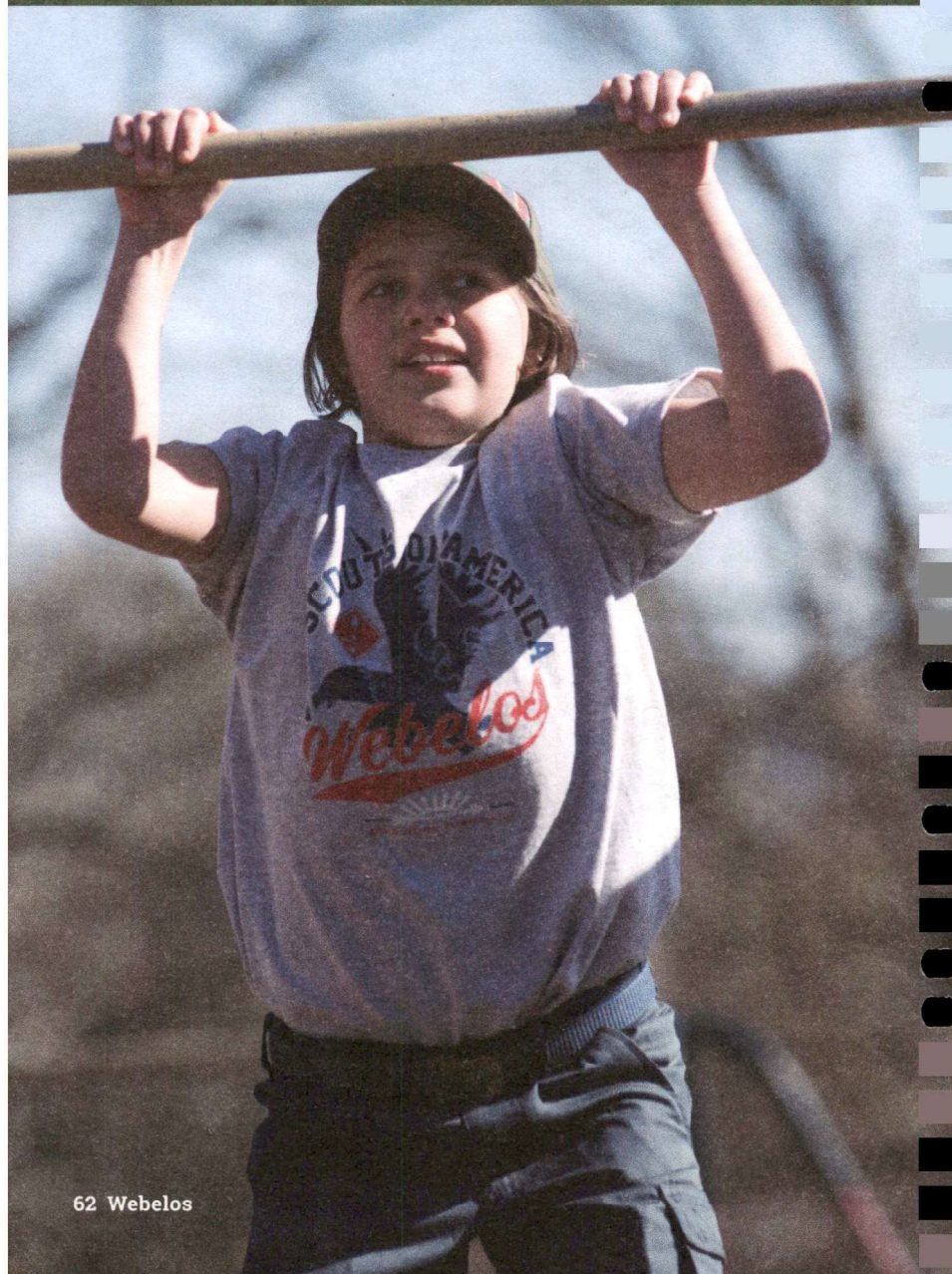


STRONGER, FASTER, HIGHER

PERSONAL FITNESS



SNAPSHOT OF ADVENTURE



The Stronger, Faster, Higher Adventure will help you understand how important it is to eat well, exercise, and get enough rest. Personal fitness is a balance of these three things. What you eat is the fuel your body turns into energy to keep it working and healthy. Exercise not only works your body, but it's also good for your mind. Your body needs rest, and so does your mind.

REQUIREMENTS

Approved by

1. With your den or family, plan, cook, and eat a balanced meal. _____
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 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

With your den or family, plan, cook, and eat a balanced meal.



Great meals don't just happen; somebody has to plan them. Work with your family or other members of your den to plan a delicious and nutritious breakfast, lunch, or dinner.

Balanced Meals

A balanced meal is a way to give your body a variety of proteins, vitamins, minerals, and other nutrients it needs to grow and be active. It's always best to get the nutrition your body needs from foods.

A balanced meal will have two or more foods from different food groups. It's also helpful to know what types of nutrients the foods you're planning to eat have and look to balance that, too.

The United States Department of Agriculture sorts food into five different groups: fruits, vegetables, grains, protein, and dairy.

When you plan your meal, try to include foods from as many of the different food groups as possible.

Shopping for Ingredients

Make a shopping list and decide how much money you can spend. Then head to the grocery store and start shopping. Work to stay within your budget by checking prices as you go. If you need to adjust, that's OK. Here are some things to consider when you go shopping:

- ▶ Store brands are often less expensive than brands you see advertised on TV or online.
- ▶ Foods you make from scratch usually cost less (and are often tastier) than processed foods.
- ▶ You should compare the price of fresh, canned, and frozen fruits and vegetables to find the best price.
- ▶ To really be sure you're getting the best deal, compare the price per ounce or serving of different products.

Food Safety

When you cook, you need to do some things to keep from getting sick and making other people sick:

- ▶ Clean hands and surfaces frequently. Wash your hands with warm water and soap for at least 20 seconds before and after you handle food and after you use the bathroom. Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after you prepare each food item and before you go on to the next food.
- ▶ Don't cross-contaminate. That's a fancy way to say you should keep raw meat, poultry, seafood, and eggs separate from each other and from other foods in your shopping cart,

grocery bags, refrigerator, and ice chest. Also, never place cooked food on a plate that has held raw meat, poultry, seafood, or eggs.

- ▶ Cook to proper temperatures. Use a food thermometer, which measures the temperature inside cooked meat, poultry, and egg dishes, to make sure the food is fully cooked. Stick the thermometer into the middle of the food, and don't let it touch the pan. Most cookbooks include the correct temperatures for different kinds of food.
- ▶ Chill/refrigerate promptly. Never let food sit out for more than two hours before putting it in the refrigerator, freezer, or ice chest. Never thaw frozen food at room temperature. Instead, thaw it in the refrigerator, in cold water, or in a microwave oven using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.
- ▶ Maintain proper temperatures. Keep cold foods in an ice chest or refrigerator until you're ready to use them. If you're going to use an insulated container to keep food warm, fill it with hot water, wait a few minutes, then empty it and fill it with hot food.

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.

One way to complete this requirement is to play a team sport with your den or family. Here are some team sports that can be played with as few as four players, 10 players, or more.

Soccer

Here are some basic rules for soccer. Soccer is usually played on a field that is 110 yards by 70 yards. Change the size of the field based on the number of players you have. A full soccer team has 11 players. Make it a shorter field if you have four players. Set up the corners of the field using cones or other objects, and set up the goals, one on each end. A typical goal is 24 feet wide, but you can adjust the width, especially if you don't have enough players to have a dedicated goalie for each team.

The game begins at the center of the field. The team that kicks off passes the ball to a teammate, typically using their feet. Only the goalie can use their hands to stop or pass the ball. As long as the ball stays in the field, the game is in play. In the basic soccer rules, the point of the game is to get the ball in the opposing team's goal. The team with the most goals after the specified time is the winner.



Ultimate Frisbee™

Ultimate Frisbee is kind of like soccer, but in this game, you must use your hands. It is played on a field that is 70 yards by 40 yards. Just like soccer, you can change the size of the field based on the numbers of players you have. A full team has six players. Set up the corners of the field using cones

or other objects. At the two ends of the field, set up an end-zone area, like a football field has, where crossing the line earns the team a point, but going beyond another line is out of bounds.

The game begins with each team on opposite sides of the field. The starting team throws the Frisbee toward the other team, like a kickoff. The other team can either catch it or allow it to land on the ground.

To move the Frisbee down the field, one player holds the Frisbee and cannot move their feet. They may have one pivot foot; that means they can move one foot but not the other. They throw the Frisbee to a player on their team and that player must catch it. If they don't, the other team picks it up where it landed. The objective is to move the Frisbee down the field and score a point by throwing it into the end zone and having a teammate catch it. The team with the most points at the end wins.



REQUIREMENT 3

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

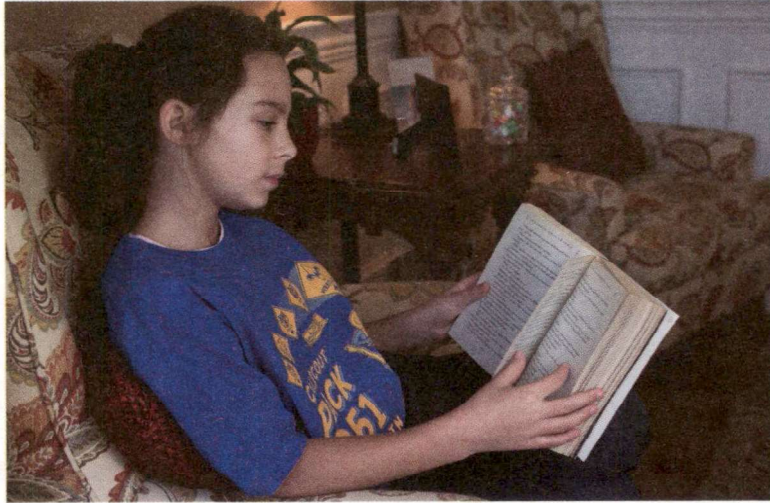


Personal exercises are things you can do on your own. Trying different types of exercises will help you find the ones you like the best. You should enjoy your personal exercises. You may like to walk, jog, or run. You may find that yoga is for you. Personal exercises can also be things you do to practice for a team sport like going to a batting cage or hitting a tennis ball against a practice wall.



REQUIREMENT 4

Do a relaxing activity for 10 minutes.

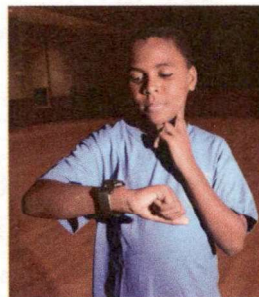


Being active is important. Just as you aim to eat a balanced meal, you also want to balance your activity with rest. Finding time to do something that relaxes you helps your body and mind. As with personal exercise, you want to find something that you enjoy. To do that, you should try different things.

The activity shouldn't get you excited or angry or frustrated. If you find it does these things, you should try something else.

Here are some ideas:

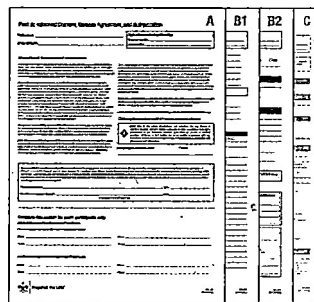
- ▶ Draw or color.
- ▶ Read a book or write a short story.
- ▶ Play music or practice an instrument.



REQUIREMENT 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.**

Everyone who participates in a Cub Scout activity is required to have a BSA Annual Health and Medical Record on file with the pack. You and your parent(s) or legal guardian can learn more about the BSA Annual Health and Medical Record by scanning the QR code.

A thumbnail image of the BSA Annual Health and Medical Record form. The form is divided into sections labeled A, B1, B2, and C. Section A contains personal information and medical history. Section B1 contains emergency contact information. Section B2 contains physical examination results. Section C contains a section for the parent or legal guardian to sign and provide additional information.

Your parent or legal guardian will complete the BSA Annual Health and Medical Record for you. It does not require a doctor's appointment. The form asks for an emergency contact and collects basic information about you and your health history.

The form has general information like how tall you are. It also shows who to contact if there is an emergency and your parent or legal guardian is not with you. It also includes your health history.

Discuss with your parent or legal guardian if there is something about your health that could prevent you from participating in an activity or that an adult leader should know. Some Cub Scouts may be allergic to bee stings and carry an EpiPen. This is something that an adult leader in Cub Scouts needs to know. Other things could include food allergies or physical conditions. Knowing this type of information will help your adult leaders keep you safe.