

Staying Fit

Complete the five steps to earn your Staying Fit Badge.

1. **Start Moving:** One of the best ways to take care of your body is by exercising. Try out one of the exercises below and get moving!

[Yoga](#)

[Cardio](#)

[Zumba](#)

[Dance](#)

2. **Keep your fit body fueled:** It's very important to keep your body fueled with healthy foods. Watch this [video](#) 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 [video](#)!
5. **Help your family stay fit:** Create an exercise routine for your family and ask them to join you to get moving!