

# Girl Scouts of Northern Illinois

## Be Fit! Be You!

C3 Leadership Committee  
Council-wide Service Project 2010-2011



*Be Fit! Be You!* is the 2010 and beyond council-wide service project. This patch is available for all Girl Scouts in Northern Illinois, Daisies through Ambassadors. This project focuses on helping girls become more aware of their health and being fit. And we want all girls to be able to teach the things they learn from this service project to their friends and families. ***In order to earn the patch, girls need to share these activities with others in their schools, neighborhoods or communities.***



- Mini exercises
- Stretching daily
- Healthy over unhealthy snack
- Jump-rope competitions
- Color health foods in a coloring book

- Hula-Hoop competitions
- Pass-it-on recipe book
- Nature walks
- Jumping Jacks

- Learn about food pyramid
- Have a healthy picnic
- Make/Learn simple healthy recipe to teach others
- Keep chart of outdoor time
- Invite younger girls & Girl Scouts to teach them about what you've learned



- Make/Learn a challenging recipe
- Learn a new sport
- Make a plan to eat healthier for a period of time
- Try yoga or stretches
- Log your meals into your chart for the plan

- Create a diet diary
- Keep track of weekly exercise
- Set goals & a timeline to share with younger troop or elderly
- Teach younger girls ways to stay healthy
- Show younger girls how to stay fit

- Learn to cook a few healthy meals
- Continue/Join sports
- Learn/Continue good hygiene
- Teach younger girls sports/exercises
- Talk to siblings/friends about hygiene & eating healthy

