

JUNIOR BADGES TO DO AT HOME



You need a fit body and mind to do all your favorite things, from roller skating to writing in your diary to sharing advice with friends. Jump into this badge to figure out what fitness, food, and fun you need to stay strong for life.

Steps

1. Start moving!
2. Keep your fit body fueled
3. Know how to stress less
4. Get the truth about health
5. Help your family stay fit

Purpose

When I've earned this badge, I'll know what I need to get strong and stay that way.



Staying Fit

To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Start moving!	Try 30 minutes of aerobic activity three times a week. Aerobic activities are things that make your heart beat fast. Some fun ones are jump-roping, jogging, biking, and dancing. Mix and match any kind!	Find a way to make your day more active. Doctors recommend walking 10,000 steps a day, so step up! For example, if you live in an apartment and usually take an elevator, take the stairs instead. Or take your dog or younger sibling for a nice walk around the block. Or instead of shouting between floors or rooms of your home, just get up and walk into the next room or level so you can talk face-to-face with a member of your family.	Forget being a couch potato. Instead of just lying around, make an hour of TV time active at least three times a week. You might do leg lifts, sit-ups, or jumping jacks during commercial breaks or every 15 minutes pause the program for a special "active" announcement! Or make up a game to jog in place really fast when your favorite characters speak.
Step 2	Keep your fit bodies fueled.	Be a food-label detective. Learn the basics of food labels—what information is there and what is important to know about each category. Then do a label hunt in your kitchen to find the most healthful snack. Compare at least three labels.	Play a brainstorm game. Brainstorm a list of healthful food categories, like foods high in vitamin C or leafy green veggies. Write each category on a separate piece of paper and fold it up. One at a time, each family player draws a paper and reads the category aloud. Everyone then gets one minute to write down every food they can think of in that category.	Nutrient scavenger hunt. Choose five nutrients, like calcium, zinc, vitamin C, protein, and carbohydrates, and talk about why they're important. Then go on a hunt in your kitchen or at an online grocery store for foods that provide the highest percentages of those nutrients.

Step 3	Know how to stress less.	Dear self... You almost always feel better when you get your feelings out, even if you just share them with your diary! For a week, write or draw how you feel each day. Then take a week off, then record your feelings for another week. Could you tell the difference?	Helping others helps us. Sometimes it helps your own stress, if you can solve a problem for someone else. For the next two weeks, if you feel stressed, see if you can help a friend with a problem. Just having someone to talk to could make them feel better-and the same might be true for you!	Create a stress-free zone. Find a place in your home or outside that you can go when you feel stressed. Take a bag of your favorite things with you and spend 15 minutes there the next three times you need a break. Make it a quiet and relaxing place, or a loud dancing/jumping around area (so long as you're not stressing out someone else!).
Step 4	Get the truth about health.	Review health websites. With a family member, search online for the answer to a health question. There are probably many! Review at least three answers. Then find an answer that has been reviewed by real medical professionals. Jot down the site so you can use it to find true and safe answers in the future.	Find interviews with a health professional. Find interviews online, in a magazine or newspaper with a health professional like a pediatrician, school nurse, or pharmacist, Write down their top health tips for a girl your age.	Find truth in advertising. Show a health advertisement to an adult family member. It might be for lotion, makeup, or shampoo. With the adult's help, find out if the claims it makes are true Do some research together online if necessary.
Step 5	Help your family stay fit.	Have a "slow food" dinner. Help make a healthful dinner for your family. Create the menu together, gather ingredients, then take time to focus on food and eat together. Talk about your favorite flavors. You might even find a way to get a picky eater to try something new! Maybe even play a board game afterward?	Come up with an active family activity. Find something everyone can do together, then go do it! It could be a bike ride, a hike, a game around raking leaves in your yard, or a "get our chores done" challenge.	Have a family check-in night. Sometimes families can get so busy that they forget to check on each other. Hold a family meeting in which everyone talks about their day and what made them feel especially good or bad. Help each other end the day on a happy note-maybe with a dance party or favorite mostly healthy treat.