

## Girl Scouts Shape UP!



This is your year! The year you shape UP! You'll feel better, look better and have lots more energy for fun. So get off the couch, toss the 32-ounce can of soda and give your mouse a break!

To earn the Girl Scouts "shape UP!" patch, do at least 30 minutes of activity three times a week for three months and all of the nutrition activities for your age group.

### Part I - Get Movin'!

Participate any way you want—in whatever activities you choose—by yourself, in a group, with your family or other adult. Just be active a minimum of 30 minutes three-four times a week for three months.

Ask your Girl Scout Troop/Group Leader/Advisor for help in planning a fun routine. Many councils have partnerships with parks and recreation departments, sports organizations, and with schools and colleges for instruction and facilities.

You can choose from the following list of sample activities, or think of an activity on your own. Leaders can also choose activities from *GirlSports* Basics for Daisies and Brownies or Fit & Fun for Juniors. Create a chart to record your activity.

Active play( running with the dog, playing catch, tossing a Frisbee, jump rope etc) Aerobics Badminton Basketball Bike riding Bowling	Canoeing/Kayaking Curling Dancing Field Hockey Figure skating Gymnastics Handball Hiking/Backpacking Horseback riding Ice hockey	Lacrosse Rollerblading Rowing Sailing Skating Skiing Snowboarding Snowshoeing Soccer Softball	Swimming Tae kwon do Tennis Track and field Volleyball Walking Water skiing Weightlifting
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### Part II – Eat Right!

It's up to you! When it comes to your health, it's the "power of choice!" You can live on pizza and fries or you can eat wisely – tasty meals with less fat, smaller portions and scrumptious new foods. Make healthy choices most of the time and you'll feel better, improve your physical condition and look fabulous. Please do all of the activities for your age group.



3. Snack time. Got the munchies between meals? Create one or two smart snacks to share with friends. Smart snacks will be lower in fat and calories, but high in taste, like fruit and yogurt mix, string cheese, or a frozen juice bar.
4. Fast food? If you eat too fast, you may eat too much and get stuffed. It takes your stomach about 15-20 minutes to talk to your brain and let it know that it's full. Try this: plan a family meal with "regular" portions of food and try to eat more slowly (can you all share the day's events between bites?). Wait a while to see if you're still hungry before eating more.

### **Cadette/Senior/STUDIO 2B Girl Scouts (Girls 11-17)**

1. The 5/20 rule. Sometimes it's hard to eat smart when you have so many foods from which to choose. Learn to read food labels and check "daily value" percent, the number that allows you to know whether there's a lot or a little of a particular nutrient. For nutrients you want less of (such as saturated fat, cholesterol, and total fat), choose foods with a low percent DV (five percent is low; 20 percent is high). For nutrients you want to eat more of (such as calcium, fiber, vitamins A and C, iron), choose foods with a high percent DV. Look at the daily value percent of three items that you eat often. Are you getting the right amount of nutrients in these foods? Can you substitute something else that might be more nutritious?
2. Fast food madness. How many calories do you think are in a huge burger with lettuce, tomato and fries, a 16-ounce can of soda and some yummy fried apple pie? This fast food meal actually has more than 1300 calories (about 50 percent of the food energy you need for the day), almost 100 percent of the fat you should eat daily, only 14 percent of the calcium you need and hardly any fruits or veggies. What can you do to make this a healthier meal? Look at three of your favorite fast food meals and see how you can reduce the calories and fat and add calcium, fruits and vegetables.
3. Treat your taste buds. Sample some international foods at a local restaurant, group meeting or special event. Perhaps your friends might have some traditional ethnic foods they would like to share at a special event.
4. Calcium counts. It's no secret. Calcium and Vitamin D build strong bones. Find out how much you need each day. Then find several tasty foods that can help you reach your goal.
5. In the mood for food? Do you eat when you're stressed? Bored? Lonely? Angry? Do you nibble when you watch TV? Do homework? Want to reward yourself? Go out with friends? If you eat when you're not really hungry, you can eat too much. Jot down three things you can do instead of reaching for food when you're not really hungry.

It's your choice! Make a chart like this to help you enjoy healthy, tasty meals and snacks.

<u>My Goals</u>	<u>I can do more</u>	<u>I do enough</u>	<u>I can do less</u>
Make smarter food choices			
Pay attention to how much I eat			
Use food labels			
Choose foods with less fat			
Make smarter beverage choices			
Make smarter snack choices			
Avoid the urge to eat too much			
Try new foods			

\* Many of these activities were adapted from "The Power of Choice," a publication of the United States Department of Agriculture, Food and Nutrition Service and the US Department of Health and Human Services Food and Drug Administration. For more activities or the complete guide, visit: [http://www.fns.usda.gov/tn/Resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/Resources/power_of_choice.html)

#### Girl Scouts Shape Up! Patch Purchase Authorization

The following Girl Scout Troop/Group has completed the Shape Up! Patch Program. The troop is authorized to purchase patches for the indicated number of girls. Patches are \$1.15 + tax and available for purchase in the Girl Scout Store.

Troop/Group # \_\_\_\_\_ # of girls \_\_\_\_\_ Service Unit \_\_\_\_\_

Check (✓) Age level \_\_\_ Daisy \_\_\_ Brownie \_\_\_ Junior \_\_\_ Cadette/Senior/STUDIO2B

Troop/Group Leader's Name: \_\_\_\_\_

Troop/Group Leader's Signature: \_\_\_\_\_

For Office Use Only:

Receipt #: \_\_\_\_\_ Date: \_\_\_\_\_