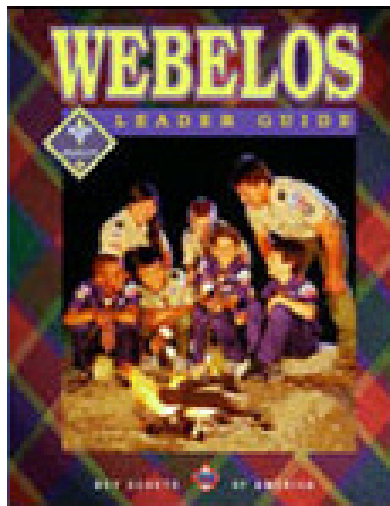


Webelos Activity Badge

Fitness



Prepared By:

Rich Smith

Cubmaster Pack 133

January 3, 2006

The information in this Activity Badge Outline has come from many sources, including the Internet, BALOO'S BUGLE, the Pow Wow books listed on MacScouter, and some items created especially for this activity by me, often following the requirements of the Webelos Scout book.

Where possible, I have tried to give credit to the source of the material. However, often the same material appears on numerous sites or in numerous sources. My name only appears on worksheets or activities that I developed. If no reference or credit appears on an item, it simply means that it is available from multiple sources or that the source is unknown. I am in no way attempting to take credit for the fine work performed by other Scouters. I have only tried to assemble the available information that I have collected over the years, and supplement it with my own work when the Webelos requirements changed or when a specific need was not met by the available resources. Other Scouters have gone before me in this endeavor, such as Barb Stephens and R. Gary Hendra, and to them I offer my thanks.

Please use this information in the spirit that it was intended – to make the job of the Webelos Leader easier by providing a format to follow with the necessary resources to fulfill the requirements of the Activity Badge, while providing the Scouts with fun and interesting activities!

Rich Smith
Cubmaster



Fitness

Required for Webelos Badge

Do all of these requirements:

1. With your parent, guardian, or Webelos Den Leader, complete the **Health and Fitness Character Connection**.
 - a. *Know*: Tell why it is important to be healthy, clean, and fit.
 - b. *Commit*: Tell when it is difficult for you to stick with good health habits. Tell where you can go to be with others who encourage you to be healthy, clean, and fit.
 - c. *Practice*: Practice good health habits while doing the requirements for this activity badge.

And do six of these requirements:

2. With a parent or other adult family member complete a safety notebook, which is discussed in the booklet "How to Protect Your Children from Child Abuse" that comes with this book.
3. Read the meal planning information in this chapter. With a parent or other family member, plan a week of meals. Explain what kinds of meals are best for you and why.
4. Keep a record of your daily meals and snacks for a week. Decide whether you have been eating foods that are good for you.
5. Tell an adult member of your family about the bad effects smoking or chewing tobacco would have on your body.
6. Tell an adult member of your family four reasons why you should not use alcohol and how it could affect you.
7. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.
8. Read the booklet ***Take A Stand Against Drugs!*** Discuss it with an adult and show that you understand the material.

NOTE: The booklet "***Take A Stand Against Drugs!***" should be available from your local Boy Scout Council Office (NOT the Scout Shop™). If your Council Office does not have copies, they should call the National BSA Drug Prevention Task Force for additional copies. Bulk orders by Scouters may be made by sending a check for \$20.00 for 100 copies, to:

DRUG ABUSE PREVENTION TASK FORCE, SUM 118

National Office, BSA

1325 West Walnut Hill Lane

Irving, Texas, USA 75061-2049

Fitness Signoff

Requirement							
Do all of these requirements:							
1. With your parent, guardian, or Webelos Den Leader, complete the Health and Fitness Character Connection							
a. <i>Know</i> : Tell why it is important to be healthy, clean, and fit.							
b. <i>Commit</i> : Tell when it is difficult for you to stick with good health habits. Tell where you can go to be with others who encourage you to be healthy, clean, and fit.							
c. <i>Practice</i> : Practice good health habits.							
And do six of these requirements:							
2. With a parent or family member complete a safety notebook.							
3. Read the meal planning information. Plan a week of meals.							
4. Keep a record of your daily meals and snacks for a week.							
5. Tell an adult about the bad effects of tobacco.							
6. Tell an adult why you should not use alcohol.							
7. Tell an adult what drugs could do to your body.							
8. Read the booklet <i>Take A Stand Against Drugs!</i> and discuss it with an adult.							

Fitness Activity Badge Introduction

Fitness means being healthy and in good physical and mental shape.

Health and fitness go hand in hand. Good fitness usually means good health. People who are not fit usually have poor health.

Poor health can also lead to a poor outlook on life. Good health, on the other hand, is usually accompanied by more energy and more enthusiasm.

Fitness is not just physical – the mind and body work together.

One of your jobs in life is taking care of your wonderful and complex body. You need to become an expert at keeping it working at its best.

That means you must eat a healthy diet and get plenty of exercise and rest. You must also avoid harmful substances like alcohol, tobacco and drugs that can hurt your body.

Here are some key issues for good health and fitness:

- Nutrition – you need a well balanced diet. (See Requirements 3 & 4)
- Effect of drugs, tobacco and alcohol. (See Requirements 5 through 8)

Resources:

- Substance Abuse
- The Fable Of The Snake
- Facts About Smoking
- Nutrition/Sleep/Seven Rules of Health
- Alcohol, Tobacco and Drugs
- Treat Your Body Right

Activities:

- Make a poster for a Pack Meeting
- Take dumbbells to a Den Meeting
- What does a Doctor do to you at a check up?
- Take your pulse
- Check your heartbeat

Fitness Activity Badge

1. Premeeting
 - a. Fitness Word Search *(Handout)*
 - b. Fitness and Food Word Search *(Handout)*
2. Introduction
 - a. Background Information
 - b. Treat Your Body Right *(Handout)*
3. Complete a Safety Notebook p 247 *(Requirement 2)*
 - a. Start in Den Meeting, complete at home *(Handout)*
4. Nutrition p 248 *(Requirement 3)*
 - a. Read the information in the book
 - b. Make a Food Pyramid *(Handout)*
 - c. Plan a week of meals *(Handout - Meal Chart)*
5. Keep a record of meals p 250 *(Requirement 4)*
 - a. Keep track and answer questions *(Handout - Tracking)*
6. Effects of smoking or chewing tobacco p 256 *(Requirement 5)*
 - a. Facts About Smoking *(Handout)*
7. Effects of alcohol p 257 *(Requirement 6)*
 - a. Substance Abuse *(Handout)*
8. Effects of drugs p 257 *(Requirement 7)*
 - a. The Fable Of The Snake *(Handout)*
9. Review
 - a. Alcohol, Tobacco & Drugs *(Handout)*
10. Homework
 - a. Activities at Home *(Handout)*
11. Read "Take A Stand Against Drugs" p 258 *(Requirement 8)*
12. Fitness Final Exam *(Handout)*

Rich Smith
4/17/2005

Fitness Word Search

Directions

Find the words in the puzzle that are listed below.

The words are horizontal, vertical, and diagonal, forwards and backwards.

All of the words are associated with the Fitness Activity Badge!

Put the unused letters in the boxes to find a hidden message!

E S P U O R G D O O F F A
T H E A P B E A N S R A E
S L S M O K E E T N U T S
E E H S U G A R Y U I S E
R X E L L S T B D T T A E
V E G E T A B L E R Y F H
I R G E R I C E I I U H C
N C S P Y O G U R T S G T
G I H E A L T H M I L K S
F S C U B S T I F O I L S
U E T M E A T W I N N E R
C U B C E R E A L S C O U

H I D D E N M E S S A G E

 !

BEANS
BREAD
CEREAL
CHEESE
DRUGS
EGGS
EXERCISE

FATS
FOODGROUPS
FISH
FIT
FRUIT
HEALTH
MEAT

MILK
NUTRITION
NUTS
OILS
PASTA
POULTRY
RICE

SERVING
SLEEP
SMOKE
SUGAR
VEGETABLE
YOGURT

Rich Smith
5/10/05

Fitness Word Search

Directions

Find the words in the puzzle that are listed below.

The words are horizontal, vertical, and diagonal, forwards and backwards.

All of the words are associated with the Fitness Activity Badge!

Put the unused letters in the boxes to find a hidden message!

E S P U O R G D O O F F A
T H E A P B E A N S R A E
S L S M O K E E T N U T S
E E H S U G A R Y U I S E
R X E L L S T B D T T A E
V E G E T A B L E R Y F H
I R G E R I C E I I U H C
N C S P Y O G U R T S G T
G I H E A L T H M I L K S
S S T I F O I L S
E M E A T N
C E R E A L

H I D D E N M E S S A G E

E A T H E A L T H Y , S T A Y F I T !

BEANS
BREAD
CEREAL
CHEESE
DRUGS
EGGS
EXERCISE

FATS
FOODGROUPS
FISH
FIT
FRUIT
HEALTH
MEAT

MILK
NUTRITION
NUTS
OILS
PASTA
POULTRY
RICE

SERVING
SLEEP
SMOKE
SUGAR
VEGETABLE
YOGURT

Rich Smith
5/10/05

Fitness and Food Word Search

Modified from Circle Ten Council 1999 Pow Wow by Rich Smith

Directions

Find the words in the puzzle that are listed below.

The words are horizontal, vertical, and diagonal, forwards and backwards.

All of the words are associated with Fitness and Food!

P R U N E J U I C E B W S F
I O R A N G E P Q W A E C R
C E T R D T Y I C V D B O U
K U B A P P L E N M G E U I
E L B A T E G E V X E L T T
L G H C O O K I E S N O S R
S G O O D S C O U T U S L O
J F O O D K L H W A T E R L
F R E N C H F R I E S Q A L
I U W E C U B S R P T Y I U
T I O P R E T Z E L S B S P
N T L C A N D Y D S F E I S
E G F H C A K E B A N A N A
S M I L K S U G A L J R S K
S O C H E E S E L T I G E R
B M Y F R U I T J U I C E A
D I E T S O D A B O B C A T

APPLE
BANANA
CAKE
CANDY
CHEESE
COOKIES

CRACKERS
FRENCH FRIES
FRUIT
FRUIT JUICE
FRUIT ROLLUPS
MILK

NUTS
ORANGE
PICKLES
PIE
POTATOCHIPS
PRETZELS

PRUNE JUICE
RAISINS
SALT
SODA
VEGETABLE
WATER

Fitness and Food Word Search

Modified from Circle Ten Council 1999 Pow Wow by Rich Smith

Directions

Find the words in the puzzle that are listed below.

The words are horizontal, vertical, and diagonal, forwards and backwards.

All of the words are associated with Fitness and Food!

```
P R U N E J U I C E           F
I O R A N G E P             R
C   T                       I   U
K       A P P L E           I
E L B A T E G E V         T
L       C O O K I E S N   R
S                               U   O
      F                       H W A T E R L
F R E N C H F R I E S     A L
U       C                       P   I U
I   P R E T Z E L S       S P
T   C A N D Y           S   I S
      C A K E B A N A N A
M I L K                       L   S
      C H E E S E           T
      F R U I T J U I C E
      S O D A
```

APPLE	CRACKERS	NUTS	PRUNE JUICE
BANANA	FRENCH FRIES	ORANGE	RAISINS
CAKE	FRUIT	PICKLES	SALT
CANDY	FRUIT JUICE	PIE	SODA
CHEESE	FRUIT ROLLUPS	POTATOCHIPS	VEGETABLE
COOKIES	MILK	PRETZELS	WATER

My Safety Notebook
Webelos Fitness Activity Badge
Cub Scout Pack 133

Name _____

Webelos I _____ Patrol

January 3, 2006

Emergency Phone Number

Mom at Work _____

Dad at Work _____

Emergency Contact _____

(Neighbor or friend if parents can not be reached)

Safety Rules

1. _____

2. _____

3. _____

4. _____

5. _____

Safety Guidelines

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Other Important Information

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Fitness Activity Badge

Activities at Home

Modified from R. Gary Hendra

Your Scout is working on the Fitness Activity Badge this month. This badge is required for the Webelos rank. It requires work to be done at home.

We will be discussing the following requirements in detail at the Den Meetings. As your Scout completes the work in the Den, he needs to tell you about what he has learned. Then please initial where indicated and make sure this page stays with his Webelos Book.

Scout's Name: _____

Requirement 2 (Pages 247-248)

With a parent or other adult family member complete a Safety Notebook, discussed in the pamphlet, "How to Protect Your Children from Child Abuse," found in the front of the book.

I have completed Requirement 2 with my Scout

Requirement 3 (Pages 248-256)

Tell an adult member of your family what a balanced diet is and whether or not your diet is balanced. Plan a week of meals.

I have completed Requirement 3 with my Scout

Requirement 5 (Page 256)

Tell an adult member of your family five bad effects smoking or chewing tobacco would have on your body

I have completed Requirement 5 with my Scout

Requirement 6 (Page 257)

Tell an adult member of your family why you should not use alcohol and how it could affect you.

I have completed Requirement 6 with my Scout

Requirement 7 (Pages 257-258)



Tell an adult member of your family what drugs could do to your body and how they could affect your ability to think clearly.

I have completed Requirement 7 with my Scout

Nutrition

From BALOO'S BUGLE December 2004

No program concerning fitness should leave out the subject of NUTRITION! Lead a Den discussion of the variety of good food for proper growth and development and the importance of good nutrition. The following chart about the 4 basic food groups might be helpful.

1. MILK GROUP <ul style="list-style-type: none">• MILK & MILK PRODUCTS• CHEESE• COTTAGE CHEESE• ICE CREAM BUILDS TEETH AND BONES!	2. FRUIT-VEGETABLE GROUP <ul style="list-style-type: none">• ALL KINDS OF FRESH FRUITS AND VEGETABLES• RAISINS BUILDS ENERGY AND HELPS YOUR BODY DEFEND AGAINST DISEASE.	
	3. PROTEIN GROUP <ul style="list-style-type: none">• BEANS• MEAT• FISH• PEANUT BUTTER• EGGS BUILDS MUSCLES, BONES AND BLOOD	4. BREAD-CEREAL GROUP <ul style="list-style-type: none">• RICE• CEREAL & GRITS• BREAD• FLOUR PRODUCTS• SPAGHETTI QUICK ENERGY BUILDERS. HELPS TO MAKE YOUR BODY WORK BETTER.

Make a Food Pyramid

Draw a food pyramid on a big piece of paper or a poster board. Using old magazines donated by the Den families cut out pictures of food and glue them in the appropriate place on the pyramid. You can also draw pictures of different foods to add to the food pyramid.

For Nutrition ideas

Be sure to visit www.5aday.org to learn about eating your fruits and vegetables by the color and www.3aday.org to learn about your dairy needs.

Sports

It's fun to play games and to take part in sports. It's also good exercise, which helps to keep your body healthy. Some games and sports are for one person, and sometimes people play games or sports on teams. It's also fun to watch others play games or demonstrate their abilities. Understanding the game or sport you are watching makes it a lot more fun.

Nutrition Test

1) List the four basic food groups.

2) Explain what a balanced diet is.

3) What would happen to a person who ate the following foods all the time?
Kool-Aid, Fried Foods, Potato Chips, Candy!!

Circle the meal or meals below that are balanced.

8 Oz Milk

4 oz fish

½ cup green beans

1 slice wheat bread

Fresh fruit

1 glass ice tea

4 oz. Lean Beef

1 Cup mashed potatoes

1 dinner roll w/butter

1 cup peas

½ cup ice cream

8 oz. Kool-Aid

4 oz fried hamburger

½ cup French Fries

1 Bun

2 Cups Ice Cream

1 glass of water

4 oz. Pork Steak

Fried potatoes

1 slice of bread

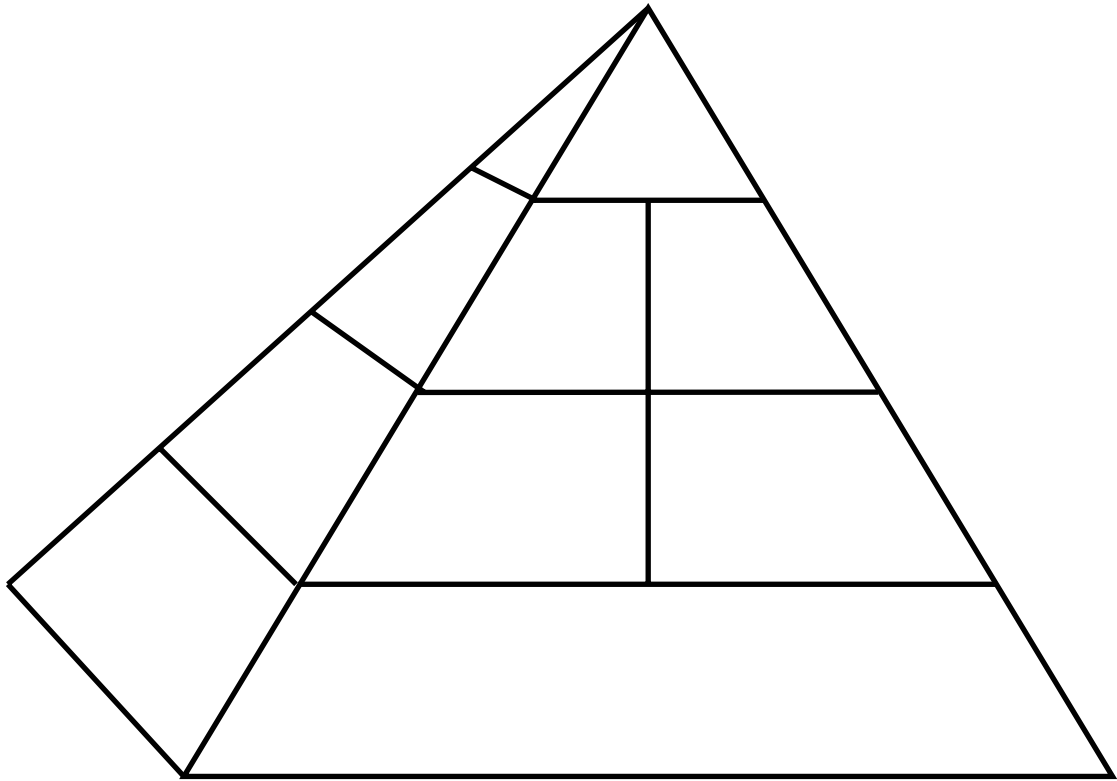
1 cup peas

2 Popsicles

Make a Food Pyramid

Complete the food pyramid below. Label each food group in the pyramid.

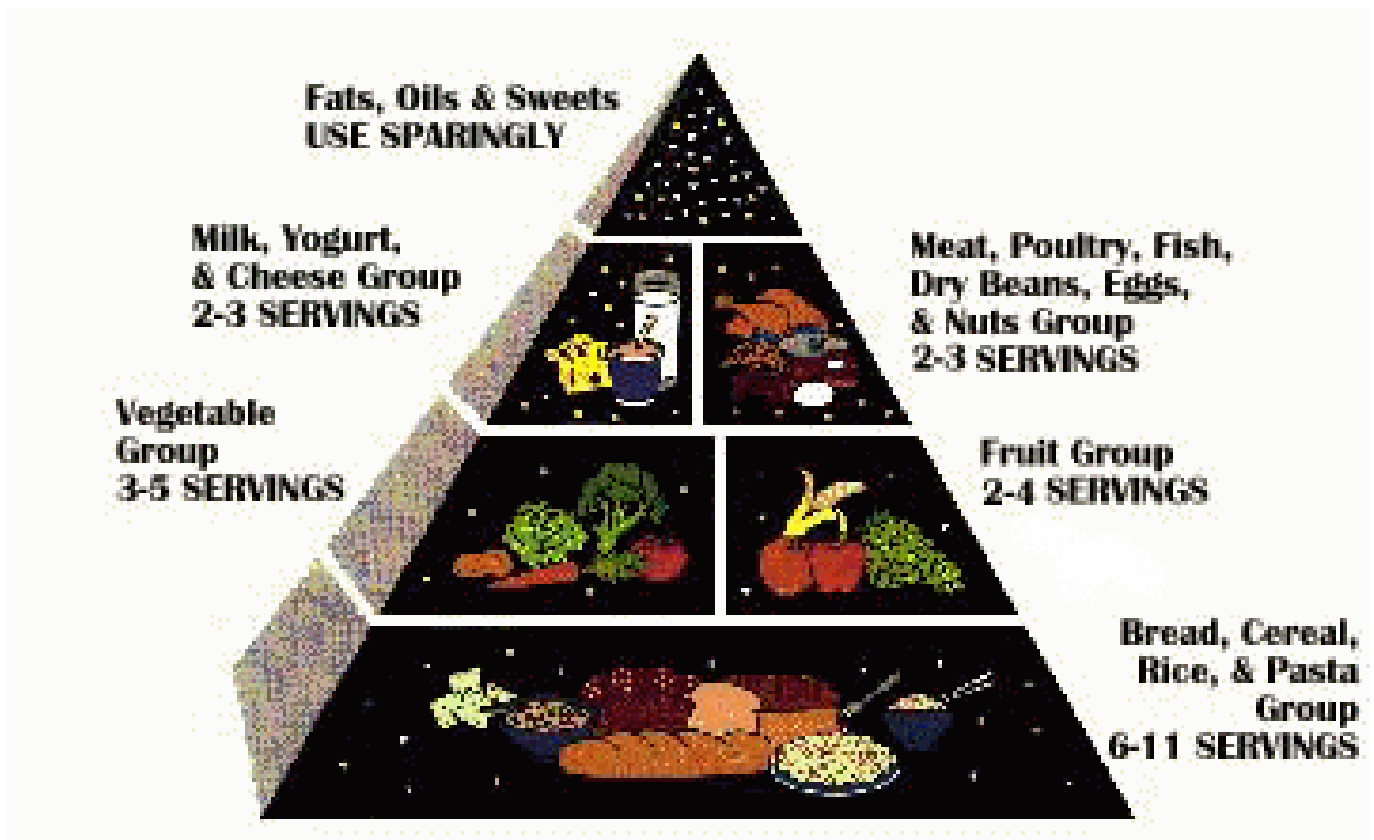
Using old magazines donated by the Den families cut out pictures of food and glue them in the appropriate place on the pyramid. You can also draw pictures of different foods to add to the food pyramid.



Make a Food Pyramid

Complete the food pyramid below. Label each food group in the pyramid.

Using old magazines donated by the Den families cut out pictures of food and glue them in the appropriate place on the pyramid. You can also draw pictures of different foods to add to the food pyramid.



Fitness Activity Badge

Meal Planning Chart

Requirement 3

Read the meal planning information in your book. With a parent or other family member, plan a week of meals. Explain what kinds of meals are best for you and why. Use the chart below to record the number of servings from each food group that were included in your meals and snacks.

Day	Number of Servings in each group					
Meal	Bread/ Cereal/ Rice/ Pasta	Vegetables	Fruits	Milk/ Yogurt/ Cheese	Meat/ Poultry/ Fish/Beans /Eggs/Nuts	Fat/Oils/ Sweets
Breakfast						
Lunch						
Snack						
Dinner						
Snack						
Totals						

Fitness Activity Badge

Meal Tracking Chart

Requirement 4

Keep track of the meals you eat for one week. Use the chart below to record what you eat at meals and for snacks.

At the end of the week, cross out the unhealthy foods and circle the good food choices with a red marker.

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Questions:

1. What good choices did you make?
2. Why were they good choices?
3. What poor choices did you make?
4. Why were they poor choices?

Substance Abuse

Santa Clara County Council 1998 Pow Wow

The following is a simple list of effects of smoking, drugs, and alcohol. Let it lead into a discussion. Remember, not all drugs are dangerous. Be sure that boys realize that prescription drugs administered by a doctor or parent are all right.

Smoking

Hair and clothes smell bad	Stains teeth and fingers
Bad breath	Cancer of mouth, throat, lungs
Smoke irritates eyes	Heart disease
Inability to breathe deeply	Cost

Alcohol

Interfere with memory	Addictive
Perception distorted	Damages to heart, kidneys, and liver
Do badly in school	Brain damage, unconsciousness, death
Personality changes	Cost

Drugs

Moodiness
Irritability. A short temper
Sudden changes in behavior
Unreasonable bursts of anger
A need to be alone much of the time
A change of friends, especially ones who are not as nice, respectable, or likable as his or her former friends
Falling grades in school, and truancy, esp. for a formerly good and reliable student
Irregular eating habits and loss of appetite
Memory lapses and even “blacking out” episodes
The discovery of drug paraphernalia and even such things as matches when he or she is a nonsmoker
A disinterest in things he or she liked before, such as sports, reading, Scouting, etc.
Defensive behavior, such as getting angry at normal questions
Sleeping more than usual. Changes in sleep patterns. Not sleeping at night
Dilated (very large) pupils in the eyes, unsteady walking, other signs of physical difference
Dishonesty, such as repeated lies about where he or she is going, whom he or she is seeing, and stealing money or selling objects from home and elsewhere.

While some or all of these signs might be an indication of other problems, or nothing too serious at all, all of them are worth investigating.

The Fable Of The Snake

Santa Clara County Council 2001 Pow Wow

Many years ago, Indian youths would go away in solitude to prepare for manhood. One such youth hiked into a beautiful valley, green with trees, bright with flowers. There he fasted. But on the third day, as he looked up at the surrounding mountains, he noticed one tall rugged peak, capped with dazzling snow.

“I will test myself against that mountain,” he thought. He put on his buffalo-hide shirt, threw his blanket over his shoulders, and set off to climb the peak.

When he reached the top, he stood on the rim of the world. He could see forever, and his heart swelled with pride. Then he heard a rustle at his feet, and looking down, he saw a snake. Before he could move, the snake spoke.

“I am about to die,” said the snake. “It is too cold for me up here, and I am freezing. There is no food, and I am starving. Put me under your shirt and take me down to the valley.”

“No,” said the youth. “I am forewarned. I know your kind. You are a rattlesnake. If I pick you up, you will bite me, and your bite will kill me.”

“Not so,” said the snake. “I will treat you differently. If you will do this for me, you will be special. I will not harm you.”

The youth resisted for awhile, but this was a very persuasive snake with beautiful markings. At last, the youth tucked it under his shirt and carried it down to the valley. There he laid it gently on the grass, when suddenly the snake coiled, rattled and leapt, biting the youth on the leg.

“But you promised...” cried the youth.

“You knew what I was when you picked me up,” said the snake as it slithered away.

And now, wherever I go, I tell this story. I tell it especially to the young people of this nation who might be tempted by drugs. I want them to remember the words of the snake: “You knew what I was when you picked me up.”

By Iron Eyes Cody
St. Joseph’s Indian school, Chamberlain, SD

Just Say No

Facts About Smoking

From BALOO'S BUGLE December 2003

- According to the World Health Organization, there are 1.1 billion smokers worldwide and 6 trillion cigarettes are smoked every year.
- According to the US Centers for Disease Control, there are about 47 million adult cigarette smokers in the US. Moreover, tobacco use in the US results in more than 430,000 deaths each year (about 1 in 5 deaths.) The economic costs of tobacco use cost more than \$100 billion.
- The New Straits Times (August 11, 1997) reported on a "smoking contest" between two young men (ages 19 and 21 years old). These two men wanted to see who could smoke the most cigarettes at a single sitting. The result was tragic: the 19 year old died after smoking 100 cigarettes and the 21 year old was seriously poisoned after smoking 80 cigarettes. It goes without saying, "Don't try this at home!"
- "Bidi" cigarettes are **NOT** safe alternatives to regular cigarettes. A bidi cigarette has THREE times more nicotine and carbon monoxide and FIVE times more tar than a regular American cigarette. (Statistic from Yen et al., *Archives of Pediatric and Adoles. Medicine*, 154:1187-1189, 2000.)
- The cost of a pack of cigarettes in New York is about \$7.00. Therefore, a person who smokes one pack of cigarettes each day will spend \$2,555.00 each year on tobacco. (Reference: Associated Press story, "With packs hitting \$7, smokers try to kick habit" reprinted in the *Seattle Times*, July 13, 2002.)
- More than 100 chemicals are added to tobacco to make cigarettes. These chemicals include benzaldehyde, butyric acid, decanoic acid, ethyl acetate, hexanoic acid, 3-methylbutyraldehyde, methylcyclopentenolone, and tolualdehydes. (Reference: Philip Morris USA.)

Activities That Will Help Boys Understand The Harmful Effects of Cigarette Smoking

From BALOO'S BUGLE December 2003

- Discuss pollutants in the air - Use pictures of factory smoke, car exhaust, rocket launches, and smoke from someone else's burning cigarette and so on.
- Explain how all living things need air to breathe.
 - Put a plant under an airtight container. What begins to happen? The same thing is happening to your lungs each time you smoke a cigarette.
 - Put ants or other insects in an airtight jar. Give them everything else they need except air. What happens? Why? (When the insects activity begins to decrease, set them free)
- Talk about the fact that smoking cigarettes is harmful to our health and how it "pollutes" the internal environment of our body (the lungs).
- Demonstrate the effect of sick or injured lungs:
 - Light a candle. Ask a boy to stand a reasonable distance from the candle. Instruct the boy to take a deep breath and then blow out the candle
 - Relight the candle. Ask the boy to stand at the same distance from the candle. Instruct him to take a deep breath and blow out at least half of the breath before attempting to blow out the candle. With the breath that is left, ask the boy to blow out the candle. What happened?

Facts About Smokeless Tobacco

Some ads you see now try to make the smokeless tobaccos appear clean and good, like a "safe" or "good" substitute for smoking. Try to give your Webelos Scouts a closer and more realistic look at the act and consequences of chewing and dipping.

Chewing tobacco calls for a golf ball sized wad to be placed in the pouch of the cheek and sucked. Just think about that close contact between your flesh and tobacco. The spitting that goes with getting rid of the tobacco juices is unmannerly.

Why put something in your mouth so repulsive that you have to spit it out again?

Dipping is the process of putting a pinch of tobacco (snuff) between the lower lip and teeth. There it stimulates the flow of saliva and mixes with it. The saliva must either be swallowed or spat out frequently.

As repulsive as spitting is, the use of smokeless tobacco seems to be increasing. It is important to counter this with solid facts on the dangers of smokeless tobaccos.

Smokeless tobacco does not carry the same health hazard warning that cigarettes do, but they should. ***Smokeless tobacco is dangerous and is habit forming.***

Habitual use of chewing tobacco and snuff can cause oral cancer, a lessening sense of smell & taste, and dental problems like receding gums, tooth decay, bad breath and discolored teeth.

- During 1996, the danger of smokeless tobacco received much publicity due to baseball pro pitcher ***Brett Butler*** being diagnosed with mouth cancer, although he gave up the use of smokeless tobacco several years before. Butler is an example of a fine, healthy young man whose past habits have perhaps caught up with him.

Nutrition

Santa Clara County Council 1999 Pow Wow

No program concerning fitness and health should leave out the subject of nutrition. While working on the Fitness Activity Badge, in addition to discussing the danger posed by smoking and abuse of alcohol and drugs, Den Leaders should plan to have some discussion on the importance of good nutrition.

Have the boys make a poster or collage showing foods that belong in each food group. Use magazines and advertisements from the Sunday papers for these.

Let each boy make up a menu for a meal and let the other Den members check it for balance. This would be good to do for a campout menu. They need to be balanced also.

MILK GROUP: Builds teeth and bone.

Milk and milk products; Cheese; Cottage cheese; Ice cream

FRUIT-VEGETABLE GROUP: Builds energy and helps your body defend against disease.

All kinds of fresh fruits and vegetables

PROTEIN GROUP: Builds muscles, bones and blood.

Beans; Meat; Fish; Peanut butter; Eggs

BREAD-CEREAL GROUP: Quick energy builders, helps to make your body work better.

Rice; Cereal and grits; Bread; Flour products; Spaghetti

Sleep

Most people need between seven and ten hours of sleep a night, but some people need as little as three hours or as much as twelve hours of sleep.

After two or three days of no sleep, a person can hallucinate just as if they had taken drugs.

People have stayed awake for as much as eleven days...but they thought their food was poison and people were trying to kill them.

People who sleep enough live longer.

Sleep is one of your body's ways to renewing its energy. It is important for growing bodies to have plenty of sleep. Most boys need 9 to 10 hours of sleep every night.

Seven Rules of Health

Circle Ten Council 1998 Pow Wow

Keep Clean

1. Body--take hot baths or shower often with soap.
2. Hands--wash before meals and after using toilet.
3. Teeth--brush well every night. Whenever possible brush teeth or rinse mouth after eating. See your dentist twice a year.

Eat Proper Food

4. Drink plenty of the right kinds of liquids--water, milk, and fruit juices.
5. Eat different kinds of good food. Don't stuff yourself. Avoid too many sweets. Eat regular meals. Avoid between meal snacks.

Keep Fit

6. Exercise--lots of active play outdoors.
7. Rest--enough sleep at regular hours.

Alcohol, Tobacco & Drugs

By Barb Stephens

Ask the Webelos Scouts to first read these sections from their handbooks.
Then they can complete this worksheet.

Identify the symptoms and/or effects of abuse for Alcohol (**A**), Tobacco (**T**) or
Drugs (**D**).

1. _____ Shortened memory
2. _____ Slows down the brain
3. _____ Causes lung cancer
4. _____ Loss of motivation
5. _____ Slows down the body
6. _____ Causes heart disease
7. _____ Less will power
8. _____ Makes people see double
9. _____ Can't breathe deeply
10. _____ Tendency to drop out of sports, school, family
11. _____ Can damage the liver
12. _____ Irritates eyes, making them red and sore
13. _____ Lack of concentration
14. _____ Can make people do things they wouldn't consider when they're
sober
15. _____ Stains teeth and fingers
16. _____ Causes poor judgement

Alcohol, Tobacco & Drugs

By Barb Stephens

Ask the Webelos Scouts to first read these sections from their handbooks. Then they can complete this worksheet.

Identify the symptoms and/or effects of abuse for Alcohol (**A**), Tobacco (**T**) or Drugs (**D**).

1. _____ Shortened memory
2. _____ Slows down the brain
3. _____ Causes lung cancer
4. _____ Loss of motivation
5. _____ Slows down the body
6. _____ Causes heart disease
7. _____ Less will power
8. _____ Makes people see double
9. _____ Can't breathe deeply
10. _____ Tendency to drop out of sports, school, family
11. _____ Can damage the liver
12. _____ Irritates eyes, making them red and sore
13. _____ Lack of concentration
14. _____ Can make people do things they wouldn't consider when they're sober
15. _____ Stains teeth and fingers
16. _____ Causes poor judgement

Answers:

Alcohol: 2, 5, 8, 11, 14

Drugs: 1, 4, 7, 10, 13, 16

Tobacco: 3, 6, 9, 12, 15

Treat Your Body Right!

Santa Clara County Council 1999 Pow Wow

True or False? After boys take this test, discuss each item with them.

- T F 1. Smoking or chewing tobacco makes you cool.
- T F 2. Smoking can cause lung cancer and heart disease.
- T F 3. Athletes who smoke always play as long and as hard as athletes who don't smoke.
- T F 4. Smoking will not affect your eyes at all.
- T F 5. Smoking stains teeth and fingers.
- T F 6. Chewing tobacco is OK because it doesn't get into your body's organs.
- T F 7. Alcohol doesn't slow down the brain and body.
- T F 8. Alcohol can make a person see double.
- T F 9. Alcohol can make people do bad things that they would never consider doing when sober.
- T F 10. Drunk drivers kill thousands of people each year.
- T F 11. All drugs, even prescription drugs, are dangerous.
- T F 12. It's OK to take someone else's medicine if you're sure you have the same illness.
- T F 13. Sniffing glue is OK to do once in a while.
- T F 14. Toxins from certain sniffing substances can affect the liver, kidneys and muscles.
- T F 15. Marijuana is OK in small amounts, but cocaine, heroin and LSD are not.
- T F 16. Eating a cheeseburger, French fries and a soda for every lunch would be a balanced diet.
- T F 17. There are five food groups.
- T F 18. You should have two or more servings from each food group everyday.
- T F 19. Your body needs vitamins, minerals, carbohydrates, fat and protein to operate smoothly.
- T F 20. Rushing meals or skipping meals can be harmful to your body.

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Fitness Final Exam

Greater St. Louis Area Council

1. How would your body feel without the proper nutrition?

2. If you smoked tobacco for several years, what could happen?

3. Is it a good idea for athletes to smoke? _____ Why or why not?

4. Is chewing tobacco harmful to you, if so why?

5. If someone smokes around you, could it harm you?

6. Even though alcohol is legal, can it harm people?

7. If you answered "Yes" to #6, how does it harm people?

8. If a person is drunk, what are some of the actions they might do?

9. Is it okay to drive after a person has been drinking?

10. Are all drugs dangerous?

11. What is the proper thing to do if someone offers you a pill or something that looks strange to you?

12. What is an overdose?

13. What do drugs do your body?

14. Is it okay to take drugs that the doctor has given to someone else?

Fitness Games

From BALOO'S BUGLE December 2001

Remember that any fitness program will not be sustainable unless it is fun. Below are a few ideas for games to incorporate into your meetings. The How-to-book, Webelos activity book as well as your local library will also give you some ideas.

Jump the Bean Bag

A small bean bag is tied on the end of a rope or heavy cord. The Leader stands in the center of the circle made up of the players facing him. The Leader swings the bean bag around the circle at ankle height. Once a player is hit he must leave the circle. The last player left is the winner.

A. B. C.

Two players hold the end of a rope about 10 feet long. With rope laying flat on the ground each player jumps over the rope. The rope is then raised about four inches high which is 'B' and every body jumps over. Continue raising the rope four inches with each letter of the alphabet until only one player is left.

Shuttle Run

Area and Equipment - You'll need two blocks of wood, 2 inches by 2 inches by 4 inches and a stop watch. Mark two parallel lines on the ground 30 feet apart. Then put the blocks of wood behind one of these lines. The Webelos Scout will start from behind the other line.

Procedure:

1. The time should raise his arm and say, "Get ready!"
2. Then the timer simultaneously says 'Go!', lowers his arm, and starts the stopwatch.
3. The Webelos Scout runs from the starting line to the blocks, which have been placed just behind the second line. He picks up one of the blocks, runs back with it to the starting line, and places the block behind the line. The block must be placed, not thrown, on the ground.
4. Then the Webelos Scout runs back to the second line, picks up the other block, and carries it back across the starting line.
5. As the Webelos Scout crosses the starting line with the second block, the timer should stop the stopwatch. The child's time should be calculated to the nearest tenth of a second.
6. The Webelos Scout should then be given a chance to do the event again. The better of the two times will become his time for the shuttle run.