

# Staying Fit!



**Age-level:** Junior

**Pillar:** Life Skills

**Badge Description:** Figure out what fitness, food, and fun you need to stay strong for life.

1. Start moving!

- Get off the couch! 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 make up a game to jog in place during your show!

2. Keep your fit body fueled.

- Be a food-label detective. Learn the basics of food labels—what technology 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.

3. Know how to stress less.

- Write a letter to yourself. Start a diary and write about your feelings. 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?

4. Get the truth about health.

- Find the truth about advertising. Find a health advertisement online. With an adult's help, find out if the claims are true.

5. Help your family stay fit.

- Create an active family activity. Find something everyone can do together.

Earned the badge? Purchase it [here](#).