

## Junior Practice With Purpose Badge

### Step One: Make a Goal!

Did you know that you are more likely to reach a goal if you simply write it down? Think of something you would like to achieve. It could be running a mile in a certain amount of time, doing 25 push ups without stopping, or learning a new gymnastics or dance move, anything you would like to be able to do. Now, make yourself a sign with your goal written clearly in the center. You can decorate any way you like, with glitter, stickers, or inspirational quotes. **(This was part of the Badge Break)** When you are done, hang it up where you will see it every day. Also, be sure to share your sign using the hashtag **#GSJSChallenge**.

### Step Two: Warm Up/Cool Down

Warming up your muscles before an activity helps improve how you move and prevents injuries. You should plan to warm up for at least five minutes before you start training. Cooling down with some stretches will keep you from getting sore the next day. When you cool down, you want to slow your heart rate down to a normal speed and get your breathing back to its regular pace.

Watch these videos, and follow along to learn some fun warm up and cool down exercises!

Warm up: <https://www.youtube.com/watch?v=dRQf3yFXO1Y>

Cool Down: <https://www.youtube.com/watch?v=M-d11QiWdm8>

### Step Three: Increase your Endurance.

In any sport, athletes need to keep going even when they think they can't. You need endurance to run around all the bases in softball, to play a long tennis match or run a marathon. Have you ever watched a marathon, bike race, or sports game where you've seen a person really push herself physically? What did it look like?

Practice helps you build endurance. For example, the first time you run, you might be able to go for 20 minutes. But the next time you run, 25 minutes might seem easier. Practice endurance training with dancing. Dance for one minute using any move that uses all parts of your body.

Take a one-minute break. Now do it again for three minutes. Take a 30 second break. Now see if you can go for five minutes straight. Each time you exercise, try to increase the amount of time you move. That helps keep your lungs and heart strong and improves how well you perform in sports! **(This was part of the Badge Break)** Use this chart to track your endurance so you can see your progress:

# MY EXERCISE CHART



Your resting heart rate: \_\_\_\_\_

	SUN	MON	TUE	WED	THU	FRI	SAT
Exercise Type							
Number of Minutes							
Heart Rate*							
Recovery Rate**							

\* Heart Rate- beats per minute immediately after exercising  
 \*\* Recovery Rate- how long it takes for your heart rate to return to normal.

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#### Step Four: Build Strength

*Training your muscles to get stronger is another part of reaching a sports goal. You need to strengthen your bones, joints, and muscles to keep your body moving.*

*Let's try some strengthening exercises:*

**First, a leg lift.**

Lie down on your back.

Extend your legs fully.

Now lift your legs 6 inches. Hold your legs for 5 seconds, let them drop. Do this 10 times.



**Now do a push up.**

Get into push-up position with your hands under your shoulders, arms straight, fingers pointed forward. Your legs should be straight and slightly 2-4 inches apart with your toes supporting your feet.

Keeping your back and knees straight, lower your body, but not all the way. Do this as many times as you can.



**Finally, do a sit up.**

Lie on the floor with your arms forward, fingers gently holding your head.

Use your stomach muscles to raise yourself halfway to a sitting position. Then go back down.

Make sure your arms are loose and you're not stressing your neck.

If you need to, put your arms on the floor to help you.



#### Step Five: Eating for Energy

Healthy eating is the best way to stay in tip-top shape! Especially when you are exercising, it is important to eat the foods that provide the fuel your body needs. In order to grow stronger, your muscles need protein, to have strong bones you need calcium, vitamins keep you healthy, potassium helps with endurance, and fiber is essential to keep everything running smoothly! Smoothies are one of the yummiest and fastest ways to get nutrients and vitamins that you need to be active.

Make a smoothie using these ingredients:

- Apple juice
- Vanilla yogurt
- Milk or soy milk
- Frozen mixed berries
- Bananas

In this smoothie, where do you think your protein is coming from? (Yogurt, milk) Your fiber? (Fruit) Your calcium? (Yogurt, milk) Your vitamin C? (berries) Your potassium? (Bananas)