

RUNNING WITH THE PACK

PERSONAL FITNESS



SNAPSHOT OF ADVENTURE



A Cub Scout knows how to stay healthy. Eating foods that give you proper nutrition, exercising regularly, and getting proper rest are the best ways for you to always be at your best.

REQUIREMENTS

1. Sample three different foods that are naturally three different colors. The food must be a protein, vegetable, fruit, dairy, or a grain.
2. Demonstrate the proper way to brush your teeth.
3. Be active for 30 minutes with your den or at least one other person. That includes both stretching and moving.
4. Be active for 10 minutes doing personal exercises.
5. Do a relaxing activity for 10 minutes.
6. Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.



- Required Adventure
- Scan for this Adventure page

REQUIREMENT 1

Sample three different foods that are naturally three different colors. The food must be a protein, vegetable, fruit, dairy, or a grain.

Always wash your hands before eating. Use utensils to pick up your food. Remember that some people may have allergies that prevent them from eating some foods, or may have cultural or religious beliefs about certain foods.

The color of food can tell you what type of good things are in it.

Red – These foods support better heart health. They are packed with antioxidants and vitamins. Red chilies, red bell peppers, cherries, tomatoes, and apples are some red foods that we eat. Red meat like beef is high in iron and protein.

Orange – These foods are fun to eat and are good for your heart and eyes. Carrots, oranges, apricots, pumpkin, and sweet potatoes are some orange foods that we eat.

Yellow – These foods keep things that are inside and outside of our body healthy. Bananas, yellow bell peppers, squash, and corn are some of the yellow foods that we eat. They are full of carotenoids and bioflavonoids, which help maintain our skin, bone, and teeth.

Green – These foods can keep the inside of your body clean. Peas, spinach, green beans, green bell peppers, kiwi, and green tea are some green foods that we can consume.

Purple – These foods assist in staying healthy longer. A few purple foods that we eat are eggplant, blackberries, and grapes. They help your stomach stay healthy, keep your urinary tract healthy, and are good for the heart and the liver.



White – These foods can help keep you healthy by fighting things like a cold or the flu. Garlic, onions, white beans, potatoes, mushrooms, and cauliflower fall under this category. Mushrooms are known to provide important nutrients, and cauliflower contains antioxidants.



Date

Adult's Signature

REQUIREMENT 2

Demonstrate the proper way to brush your teeth.

Brushing your teeth is one way you can start taking care of yourself. Brushing your teeth removes any leftover food that may be left on or in between your teeth. If the food stays in your mouth, it will start to rot and cause damage to your teeth and gums as well as bad breath. You should brush your teeth at least two times a day — after breakfast and after dinner — or when you wake up in the morning and before you go to bed at night.



Here are some tips for brushing your teeth:

Take your time. One way to do this is to play a song. Most songs are around a few minutes, which is the minimum amount of time you should take to brush your teeth.

Brush every tooth. Think of the inside of your mouth as four different parts: upper left, lower left, upper right, and lower right.

HOW TO BRUSH YOUR TEETH



USE A SMALL AMOUNT
OF TOOTHPASTE



BRUSH THE OUTER SURFACE
USING UP AND DOWN STROKES



BRUSH THE OUTER SURFACE
USING CIRCULAR MOTION



REPEAT FOR THE INSIDE
SURFACE OF YOUR TEETH



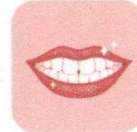
BRUSH THE CHEWING SURFACE USING
BACK AND FORTH STROKES



BRUSH THE SURFACE
OF YOUR TONGUE



RINSE OUT YOUR MOUTH
USING WATER



BRUSH YOUR TEETH
TWICE A DAY

Start in one section and brush all the teeth in that section before moving to the next one.

Angle your toothbrush so it is not flat with your teeth. Make small circles as you brush. Imagine you are sweeping away the small pieces of food you cannot see.

Getting regular check-ups by a dentist twice each year will help you keep a great smile and healthy gums. Ask your dentist about flossing, too.



Date

Adult's Signature

REQUIREMENT 3

**Be active for 30 minutes with your den
or at least one other person.
That includes both stretching and moving.**

Playing sports and games is a great way to be active, and it's also a chance for tons of fun. Choose a sport or game to play with your den or family. Following the Scout Oath and the Scout Law as you play is called good sportsmanship.

A 10-minute warmup will get your heart ready for the activity. It will also loosen your muscles and help keep you from being injured. After you exercise, spend about five to 10 minutes cooling down. These slow exercises help slow down your heart rate, keep your muscles from getting sore, and improve your flexibility.

Here are some warmup and cooldown stretches you can try:



Date _____

Adult's Signature _____

REQUIREMENT 4

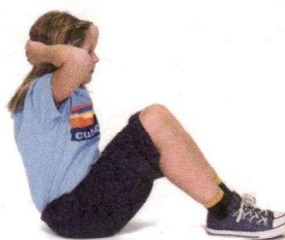
Be active for 10 minutes doing personal exercises.



You can't exercise just once to stay healthy. When you practice personal exercises many times, you will get better at doing them. Over time, you will be able to do more. Choose two or three personal exercises and practice them every day. Personal exercises include jumping jacks, situps, pullups, and running in place.

Remember to warm up before you begin and cool down when you are done.

Make personal exercise something you do every day.



Date

Adult's Signature

REQUIREMENT 5

Do a relaxing activity for 10 minutes.

Being active and physically fit is part of being healthy, and so is resting. Finding a relaxing activity to give your body a break is something you should do every day.

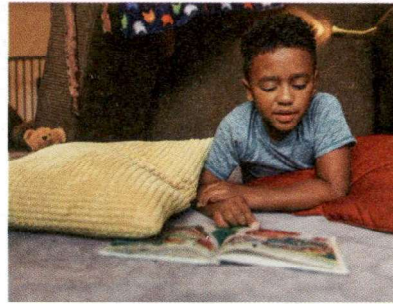
Find something that is calming. If a game you play causes you to get upset, frustrated, or excited, it is not a relaxing activity.

Here are some things that you may want to try:

Listen to a recording of nature sounds, like the ocean or a running river.

Spend time with a pet. Petting an animal like a dog or cat has been found to help people relax.

Read a book. Find a book about something you like. Read something that you find easy and is about something you enjoy.



Date

Adult's Signature

Review your BSA Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in den and pack activities.

Part A: Informed Consent, Release Agreement, and Authorization

Full name _____

Date of birth _____

High school name, street address _____

City and state _____

Informed Consent, Release Agreement, and Authorization

I, the undersigned, hereby authorize the release of my child's (or my personally identifiable) health and educational records to the extent permitted by law. I understand that the release of such records is not limited by the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and that the release of such records is not limited by the Family Educational Rights and Privacy Act of 1974 (FERPA).

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I have signed and given to the school and the State of Michigan, as well as the Department of Education, a release agreement to the extent permitted by law. I understand that the release of such records is not limited by the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and that the release of such records is not limited by the Family Educational Rights and Privacy Act of 1974 (FERPA).

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Signature of parent/guardian _____

Date _____

Signature of student _____

Complete this section for youth participants only:

Adults authorized to take data are listed below:

I am authorized to take data on behalf of the following adult(s): _____

Students authorized to take data are listed below:

I am authorized to take data on behalf of the following student(s): _____

Name _____

Phone _____

Address _____

City _____

State _____

Zip _____

Signature of student _____

Date _____

Prepared for LSA

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The BSA Annual Health and Medical Record is a great tool to help you know about your health and to let your leader know if there are any special health needs they should know about. Parts A and B are required for everyone who participates in Scouting. Part C is needed if you will be going to Cub Scout resident camp or other longer events. The form is available online.



Date _____

Adult's Signature