress less

Have you tried journaling?

- Each day, write down three things that happened and how you felt about them.
- If something didn't go well, how could it be better?
- Do this for two whole weeks and see how it helps you!

Another option for stress relief could be to create your own stress-free zone.

- Watch this [video](#) from Shelby of the Girl Scouts Heart of Central California and listen to her talk about creating a stress-free place.

4. Get the truth about health

Watch this [video](#) on YouTube that explains why exercise and a healthy lifestyle is important.

- Bonus: There are three parts to the video series! Watch the other two videos to go above and beyond.

5. Help your family stay fit

Tell your family about what you've learned in the previous steps.

- With them, do one online fitness activity and then make a snack together.
- How did everyone feel afterwards?

Materials

- Something to write with
- Something to write on
- Access to internet
- Healthy snack

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

[Click here](#) for more information on how Girl Scout Badge-work supports Florida's educational standards.



We love to see Girl Scouts in action. Snap a photo and send it to marcomm@gssef.org.

Include her name, troop# and the name of the badge she's working on and we'll feature her.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at <https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL> and we'll ship it for free.

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Questions? Contact customercare@gssef.org