

Staying Fit



Marjorie Merriweather Post, who once lived at Hillwood, believed in living a healthful lifestyle.

Healthy living starts with a happy, confident you. Today at Hillwood you will practice making positive choices that will keep your mind and body fit to keep you strong for life.

How to Earn Your *Staying Fit* Badge:

- Complete all the “Try This!” activities in this booklet.
- Use a map of Hillwood to find the locations mentioned.
- Mark the checkbox next to activities you’ve completed.
- Show your troop leader your completed packet. Your troop leader can purchase Staying Fit badges from the Girl Scout Council of the Nation’s Capital.

Step 1 — Start moving! Find a way to make your day more active.

Try This!

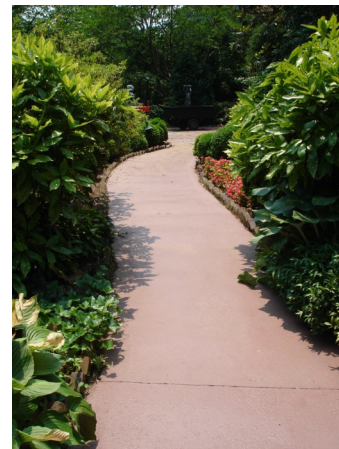
Check here when you complete this step.



Marjorie Post believed in living a healthy, active lifestyle. She began each day at Hillwood with morning exercises in her dressing room. In the afternoon, she walked her garden paths for exercise.



Marjorie Post's Hillwood dressing room



Hillwood garden path

Visit the **LAWN GAMES** to try out different kinds of exercise. Choose at least **three** activities to try from the list below. Put a check next to the activities you tried.

- Putting on the putting green
- Jump rope
- Hula hoop
- Horseshoe toss
- Hopscotch
- Croquet
- Badminton
- Walking the Garden Paths
- Other: _____

Step 2 — Keep your fit body fueled: Play a brainstorm game

Try This!

Check here when you complete this step.



Marjorie Post often made healthy choices when deciding what to eat. Every morning for breakfast, which she ate in her dressing room, she had a banana and a bowl of Grape Nuts cereal. Eating whole grains and healthful fruits is part of a nutritious diet.

Take the healthy foods brainstorm challenge!

Brainstorm a list of foods that fit in each of the following healthful food categories. For an extra challenge, play with your friends and make it a competition! Time yourself for a minute to see who can write down the most foods in each category.

WHOLE GRAINS

LEAFY GREENS

FRUIT

Step 3 — Know how to stress less: Create a stress-free zone and make a “happy sack” to bring there

Try This!

Check here when you complete this step.



In Hillwood’s Japanese-style garden you will find a statue of Hotei, the god of happiness in the Japanese Shinto religion. He carries a sack of happiness on his back.



What will you put in your happy sack? What are some things that make you smile? They might include:

- Photographs of people you love, a happy occasion, or a beautiful place
- A favorite stuffed animal or other favorite toy
- A favorite book
- What else?

Write a list below of the five things you will put in your “happy sack:”

Visit the **ART PROJECT** to decorate your “happy sack.”

When you get home, fill your sack with five things that make you smile. The next time you feel worried or upset, take out your “happy sack” to feel better!

Step 4 — Get the truth about health: Talk to a health professional

Try This!

Check here when you
complete this step.



Visit the **HEALTH HELPER** to meet a yoga instructor from Breathing Space, a family-focused yoga studio in Washington, DC.

Try these activities with the Health Helper:

- Practice yoga poses
- Participate in mindfulness activities
- Ask for tips on how to stay healthy

Breathing Space is excited to share the joy of yoga with Girl Scouts!

Our fun and engaging activities will introduce Girl Scouts to creative ways to build strength, improve flexibility, and sharpen focus, all while fostering relaxation and mindfulness.

As a family-focused yoga studio serving the DC area, we believe yoga is a powerful tool for healthy living at any age. We look forward to helping Girl Scouts move, breathe, and learn about yoga together!



Step 5 — Help your family stay fit: Come up with an active family activity

Try This!

Check here when you complete this step.



You've tried out lots of different activities today. Pick a favorite to do with your entire family, or choose another favorite family activity to do together.

Make a plan for your active family activity.

Which activity will you do with your family?

- Go on a family walk
- Hula hoop
- Jump rope
- Bike ride
- Hike
- Ball game
- Other: _____

When will you do your activity with your family?

- On weekends
- In the evening, after school
- In the morning, when we wake up
- Other: _____

How often will you do the activity?

- Daily
- Once a week
- Every other week
- Once a month
- Other: _____