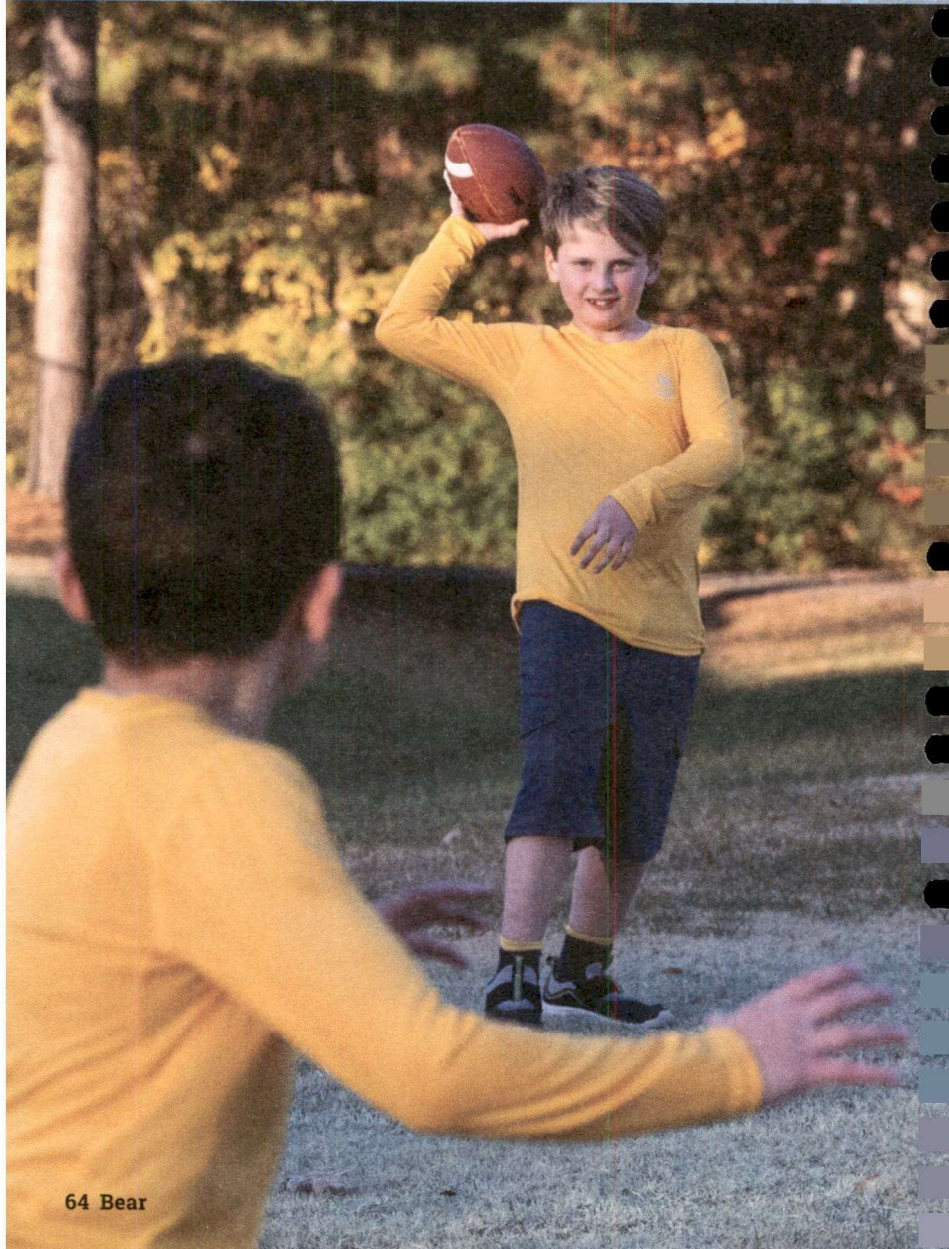


BEAR STRONG

PERSONAL FITNESS



SNAPSHOT OF ADVENTURE



In the Scout Oath, Cub Scouts promise to keep themselves physically strong and mentally awake. Personal fitness is about keeping your body strong by eating right and exercising, but it also means getting enough rest and exercising your mind by reading, solving problems, or even listening to music.

REQUIREMENTS

1. Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.
2. Be active for 30 minutes with your den or at least one other person in a way that includes both stretching and moving.
3. Be active for 15 minutes by doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.
4. Do a relaxing activity for 10 minutes.
5. 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

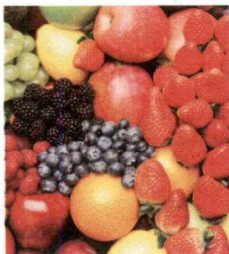
Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.



Proteins are essential nutrients for the human body. They help your body build muscles and provide your body with energy. Foods high in protein can come from animals or plants. Animal-based foods include meat, poultry, fish, and eggs. Plant-based foods high in protein include beans, grains, nuts, and seeds.

Vegetables are parts of plants that humans or other animals consume as food. Vegetables come in six different varieties.

- ▶ leafy green — lettuce and spinach
- ▶ cruciferous — cabbage, cauliflower, broccoli, and brussels sprouts
- ▶ marrow — pumpkin, cucumber, and zucchini
- ▶ root — potato, sweet potato, and yam
- ▶ edible plant stem — celery and asparagus
- ▶ allium — onion, garlic, and shallot



Fruits come from flowering plants. A flower will grow into a fruit, and inside the fruit are the seeds of that plant. The plant uses the fruits to attract animals to eat them, including the seeds. When the animal is done eating the fruit, the animal will scatter the seeds, and more plants will grow.

Fruits include apples, pears, watermelons, and even bananas. Have you noticed the tiny seeds in a banana? Fruits also include peppers and even tomatoes. Each of these developed from a flower, and they all have seeds, but we often refer to some of these as vegetables because of the way we eat or prepare them.

Dairy products or milk products are foods made from milk. Examples include yogurt, cheese, and butter. The most common mammals we get milk from are cows, but milk comes from all mammals. It is not hard to find dairy products made from goat or sheep milk.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain are grain products. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in this food group.

Grains have two subgroups: whole grains and refined grains.

- ▶ Whole grains have the entire grain kernel, which includes the bran, germ, and endosperm. Some whole-grain examples are whole wheat flour, bulgur (cracked wheat), oatmeal, and brown rice.
- ▶ Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life. But it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, corn grits, white bread, and white rice.

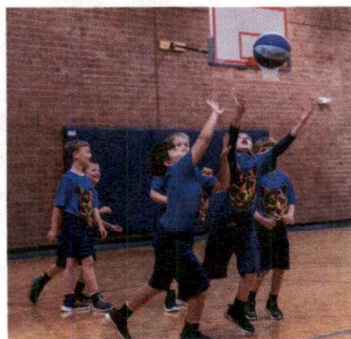


Date

Adult's Signature

REQUIREMENT 2

Be active for 30 minutes with your den or at least one other person in a way that includes both stretching and moving.



Being active with others is a great way to stay healthy. It is also fun to play with friends. To be active, you may pick a sport like soccer to play or maybe your den leader has a fun Cub Scout game for the den to play. While you're playing, remember that Scouts practice good sportsmanship whenever

we play together. Following the Scout Oath and the Scout Law as you play is called good sportsmanship.

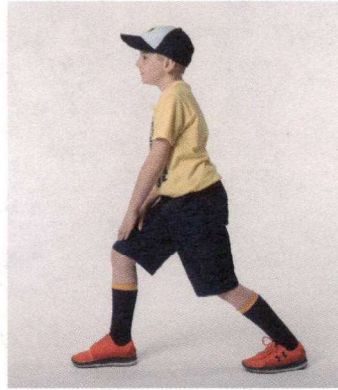
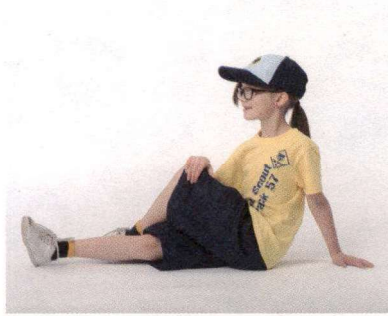
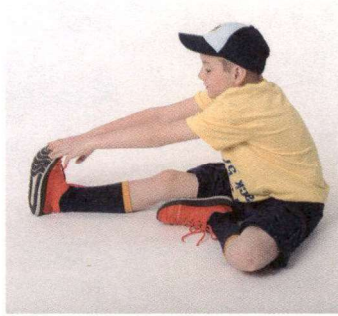
Stretching can warm you up before exercising and cool you down afterward.

A 10-minute warm-up 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 5-10 minutes cooling down.

These slow exercises help lower your heart rate, keep your muscles from getting sore, and improve your flexibility.



Take time to warm up and cool down each time you exercise. Here are some warmup and cooldown stretches you can try:

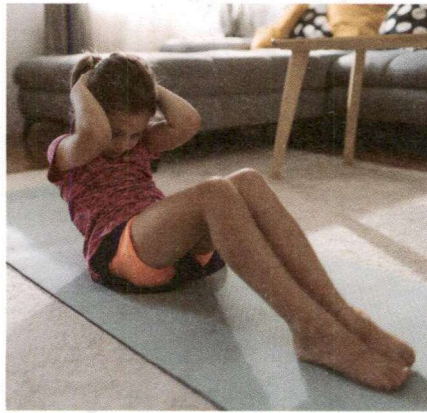


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REQUIREMENT 3

Be active for 15 minutes by doing personal exercises that boost your heart rate, use your muscles, and work on flexibility.



Personal exercises include jumping jacks, sit-ups, pullups, jumping rope, or running in place. These are exercises you do on your own, but you don't have to do them alone. Your den could do jumping jacks together. Sometimes it is easier to do personal exercises with a group.

Some find it helps them to keep doing the exercises.

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

You should do a personal exercise every day. If you want to see how personal exercise can make you stronger, track your progress. Write down how many sit-ups you can do, or see how long it takes you to walk one mile. Each time you do the activity, see if you're able to do more sit-ups or take less time to walk one mile.



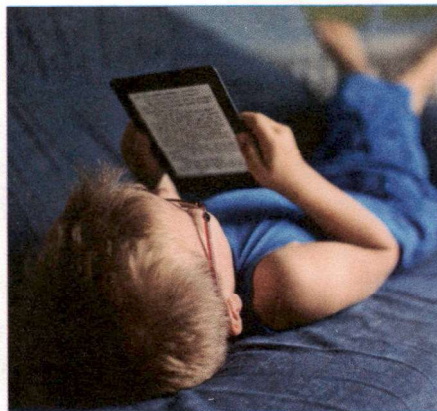
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REQUIREMENT 4

Do a relaxing activity for 10 minutes.

As you relax, you lower your heart rate, and your breathing slows down. This gives your body a chance to heal itself. Knowing how to lower your heart rate and slow down your breathing is also a good skill to help manage big feelings like anger, frustration, or stress.



You may find doing something relaxing enjoyable and want to do it for more than 10 minutes. It may be something you try to do every day. Here are some things you may find relaxing:

- ▶ Listen to music.
- ▶ Learn how to do yoga.
- ▶ Read a book.
- ▶ Draw a picture.
- ▶ Work a puzzle.
- ▶ Do some breathing exercises.



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.

To get a copy of a BSA Annual Health and Medical Record, follow this QR code.

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Is there something that your den leader should know about you that may help keep you safe? For example, are you allergic to certain foods, insect bites, medications; or latex? This information should be recorded on your BSA Annual Health and Medical Record.



Date

Adult's Signature