

Boy Scouts of America Mid-America Council ScoutFit Award



ScoutFit Mission Statement:

The Mid-America Council is transforming our many wellness-based activities into a higher profile program – ScoutFit – that proactively addresses wellness, and by extension, obesity in our units and community. ScoutFit will bring to light the current wellness-based activities and advancement Scouting offers and also use new, specially designed wellness challenges, menus, Help Guides and awareness campaigns to encourage healthy behaviors and attitudes among our members. The ScoutFit Award is an excellent way to do this!

The Cherokee Area Council in Tennessee has created a similar program and agreed to collaborate with the Mid-America Council on the development of the award's validation process.

As a youth serving organization, we are concerned with the growing percentage of youth that are deemed overweight or obese. This is a growing trend that appears to be getting worse. Physical activity continues to decrease due to sedentary lifestyle (television, computers, video games), decreases in physical education classes in schools and cultural shifts. The family dinner and other healthy eating habits are being pushed aside to satisfy the fast food lifestyles of many busy youth and their families.

Upon completion of this 6 week program, Scouts will be eligible for a newly designed and approved ScoutFit patch. Bad habits are hard to break and new skills take time and repetition to become a habit. We have selected 6 weeks to allow you to complete this program within a reasonable amount of time but long enough to help make it a new lifestyle for you.

There are six (6) main components to the ScoutFit program.

1. SIGN UP! Go online, click on your program (i.e. Cub Scouts) and then ScoutFit to sign up.
2. Completion of the pre-ScoutFit health & physical assessments and the program elements outlined on the Assessment Chart & Award Application (pg. 17)
3. Completion of the 54321go Quiz at www.54321go.org – Click on “Take the Quiz”
4. Completion of the Physical Activity Readiness Questionnaire (Par-Q) & Family Health History (pg. 2)
5. Completion of the President’s Challenge – Physical Fitness Award (pg. 13-15)
6. Completion of 3 age/rank appropriate Scouting program awards (pg. 16)
7. Completion of the post-ScoutFit health & physical assessments and the program elements outlined on the Assessment Chart & Award Application (pg. 17)

We hope you will also choose to recruit a non-Scout friend, sibling or family member to complete this program with you as you will benefit from the mutual encouragement and will be helping others – a foundational value of Scouting.

GOOD LUCK!

Data Collection Sheet

NAME: _____ DATE: _____

HEIGHT: _____ in. WEIGHT: _____ lbs. AGE: _____

PHYSICIANS NAME: _____ PHONE: _____

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

	Questions	Yes	No
1	Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?		
2	Do you feel pain in your chest when you perform physical activity?		
3	In the past month, have you had chest pain when you were not performing any physical activity?		
4	Do you lose your balance because of dizziness or do you ever lose consciousness?		
5	Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6	Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?		
7	Do you know of <u>any</u> other reason why you should not engage in physical activity?		

If you have answered "Yes" to one or more of the above questions, consult your physician before engaging in physical activity. Tell your physician which questions you answered "Yes" to. After a medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.

Family Health History

Knowing your family's health history can be very beneficial for you and your physician. Many diseases or illnesses can be passed down or inherited through families. Below is a tracking sheet to fill out. Ask your mom, dad, grandparents, and a few uncles & aunts if they have a history of any of these diseases. Some of these can be inherited but others can be avoided by living a healthy lifestyle.

Health Condition	Yes	No	If Yes, Family Member(s) with this condition
Diabetes			
Cancer			
Heart Disease			
Stroke			
High Blood Pressure			
High Cholesterol			
Obesity			
Thyroid			

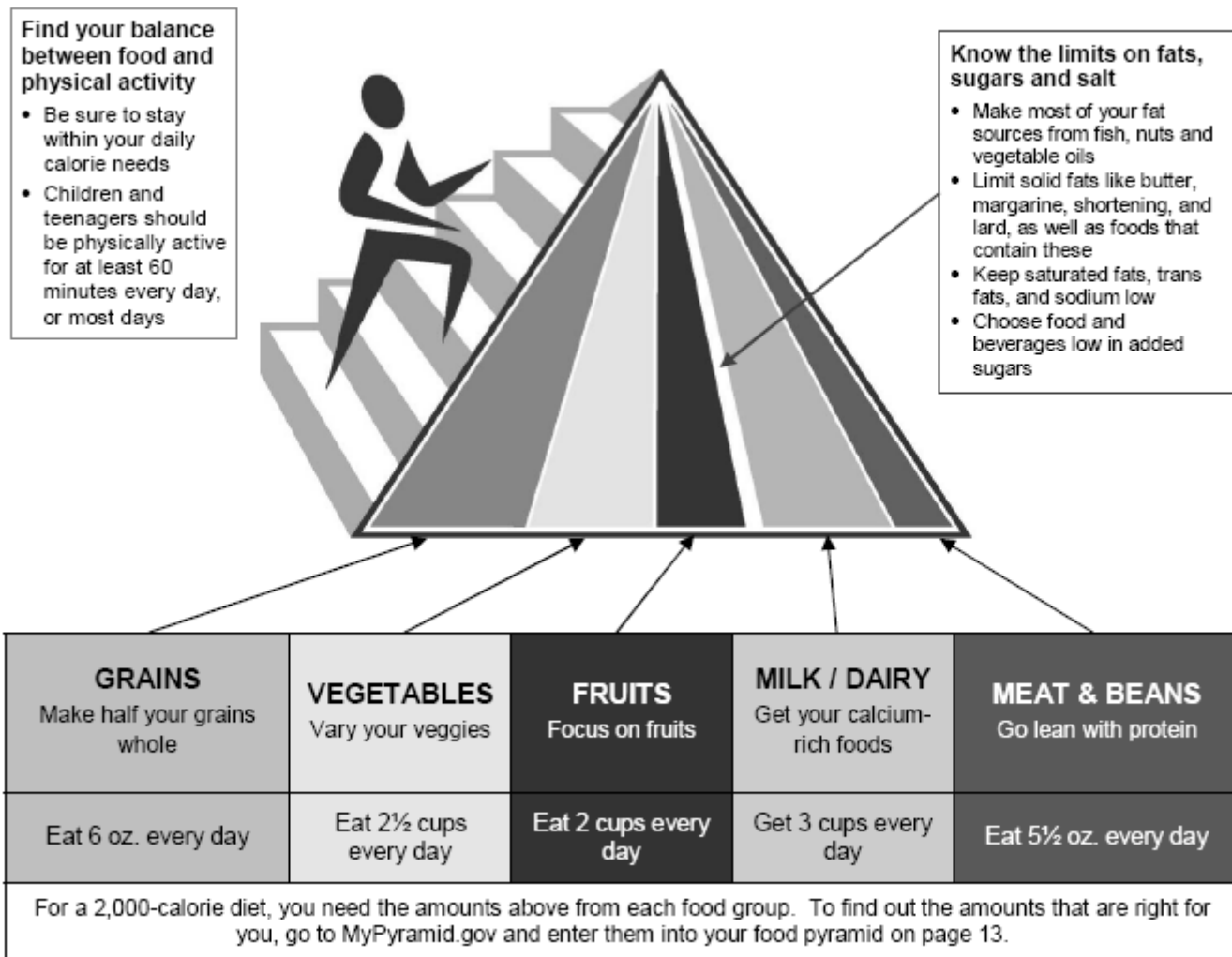
Eating Healthier

Eating a variety of foods in the recommended portion size from each food group each day is part of healthy eating. Each group of food provides something our body needs. Maintaining a healthy diet will help keep you strong, healthy and prevent diseases such as diabetes, high blood pressure, and high cholesterol.

The New Food Pyramid is a tool to educate people to eat a more balanced diet from a greater variety of food portions without counting calories. The USDA has now expanded the four food groups to six groups and expanded the number of servings to meet the calorie needs of most people.

The new food pyramid is more flexible and accurate than the one we had a few years ago. The reason being that one image of a pyramid with markings of what your daily intake should be, can not apply to everyone. It all depends on a person's lifestyle and how much exercise they get involved in during a week. It also depends on if a person is trying to lose weight or gain weight. If a person is trying to gain weight then they should proceed to having the highest amounts of recommended servings. If a person is trying to lose weight then they should try to aim for the lowest recommended servings per day. To have a good idea of what you should be eating and how much of it you should be eating, review this material and the interactive guide made by the United States Department of Agriculture at MyPyramid.gov.

The New Food Pyramid



Food Choice Tracking

Pick one day a week for six weeks to track your food and water intake. This will help make sure you are eating the right amounts from each food group. After visiting Myfoodpyramid.gov, record the recommended number of servings from each food group for yourself.

Check a box each time you have a serving of the food group.

	Grains			Vegetables			Fruits			Milk/Dairy			Meats & Beans			Other Fats & Oils		
Your recommended # of servings																		
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Water Consumption

Think you're drinking enough water?

If you're not, you could end up with excess body fat, poor muscle tone, digestive complications, muscle soreness, and even water-retention problems.

Next to air, water is the element most necessary for survival. A normal adult is 60 to 70 percent water. We can go without food for almost two months, but without water only a few days. Yet most people have no idea how much water they should drink. In fact, many live in a dehydrated state.

Without water, we'd be poisoned to death by our own waste products. When the kidneys remove uric acid and urea, these must be dissolved in water. If there isn't enough water, wastes are not removed as effectively and may build up as kidney stones. Water also is vital for chemical reactions in digestion and metabolism. It carries nutrients and oxygen to the cells through the blood and helps to cool the body through perspiration. Water also lubricates our joints.

We even need water to breathe: our lungs must be moist to take in oxygen and excrete carbon dioxide. It is possible to lose a pint of liquid each day just exhaling.

How much water do I need?

The International Sports Medicine Institute has a formula for daily water intake: 1/2 ounce per pound of body weight if you're not active (that's 80 ounces if you weigh 160 pounds), and 2/3 ounce per pound if you're athletic (107 ounces at the same weight of 160 pounds).

Your intake should be spread throughout the day and evening. You may wonder: If I drink this much, won't I constantly be running to the bathroom? Yes. But after a few weeks, your bladder tends to adjust and you urinate less frequently but in larger amounts.

Do you know how much 12 ounces is? Sure you do, a can of soda has 12 ounces in it. Soda dehydrates you and puts unnecessary sugar in your blood. But, if you use a glass about the size of a can of soda, you only need to drink 7-9 of them full of water, depending on how much your body needs. By skipping the soda and drinking those glasses of water throughout the day, you could be on your way to a healthier, leaner body.

What if I don't have a dry mouth?

It has become a practice to regard a "dry mouth" as a signal of body water needs, which is further assumed to be well-regulated if the sensation of "dry mouth" is not present. A dry mouth is the *last* outward sign of extreme dehydration, however. Damage occurs to the body at a persistent lower level of hydration. Because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated.

Signals of dehydration can be any of the following symptoms:

- Heartburn, stomach ache
- Non-infectious recurring or chronic pain
- Low back pain
- Headache
- Mental irritation and depression
- Water retention (ironic but true!)

Further problems often develop when the sensation of thirst urges an intake of water, and instead, soda pop, coffee, or alcohol-containing beverages are taken to quench the thirst. While these beverages contain water, they are actually dehydrating fluids. Not only do they eliminate the water contained in them, but they also cause you to lose further amounts of water from your body's reserves!

How does drinking water link to health?

- Drinking the proper amounts of water regularly throughout the day can protect health and contribute to well-being.
- Drinking adequate amounts of water can help prevent a range of short and long-term health problems from headaches, bladder, kidney and bowel problems to cancer.
- Plain water is associated with good health and has no associated health problems.

How does drinking water improve learning?

- The key to boosting the capacity to learn is to keep well hydrated throughout the day.
- When we are thirsty mental performance including memory, attention and concentration can decrease by about 10 percent. Brain tissue is said to consist of 85% water.
- Drinking water can help you concentrate better because you are not distracted by the effects of dehydration such as thirst, tiredness and irritability.

Water Consumption Tracking Chart

During Week #1, track your water consumption for 3 days. Average the number of ounces of water you consumed per day.

For Weeks 2-5, pick one day each week to track your water consumption.

During your final Week #6, track your water consumption for 3 days. Average the number of ounces of water you consumed per day.

Daily Water Requirements: Drink 50-75% of your body weight in ounces.

Check a box each time you finish one glass (about 8 oz.) of water.

# Glasses of 8 oz. Water	Week 1 – Day 1							Week 1 – Day 2							Week 1 – Day 3												
		Total # Glasses = _____							Total # Glasses = _____							Total # Glasses = _____											
Average Daily Water Consumption: Total # Glasses _____ ÷ 3 x 8 = _____ ounces daily																											

# Glasses of 8 oz. Water	Week #2					Week #3					Week #4					Week #5										
		Total # = _____					Total # = _____					Total # = _____					Total # = _____									

# Glasses of 8 oz. Water	Week 6 – Day 1							Week 6 – Day 2							Week 6 – Day 3												
		Total # Glasses = _____							Total # Glasses = _____							Total # Glasses = _____											
Average Daily Water Consumption: Total # Glasses _____ ÷ 3 x 8 = _____ ounces daily																											

What is Exercise & Why it's Important

The definition of exercise is the activity of exerting your muscles in various ways to keep fit. Your body needs exercise to burn the calories you have consumed throughout the day, to build strong bones, and help with flexibility.

Physical activity helps with:

- controlling weight
- reducing blood pressure
- raising HDL ("good") cholesterol
- reducing the risk of diabetes and some kinds of cancer
- improved psychological well-being, gaining more self-confidence and higher self-esteem
- improved bone health

Lack of exercise can also cause shrinking and weakening of the muscles which increases your risk of physical injury. Additionally, a reduction in physical fitness is generally accompanied by a weakening of the immune system, which can cause you to become sick more often.

Types of Exercise

There are three elements to exercise: Flexibility, Endurance, and Strength. All three of these play a very important role of being "fit". Listed below are activities you can do to help improve these three elements.

Flexibility: It is important to warm up and stretch before doing your endurance or strength exercises to prevent injuries.

Yoga
Martial Arts
Touching your toes
Reaching for the sky
Softball Throw

Strength: Strength exercises do not have to be weight lifting; you can also do strength training exercises at home. Muscles burn more calories thus keeping you more fit.

Endurance: The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous physical activity every day or 13,000 steps daily and should include vigorous-intensity physical activity at least 3 days a week.

Pick an activity to do for a total of 60 minutes or more. Track the activity you have done and how long you participated. Also, choose at least one day per week to track the number of steps you have taken according to your pedometer. Increase the number of steps over the 6 weeks in this program. Participating in many of these activities will help you in achieving Scout badges.

While doing a vigorous physical activity you will notice your heart beating much faster than normal and you will also be breathing much harder than normal. Examples include, but are not limited to the following activities:

1. Basketball
 - WOLF Achievement 1j AND Elective 20m
 - BEAR Bear Trail Achievement 23
 - WEBELOS Sportsman Requirement
 - BOY SCOUTS Athletic Requirement, Group 7
2. In-line Skating
 - WOLF Elective 20f
 - BEAR Arrow Point Trail Elective 20, Req. e.
 - BOY SCOUTS Skating Requirement, #2
3. Soccer
 - BEAR Bear Trail Elective Achievement 23
 - WEBELOS Sportsman Requirement
4. Swimming
 - WOLF Achievement 1h
 - BEAR Arrow Point Trail, Elective 19
 - WEBELOS Aquanaut Requirement AND Sportsman Requirement
 - BOY SCOUTS Swimming Requirement AND Athletic Requirement, #5 Group 4
5. Tennis
 - WOLF Achievement 23
 - BEAR Bear Trail Elective Achievement 23
 - WEBELOS Sportsman Requirement
6. Running

- WOLF Elective 20h
- BEAR Arrow Point Trail Elective 20, Req. d.
- BOY SCOUTS Athletic Requirement, #5 Group 2
- 7. Baseball or Softball -
 - WOLF Elective 20I
 - BEAR Achievement 15a AND Achievement 23
 - WEBELOS Sportsman Requirement
- 8. Bicycling
 - BEAR Bear Trail Achievement 14
 - WEBELOS Athlete Requirement AND Sportsman Requirement
- 9. Pick your own sport. Feel free to participate in any other outdoor physical activity.
 - WOLF Achievement 10b & Elective 7
 - BEAR Elective 5
 - BOY SCOUTS Tenderfoot Requirements 10a, 10b, First Class Requirement 9b & Chapter 15: "Physically Strong"

Types of Physical Activities & Daily Recommendations

Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardio respiratory fitness and stronger muscles. They also typically have a lower percentage of body fat. Their bones are stronger, and they may have reduced symptoms of anxiety and depression.

Youth who are regularly active also have a better chance of a healthy adulthood. Children and adolescents don't usually develop chronic diseases, such as heart disease, hypertension, type 2 diabetes, or osteoporosis. However, risk factors for these diseases can begin to develop early in life. Regular physical activity makes it less likely that these risk factors will develop and more likely that children will remain healthy as adults.

Youth can achieve substantial health benefits by doing moderate- and vigorous-intensity physical activity for periods of time that add up to 60 minutes (1 hour) or more each day. This activity should include aerobic activity as well as age-appropriate muscle- and bone-strengthening activities. Although current science is not complete, it appears that, as with adults, the total amount of physical activity is more important for achieving health benefits than is any one component (frequency, intensity, or duration) or specific mix of activities (aerobic, muscle-strengthening, bone-strengthening). Even so, bone-strengthening activities remain especially important for children and young adolescents because the greatest gains in bone mass occur during the years just before and during puberty. In addition, the majority of peak bone mass is obtained by the end of adolescence.

Key Physical Activity Guidelines for Youth

- Youth, ages 6-17, should do 60 minutes (1 hour) or more of physical activity daily.
 - **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
 - **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
 - **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Types of Physical Activity

Each type has important health benefits.

- **Aerobic activities** are those in which young people rhythmically move their large muscles. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Aerobic activities increase cardio respiratory fitness. Children often do activities in short bursts, which may not technically be aerobic activities. However, this document will also use the term aerobic to refer to these brief activities.
- **Muscle-strengthening activities** make muscles do more work than usual during activities of daily life. This is called "overload," and it strengthens the muscles. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. Or these activities can be structured, such as lifting weights or working with resistance bands.

• **Bone-strengthening activities** produce a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone strengthening activities. As these examples illustrate, bone-strengthening activities can also be aerobic and muscle-strengthening.

Levels of Intensity for Aerobic Activity

Youth can meet the Physical Activity Guidelines by doing a combination of moderate- and vigorous-intensity aerobic physical activities or by doing only vigorous-intensity aerobic physical activities. Youth should not do only moderate-intensity activity. It's important to include vigorous-intensity activities because they cause more improvement in cardio respiratory fitness.

As a rule of thumb, on a scale of 0 to 10, where sitting is 0 and the highest level of effort possible is 10, moderate-intensity activity is a 5 or 6. Young people doing moderate-intensity activity will notice that their hearts are beating faster than normal and they are breathing harder than normal. Vigorous-intensity activity is at a level of 7 or 8. Youth doing vigorous-intensity activity will feel their heart beating much faster than normal and they will breathe much harder than normal. For example, a child walking briskly to school is doing moderate-intensity activity. A child running on the playground is doing vigorous-intensity activity.

Examples of Physical Activity Types

Moderate-Intensity Aerobic Activities	Vigorous-Intensity Aerobic Activities
<ul style="list-style-type: none"> • Active recreation, such as hiking, canoeing, rollerblading • Bicycle riding – casual speeds • Brisk walking • Housework and yard work, such as sweeping, raking leaves or pushing a lawn mower • Games that involve catching and throwing, such as baseball or softball 	<ul style="list-style-type: none"> • Active games including running, such as tag, soccer, basketball • Bicycle riding – hilly terrain • Jumping rope • Martial arts, such as karate • Cross-country running

Muscle-Strengthening Activities	Bone-Strengthening Activities
<ul style="list-style-type: none"> • Modified push-ups (with knees on the floor) • Resistance exercises using body weights or resistance bands • Rope or tree climbing • Sit-ups (curl-ups or crunches) • Swinging on playground equipment <p>* More diverse exercise routines are better</p>	<ul style="list-style-type: none"> • Jumping rope • Running • Sports such as basketball, volleyball, tennis, soccer • Jumping, hopping, skipping

Note: Some activities, such as bicycling, can be moderate or vigorous intensity, depending upon level of effort

Physical Activity and Healthy Weight

Regular physical activity in youth promotes a healthy body weight and body composition.

Exercise training in overweight or obese youth can improve body composition by reducing overall percentage of body fat as well as specifically abdominal fatness. Research studies report that the percentage of body fat can be reduced by regular physical activity of moderate to vigorous intensity 3 to 5 times a week, for 30 to 60 minutes.

Activity and Exercise Log

Pick at least one day from each week for six weeks to log your total activity for the day

Weeks	Activity	# of minutes	Moderate or Vigorous Activity	Total steps taken during day (Use a pedometer)
Week 1	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3. TOTAL #
Week 2	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3. TOTAL #
Week 3	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3. TOTAL #
Week 4	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3. TOTAL #
Week 5	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3. TOTAL #
Week 6	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3. TOTAL #

Body Mass Index or BMI

Finding out your BMI is an easy and inexpensive way to gauge if you are in a healthy weight category for your age. Being in an unhealthy weight category can cause health problems in the future. Your Body Mass Index (BMI) is found by calculating your height and weight measurements, so you will need these accurate measurements before calculating your BMI.

How to calculate your BMI: follow the formula on the BMI Chart (page 9) or look under Resources on the back page. After calculating your BMI determine your category; Underweight, Healthy Weight, At Risk of Overweight, or Overweight. Track your weekly progress on the chart provided.

Your Body's Shape – Waist to Hip Ratio

Your health is not only affected by the percentage of body fat you have, but also by where most of the fat is located on your body. This can be found by measuring your waist to hip ratio (WHR). Using a cloth or plastic tape measure, determine your waist circumference and divide by your hip circumference.

Male	Female	Health Risk Based Solely on WHR
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0 +	0.85 +	High Risk

People who tend to gain weight mostly in their hips and buttocks have roughly a **pear body shape**, while people who tend to gain weight mostly in the abdomen have more of an **apple body shape**.

If you have an apple shaped body, you are at increased risk for the health problems associated with obesity, such as diabetes, coronary heart disease and high blood pressure - that's something you inherited, and have had since birth - but you can take special care to keep your weight at a healthy level, eat nutritiously, exercise as appropriate, and maintain other healthy lifestyle habits.

As long as you avoid excess weight, being an apple shaped body or a pear shaped body doesn't put you at special risk - it's just one of those things to keep in mind. And even pear shaped people should take particular care to keep their weight within normal limits, to avoid the health problems associated with obesity.

6 to 18 years: Boys

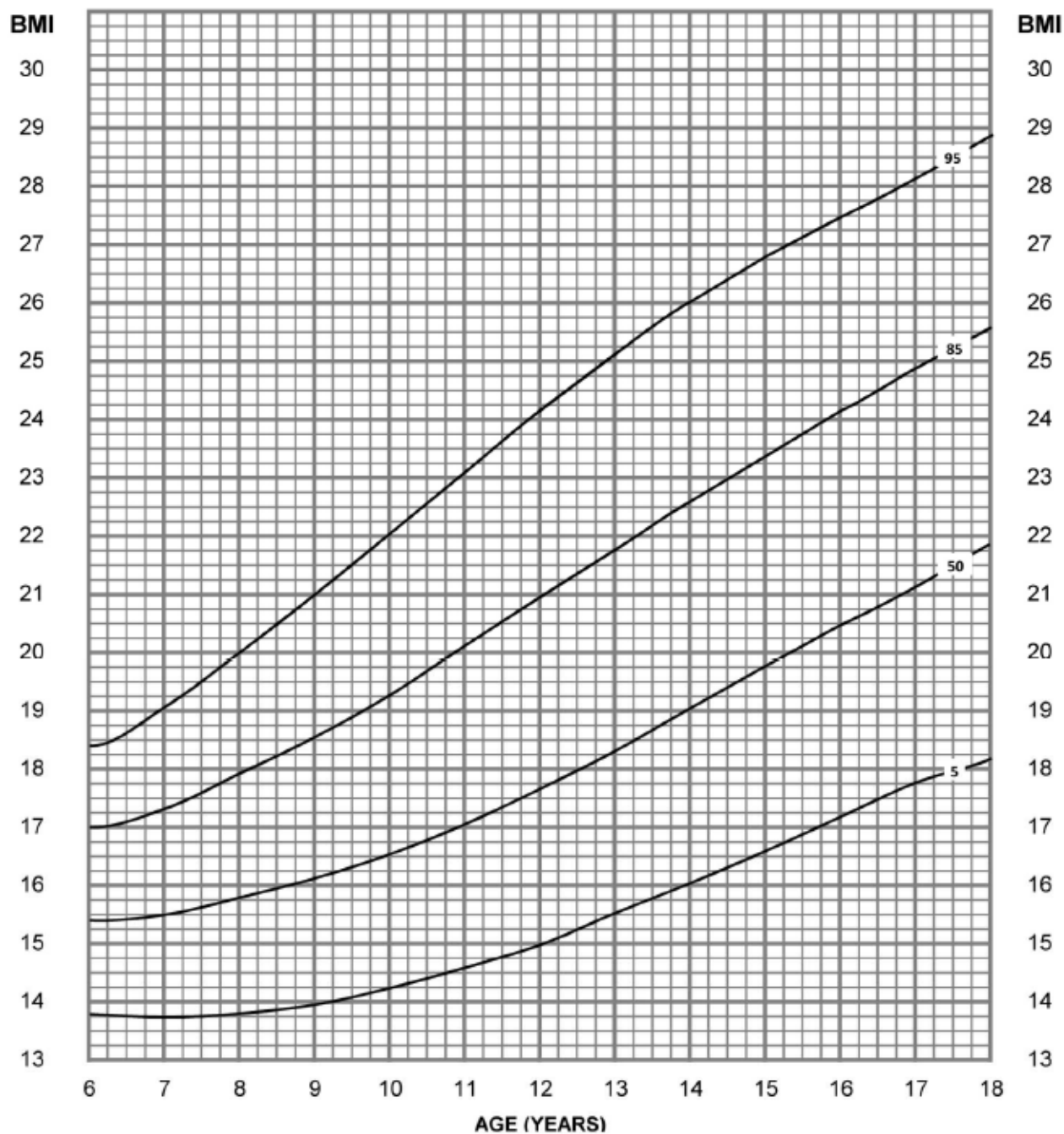
Body Mass Index-for-age percentiles

Name _____

Date	Age	Weight	Height	BMI*	Comments

CDC
 Safer • Healthier • People
www.cdc.gov/growthcharts

*To calculate BMI: Weight (lbs) ÷ Height (inches) ÷ Height (inches) x 703 = BMI



Behavioral Choices

By choosing to live an unhealthy lifestyle you are putting yourself at risk now and later on in life. Eating unhealthy foods and lack of exercise can put you at risk for becoming overweight, which can cause many problems for you now and when you become an adult. There are multiple health risks that come from being an overweight child including, asthma, Type 2 Diabetes, high blood pressure, sleep apnea, orthopedic complications, and physiological effects.

There are even more conditions caused by being an overweight adult: heart disease, stroke, cancer, respiratory problems, and high cholesterol are just a few.

Tobacco, Drugs and Alcohol

Other behavioral choices include use of tobacco, drugs and/or alcohol. They can all be very addictive and can affect your body functions, muscles, brain, lungs & liver in harmful ways. There are many bad side effects to using tobacco including, stained teeth, badly smelling clothes and hair, risk of lung, mouth, gum and tongue cancer, and it reduces the oxygen you need to play sports and stay active. Tobacco is not only found in cigarettes but in chewing tobacco as well, which has just as many side effects. They can also be a danger or health risk to those around you.

It is important to stay away from tobacco, drugs and alcohol to stay healthy throughout your life.

If you begin to change your lifestyle now you will be more likely to maintain healthy habits throughout your life.

Sedentary Lifestyle

Living a sedentary lifestyle, sitting or remaining inactive for most of the day, is a huge risk factor for obesity and Type 2 diabetes. It is important to not be inactive for more than 2 hours at one time. You should only watch TV, play video games, talk on the phone, play on the computer or other sedentary activities for a maximum of 1 to 2 hours per day. Pick one day for each week to track how much time (in minutes) you are spending doing these activities. Try to lower your sedentary time each week.

Days	TV	Video/computer games	Telephone/Texting	TOTAL
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Example	90 mins.	30 mins.	14 mins.	134 mins.

Try replacing the time spent on the activities above with learning a new hobby, helping your parents cook, doing chores or playing outside.



THE PRESIDENT'S CHALLENGE PHYSICAL FITNESS AWARDS PROGRAM

The President's Challenge Physical Fitness Awards Program encourages all Americans to make being and staying active part of their everyday lives. Regardless of the activity and fitness level, the President's Challenge can help motivate individuals to improve their current physical situation. The Boy Scouts of America has gained approval and is now a President's Challenge Advocate. The President's Challenge is a physical activity and fitness awards program of the President's Council on Physical Fitness and Sports (PresidentsChallenge.org).

The physical fitness test will track the Scout's level of physical fitness in 5 events: curl-ups or partial curl-ups, shuttle run, endurance run/walk, pull-ups or right angle push-ups, and V-sit or sit and reach. These fitness tests are used because of their wide-spread use and availability of comparative measurements. The physical fitness test offers three awards for students who meet the program qualifications (see PresidentsChallenge.org).

Take the fitness test **BEFORE** you begin the ScoutFiT program and record your test measurements in the Assessment Chart on page 17. You will need a parent, Scout leader or YMCA staff member to help you measure your numbers or time at the start and completion of the program. Work on the 5 fitness exercises during the ScoutFiT program and record your progress each week (chart on page 15). Have a parent review your health status before performing these tests.

START by taking these tests and recording your measurements on the **Assessment Chart** (page 17).

You will need a stop watch for these exercises.

1. Curl-ups test

Lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks while your partner holds your feet. Cross your arms with hands placed on opposite shoulders and elbows held close to chest. Rise up touching your elbows to your thighs and then lower your back to the floor so your shoulder blades touch the floor, for one curl-up. Have your parent or leader time you for one minute. Record the number of curl-ups you do in one minute on the table provided.



AND



OR Partial curl-ups test

Lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks but do not let your partner hold your feet. Extend your arms towards your knees. Your partner should be behind you with their hands cupped under your head. Slowly slide your fingers up your legs until your fingertips touch your knees, then back down until your head touches your partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until you can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the test. Record the number of curlups you do in one minute on the table provided.



2. Shuttle run test

Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines. Start behind opposite line. On the signal "Ready? Go!" run to the blocks, pick one up, run back to the starting line, placing the block behind the line, run back and pick up the second block and run back across starting line. List the time, in seconds, it took you to complete this exercise in the table provided.

4. Endurance run/walk testing

On a safe, one-mile distance, begin running on the count "Ready? Go!" You may walk and run during this test. However, try to cover the distance in as short a time as possible. Alternative distances for younger children are 1/4 mile for 6-7 years old and 1/2 mile for 8-9 years old. The same objective and testing procedure are used as with the mile run. Record the time it took to complete the mile in your table.

5. V-sit testing

Mark a straight line two feet long on the floor as the baseline. Draw a line perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Remove your shoes and sit on the floor with line between legs and soles of feet placed behind baseline, heels 8-12" apart. Clasp thumbs so that hands are together, palms down and place them on line. With the legs held flat by your partner, slowly reach forward as far as possible, keeping fingers on baseline and feet flexed. Practice three times and on the last try, hold it for three seconds and then record your score to the nearest half inch.

OR Sit & Reach testing

Remove your shoes and sit on the floor with knees fully extended, feet shoulder-width apart and soles of the feet flat against the end of the box. With hands on top of each other, palms down, and legs held flat, reach along the measuring line as far as possible. After three practice reaches, hold the fourth reach.

7. Pull-ups testing

Hang from a horizontal bar at a height that you can hang from with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). You may be lifted to starting position. Raise your body until chin clears the bar and then lower your body to full-hang starting position. Perform as many correct pull-ups as possible and then record your score.



OR



OR Right angle push-ups testing

Lie face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. Straighten your arms, keeping your back and knees straight, then lower your body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. Your partner should hold their hand at the point of the 90-degree angle so that you go down only until you touch your partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until you can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the Presidential Physical Fitness Award.

Remember Safety First When Participating in Physical Activities

Below are a few tips to help you stay safe while participating in physical activities. Your Scout Handbook has additional safety tips.

- **Warm-Up** – Be sure to stretch and warm-up your muscles before you start any exercises. This will help prepare your body and reduce the incidence of injury to your muscles.
- **Game Gear** - Be sure you know what protective equipment you should be wearing.
- **Drink Up** - When you are playing hard make sure to drink plenty of water.
- **Keep Cool** - Dress cool. Wear clothing that is lightly colored and made of cotton or a sweat-wicking material.
- **Fun in the Sun** - When you are swimming always have someone with you and know your limits.
- **Sun Safety** - Use sunscreen with sun protection factor (SPF) of 15 or more and reapply every 30 minutes.

The Presidential Physical Fitness Award Qualifying Standards

Adapted from the 208-09 President's Challenge, a program of the President's Council on Physical Fitness and Sports

A G E	Curl-ups # 1 min.	Partial Curl-ups	Shuttle Run (sec.)	V-Sit Reach (in.)	Sit & Reach (cm.)	1-Mile Run (min:sec)	Distance Option ¼ or ½	Pull-Ups (#)	Rt, Angle Push-Ups (#)
6	33	22	12.1	+3.5	31	10:15	1.55 (¼)	2	9
7	36	24	11.5	+3.5	30	9:22	1:48 (¼)	4	14
8	40	30	11.1	+3.0	31	8:48	3:30 (½)	5	17
9	41	37	10.9	+3.0	31	8:31	3:30 (½)	5	18
10	45	35	10.3	+4.0	30	7:57		6	22
11	47	43	10.0	+4.0	31	7:32		6	27
12	50	64	9.8	+4.0	31	7:11		7	31
13	53	59	9.5	+3.5	33	6:50		7	39
14	56	62	9.1	+4.5	36	6:26		10	40
15	57	75	9.0	+5.0	37	6:20		11	42
16	56	73	8.7	+6.0	38	6:08		11	44
17	55	66	8.7	+7.0	41	6:06		13	53

Record your progress over the next 6 weeks.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Curl-ups						
Partial Curl-ups						
Shuttle Run						
V-Sit Reach						
Sit & Reach						
Mile Run						
Pull Ups						
Rt. Angle Push Ups						

Scout Fitness Badges

During the time period you are working on the ScoutFIT program, complete and earn three (3) of the following age-appropriate Scouting program awards listed below.



Cub Scout Sports Program (Belt Loops):

The Cub Scout Sports program is a supplemental enrichment program that complements the existing Cub Scout program. The Sports activities allow boys to learn new techniques, increase skills, develop sportsmanship and have fun. Boys participating in the program will be recognized for enjoying teamwork, developing physical fitness, and discovering and building new talents. The Sports program encourages a boy to do his best.

Baseball
Basketball
Bicycling
Flag Football
Gymnastics
Hiking
Kickball

Ice Skating
Physical Fitness
Roller Skating
Snow Ski & Board Sports
Soccer
Hockey
Skateboarding

Softball
Swimming
Tennis
Ultimate
Volleyball
Horseback Riding



Webelos Activity Pins:

Webelos activity pins require a greater effort and age-appropriate requirements for 4th and 5th grade boys toward earning the Webelos rank and Arrow of Light award.

Webelos may choose to earn one of these activity pins instead of a belt loop from the Cub Scout Sports program:

Aquanaut Athlete Fitness Sportsman



Boy Scout Merit Badges:

Boy Scouting provides a series of surmountable obstacles and steps in overcoming them through the advancement method. The Boy Scout plans his advancement and progresses at his own pace as he meets each challenge. The Boy Scout is rewarded for each achievement, which helps him gain self-confidence. The steps in the advancement system help a Boy Scout grow in self-reliance and in the ability to help others.

These merit badges will help you continue on your wellness and fitness trail:

Athletics
Backpacking
Climbing
Cooking
Scuba Diving

Cycling
Hiking
Personal Fitness
Safety

Skating
Sports
Swimming
Water Sports



Venturing:

Venturing provides positive experiences to help young people mature and to prepare them to become responsible and caring adults. Venturing provides skills needed for young adults to experience a fun program full of adventure and challenges and to take advantage of opportunities to advance their skills and knowledge in the areas of high adventure and sports, just to name a few.

A variety of awards are available to Venturers who accomplish specific achievements.

Wellness and fitness related awards include:

Bronze Award – Sports

Ranger Award
 (Any 2 of the 18 electives)

Quest Award

ScoutFit Assessment Chart & Award Application



Congratulations! Now you can fill out and submit this form to your unit leader.
 Leaders, submit this completed form to Mid-America Council, Scouter Services for the patch:
 The Durham Scout Center, 12401 West Maple Road, Omaha, NE 68164, Fax (402) 431-0444

Applications which are faxed or mailed in will be processed and recognition items given to your District Executive to be delivered to you at your District Roundtable. Recognition for earning this award will not be given unless this form is fully complete. Scouter Services will not follow up on blank or incomplete forms. Personal information or contact information will not be given to any third party for any purposes, as information will only be used for verification of the award.

PLEASE PRINT

Scout's Name: _____ Age: _____ Male or Female (Circle One)

Pack or Troop or Crew (Circle One) #: _____ Den #: _____ District: _____

Mail Address: _____

City: _____ State: _____ Zip: _____

E-mail (self or parent): _____

Leader's Signature: _____

Health Assessments	At START of ScoutFit	AFTER ScoutFit
BMI – Body Mass Index pg 10	%	%
Waist to Hip Ratio & Risk Category pg 10	.	.
Daily Water Consumption pg 6	# Ounces of Water	# Ounces of Water

Physical Assessments	At START of ScoutFit	AFTER ScoutFit
# of Steps Daily pg 10 if have pedometer	# Steps in 1 Day	# Steps in 1 Day
# Minutes of Daily Physical Activity pg 10	# mins.	# mins.
# Minutes of Sedentary Activities pg 12	# mins.	# mins.
Curl-Ups or Partial Curl-Ups	# in 1 min.	# in 1 min.
Shuttle Run	# seconds	# seconds
V-Sit Reach or Sit & Reach	+ _____ cm.	+ _____ cm.
Mile Run	: (min:sec)	: (min:sec)
Pull-Ups or Rt. Angle Push-Ups	Total #	Total #

Program Elements	Activity or Badge	Leader/Parent Initial When Completed
Participate in an outdoor Scout camp or activity		
Fill in your Family's Health History chart pg 2		
Complete your Activity & Exercise Log pg 10		
Track your BMI each week throughout the program pg 11		
Track your food choices pg 4		
Track your Water Consumption pg 5		
Earn a Presidential Physical Fitness Award pg 13-15		
Earn 3 age appropriate ranks or awards (i.e. belt loop) pg 16		
Complete a quiz at www.54321go.org		

Please rate your ScoutFit experience (check one)	YES	NO
I am eating more healthier food options now after ScoutFIT		
I am now more aware of my health and physical activity needs		
Health information in the ScoutFIT program was beneficial to me		
I am more physically fit after completing ScoutFIT		