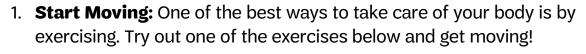


## **Staying Fit**

Complete the five steps to earn your Staying Fit Badge.



**Yoga** 

Cardio

Zumba

**Dance** 

- 2. **Keep your fit body fueled:** It's very important to keep your body fueled with healthy foods. Watch this <u>video</u> to help you learn all about what makes a healthy meal. Then, create a healthy meal plan for yourself or your family. Be sure to include: Breakfast, Lunch, a snack, and Dinner.
- 3. **Know how to stress less:** Join Jessica to learn about what stress is and how it affects your body. We will also work together to create a happiness journal!

Materials needed: Construction paper, lined paper, hole punch, string or yarn, markers, and crayons.

- 4. **Get the truth about health:** Learn all about how to take care your body in this educational <u>video!</u>
- 5. **Help your family stay fit:** Create an exercise routine for your family and ask them to join you to get moving!