

**Girl Scouts of the Jersey Shore**  
**Virtual Badge Breaks | Taking Care of Me**  
**Juniors Staying Fit Badge**

**Step One:** Forget being a Couch Potato!

Instead of just lying around, make your TV time more active at least three times a week. You might do leg lifts, sit-ups or jumping jacks during commercial breaks. Or make up fast paced actions to do whenever certain characters come on the screen.

**Step Two:** Healthy Snacks. (You did this as part of **the Virtual Badge Break**)



You can't stay fit without the right foods to keep your body fueled up. Certain foods will help you stay strong and give you energy, while others won't. Take a look at this picture.

At every meal, it is recommended by health experts that your plate look like this. Does anything surprise you here? Did you notice that half the plate is all fruits and veggies? Take a look at your snack in front of you. What category does it belong in?

**Step Three:** Be a Food Detective!

Sometimes a food can seem healthy, but it really isn't. For instance, fruit snacks seem good for you because they are made of fruit, but when you read the label you will find that some don't have any fruit at all! Go through your cabinets and be a label detective.

Find foods that don't have a lot of sugar or fat and have healthy things like fiber and vitamins. For more fun, take a picture of yourself eating these foods and share it using the hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along.

**Step Four:** Stress Less!

Sometimes life can be stressful. Whether it's a math test, a soccer game, or a dance recital that's causing you to worry, there are things you can do to calm yourself and relieve stress. Yoga is one of those things. (You did this as part of a **Virtual Badge Break**) You can find tons of instructional Yoga videos on YouTube or On Demand. You can also relieve stress by reading a book, calling a friend, or taking a bubble bath.

**Step Five:** Get the truth about health.

There are lots of companies who claim that their products will make you healthier. Whether it is a pill to help you lose weight, a gadget to improve appearance, or a miracle medicine that will cure whatever ails you, companies use advertising to get you to spend money on products that may not work.

A good rule to follow is If It Seems Too Good To Be True, it Probably Is! Make a collage of these types of ads and share it using the hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along. [GSfun.org/photoshare]