

# Make Every Step Count Patch Program (Cadette, Senior, and Ambassador)

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The purpose of this patch program is to educate Girl Scouts, troop leaders, and families on healthy living. The focus of the program is exercise, healthy eating, and wellness. Those who participate in the program will do a step challenge, learn about food buzz words, and encourage others in their community to be healthy.

The program was adapted from our original Make Every Step Count patch program. We thank those from Girl Scouts- North Carolina Coastal Pines who originally created the patch program.

Girl Scout Level	Required (See Below)	Discover	Connect	Take Action	Total Activities
Cadettes	1	3	3	3	10
Seniors	1	3	3	3	10
Ambassadors	1	3	3	3	10

## Requirements to Earn Patch

*Cadettes, Seniors, and Ambassadors- Must complete the required activity and 3 activities from each section (Discover, Connect, Take Action)*

## Required Activity

### 1. Step Challenge

The recommended amount of steps for a child is 12,000 a day and the recommendation for adults is 10,000. These recommendations are for optimal health. As a troop, individuals, or as families set a step goal (this patch program is a great one to include families). Tailor the goal to those who are participating. You can set a daily step goal, weekly step goal, weekend step goal, weekday step goal, or 3 day step goal. The options are endless! Set a goal that you are going to be able to meet each week. If Girl Scouts aren't wanting to wear pedometers at school then make the challenge for evening or weekends only. As long as you are stepping, you are working towards a healthier life style!

Use the Goal Chart attached (Resource Section) to set a step goal for each week. Log the number of steps you take on the days you are in the challenge.

Pedometer Reservation

Pedometer Reservation

Girl Scouts – North Carolina Coastal Pines has pedometers that can be reserved by troops. A deposit is required to reserve the pedometers. The cost is \$1.00 per pedometer. There are a limited number of pedometers for reservation. If all pedometers are being used by other troops you can purchase low-cost pedometers at the link below or use a phone app.

<https://www.pedometersusa.com/>

Pedometers reserved from GS - NCCP can only be used by Girl Scouts and Troop Co-Leaders due to the limited number of pedometers. Girl Scouts family members who want to participate in the Step Challenge must provide their own pedometers.

If you are interested in using GS – NCCP's pedometers please call your nearest GS - NCCP Shop (Raleigh, Wilmington, Fayetteville, and Goldsboro) to check pedometer availability. Pedometers can be shipped to troops for a non-refundable \$5.00 fee. Click [here](#) to get the number of our shops.

# Discover

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## 1. Buzz Words

We live an era of buzz words on our foods, low-fat, fat-free, enriched, whole grain, etc. It is easy to get lost in the words and not really understand what you are purchasing and eating.

Read over the following buzz words:

- Low-fat- foods must have 3 grams of fat or less per serving. Often when companies have removed “fat” they have removed flavor. To add flavor back into the product they often add more sugar and salt, which isn’t good for you either.
- Fat-free- foods must have less than .5 grams of fat per serving. Often when companies have removed “fat” they have removed flavor. To add flavor back into the product they often add more sugar and salt, which isn’t good for you either.
- Whole grain/whole wheat- these terms are often used to describe bread. If a bread has these words listed on the ingredients the grains used are actually whole grain, which means it has more vitamins and minerals in it. Note that the terms “wheat” or “wheat flour” doesn’t mean the same thing, it probably has been processed and is less nutritious.
- Enriched/Bleached Flour- breads that list these words are not very healthy. The flour has been processed and stripped of its nutrients and then sugars are added in for flavor.
- Sugar free- foods must contain less than .5 gram of sugar or sugar-ingredient. Sugar free doesn’t mean there is zero sugar in the product.
- No sugar added- This means no sugar or sugar ingredients have been added during processing. The product may contain products with natural sugar, but no other sugar was added in processing, such as honey and high-fructose corn syrup.
- No-salt added or unsalted- This means no salt is adding in the processing. It doesn’t mean the product is sodium free.
- Low sodium- 140 mg of sodium or less per serving.
- Sodium free- less than 5 mg of sodium per serving.

After you’ve read over the words do the Grocery Store Scavenger Hunt in the Resource Section.

## 2. How Many Steps

This activity will help your troop start to think about the number of steps they take during simple daily tasks. Knowing that things like cleaning, shopping, and other activities keep you fit will encourage them to keep moving and stay active.

Fill out the How Many Steps sheet in the **Resource Section**.

## 3. Sugary Drinks

Soda has a large amount of sugar and acid in it. This sugar and acid is bad for your body. Demonstrate the amount of sugar in your troop’s favorite drinks through the following activity.

Buy or collect bottles of your troop's favorite sugar drinks and a bag of sugar. Next read the label and figure out how much sugar is in each drink. Take the empty drink bottles and fill them up with the amount of sugar that is in each drink. Before you tell your troop how much sugar is in each drink, have them each write down how much they think is in each bottle. Then discuss their guesses and the true answers. Talk about how drinking sodas or sugary drinks everyday can cause harm to your body because of the amount of sugar.

See the chart in the Resource Section for a list of drinks with the sugar amounts already calculated.

#### **4. Discover a Way to Stay Fit**

There are so many ways to stay active; running, walking, biking, swimming, basketball, tennis, Zumba, etc. Try an activity that you have never tried before. Take a fun class at a local workout center or try a new sport. Discover a new way to stay healthy!

#### **5. Media Manager**

Social media, television, computer games, and other technology can be huge time wasters. Time that could be spent exercising, relaxing, meditating, reading, working on homework, etc. Track your use of technology for two days using the Tech Log in the Resource Section. After you have tracked your technology reflect and make a change. Think about the following questions below:

1. Between the two days, what was the average time you spend using technology?
2. When were you just wasting time by using technology?
3. What was the longest amount of time you spent on social media?
4. Did you spend time using technology when you were supposed to be doing something else?

Think about the moments on the log when you were just wasting time on technology rather than being productive. Now pick a block of time to ban technology and do another activity instead (see example). Continue to do this for a week and see what happens. Journal about how you feel when giving up the technology and what you are able to get done instead of being on your phone or watching TV. Together as a troop discuss your experiences managing your media for a week.

Example: you tend to spend 30 mins scrolling through social media before you go to bed, instead read a book, meditate, or just go to bed!

## **Connect**

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### **1. Magic Boots**

Do the following activity to get moving and work together as a team.

Instructions:

1. Set a goal for your troop to reach as they walk as a chain together- 10ft or 20ft will work!
2. Have the group line up in a horizontal line.

3. Using the outside of their feet to form a chain.
4. The group must move from one place to another without braking their feet apart- if at any point contact is broken, the group must start over from the initial point.
5. Blinding folding one or two people can be done to add an extra challenge.

Talk through with your group after:

- What strategies did you need to employ to complete this task?
- How did you look out for one another?
- In what ways does that relate to working as a troop on projects?
- How did being blindfolded affect the group dynamic?

## **2. Yoga**

Mental and physical wellness are tied together. One can't live a completely healthy life without both physical and mental wellness. Yoga is a great activity that incorporates both mental and physical wellness. The physical motions of yoga increase flexibility and help strengthen the body. The breathing, music, and pace of yoga helps to relax the mind. Head to the Internet to watch a few videos on yoga poses or take a class at a local studio.

## **3. Positivity Game**

Do a short skit with your troop or your Co-Leader to demonstrate what it is like to work/play with someone negative. A great example is pretend you and your Co-Leader are Girl Scouts trying to decide what game to play. One of you act very negative and make it hard for the other person to have fun.

Then as a troop discuss the skit and what happened. Ask them if this has ever happened to them and how it made them feel.

Explain how being positive and negative can be contagious and effect everyone else. Play the game below to demonstrate how smiling, positivity, and laughter is contagious.

Objective of the game: to not smile or laugh

1. Have your troop sit in a circle.
2. Have one person pick a silly word, phrase, or funny face- like Captain Underpants or a fishy face.
3. Then the person who picked will look at the person to the right of them and say the phrase or make the face. The person to the right must also be looking directly at the other person. They must keep a straight face and not laugh or they are out.
4. Continue saying the original phrase around the circle until you get back to the original person
5. Then it is the person to the rights turn to pick a word for the next round.
6. This continues until one person is left and they are the winner.
7. After, talk about how it was hard not the smile or laugh when others were laughing. Encourage your troop to always be positive and spread their smiles and laughter because it makes the world a lot happier and brighter. Spread positivity not negativity!

## **4. Be a Sister to Every Girl Scout**

Having healthy relationships and positive self-esteem are two important parts of living a healthy life. In this activity your troop will encourage each other through words of affirmation and compliments. Below are the instructions for this activity:

Need:

- Ball of String

Instructions

1. Have your troop stand in a circle.
2. Give the ball of string to one person.
3. Have the person with the string hold one end and throw the ball to another person in the circle (make sure they hold on to the string).
4. When they throw the string to another person they need to compliment that person or share a positive memory or words of affirmation.
5. Then the person who was thrown the string and received the compliment will throw the ball to someone else in the circle and do the same thing.
6. This continues until everyone in the circle has received the string and words of encouragement.
7. After the activity, talk about how important it is to be positive and share words of encouragement to others and that everyone has special talents and skills that should be recognized.

## **5. Stressors**

Stress has an impact on your body both physically and mentally. Do the following activity to demonstrate this to your troop.

Need:

- A backpack
- Books

Instructions:

1. Have one girl from your troop volunteer to put on the empty backpack.
2. Ask the girl what something that stresses her out is. When she shares, add a book to the bag to represent the weight of the stressor.
3. Ask the girl to continue naming things that stress her out and then add a book to the bag for each stressor. Or have other girls from your troop name their stressors.
4. Continue this until the bag is full of books and is heavy.
5. Ask the girl with the backpack on to walk around and talk about how it feels to carry all the weight around.
6. Explain to your troop that stress can cause a physical reaction like in this activity but also can affect you mentally through loss of sleep, anxiety or other things.

7. Spend a few minutes as a troop talking about how each girl deals with stress and give suggestions to cope with the stress such as journaling, talking to friends/parents, exercise, yoga, drawing, etc.

## Take Action

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### 1. Teach Younger Girl Scouts a game

Create a game that gets everyone moving. Change the rules of kickball or invent a new game of tag. The only mandatory rule is that everyone must stay moving! Once you've created a fun game and played enough times to work out the kinks. Teach a younger Girl Scout troop the game. Help them learn the rules, have fun, and stay active!

### 2. Encourage Others in Community to Walk

Make a poster, brochure, or video encouraging people to get moving and walk. Use motivational says and facts to help others in your community to start walking. Share your materials at school, in church, at the grocery store, or anywhere else you can think of!

### 3. Encourage Others to Eat Healthy

Make a poster, brochure, or video encouraging people to eat healthy. Use motivational says and facts to help others in your community to watch what they eat. Keep the information and suggestions simple. Share your materials at school, in church, at the grocery store, or anywhere else you can think of!

### 4. Plant a Community Garden

Share your knowledge of fruits and vegetables with your community. Plant a garden at a local church, nursing home, or community center. Share the goodies you grow with those in your community. See the links below for some resources on planting a garden:

<http://content.ces.ncsu.edu/central-north-carolina-planting-calendar-for-annual-vegetables-fruits-and-herbs>

<http://pender.ces.ncsu.edu/files/library/71/VegPlantingGuide.pdf>

<http://www.growforit.org/images/uploads/publications/Veggie-guide-east.pdf>

### 5. Make a healthy dinner or host a healthy food party

Make a healthy dinner for your family or host a healthy food party for your friends. The Internet is full of yummy, healthy recipes that you can share with family and friends. Look at [MyPlate](#) to create a well-balanced meal and even get ideas for snacks and dinner. Share those fruits and veggies!

## Resource Section

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<b>How Many Steps?</b>
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Using a pedometer, app, or your brain, count the number of steps you take during these activities. You must do at least 6 activities on the list below. These can be done as a troop or individual. Talk about the answer you got. If done as individual compare and discuss why they might be different.

<b>Activity</b>	<b># of Steps</b>	<b>Activity</b>	<b># of Steps</b>
Walk the perimeter of the room		Walk the dog	
Walk to the nearest bathroom		Vacuum one room of the house	
Grocery shop		Help set the table for dinner	
Get the mail		Clean your room	
Dust the house		Play a game outside	

## Grocery Store Scavenger Hunt

Find at least 8 of these items on your scavenger hunt, talk through the discussion questions that corresponds with the item

- Find a box of low-fat or fat-free crackers
  - Read the ingredients do you see any words that look like sugar (hint they end in “ose”)
- Find a can of low-sodium soup
  - Compare the amount of sodium to a normal can of soup? Also compare how much sugar is in each can.
- Find a loaf of truly whole-grain bread
  - What color is the bread?
- Find a sugar-free ice cream
  - Does the label include any natural sugar ingredients?
- Find a fat-free or low-fat salad dressing
  - Compared to the regular dressing, how much sugar is in the each dressing?
- Find a bread that has either enriched or bleached in the list of ingredients
  - What color is the bread? Would you consider it a whole grain bread?
- Find a jelly that says no sugar added
  - Compare it with a jelly that says low-sugar. Which one has added sugars like high-fructose corn syrup?
- Find a bag of chips or another item that says “no salt added or unsalted”
  - How much sodium is in the product? Is it high or low compared to your daily intake? Your daily intake should be 1500 mg
- Find a low-fat dairy item
  - Look at the amount of sugar in it compared to the regular version
- Find a sugar-free candy



- Look at the list of ingredients. Which ones sound natural to you and which ones sound processed?
- Find a no-sugar added juice
  - What are the other ingredients on the label that might contain natural sugars to make it sweet?
- Find a frozen food that is sodium free or is low sodium
  - How much sodium is in the product compared to the regular?

\*This list was created to be vague and broad so that Girl Scouts across the Council can go to their local store and look at the foods. If you can't find an item, get creative. Another alternative is to simply look for the words that you read above. Count how many times you seen then or which food groups are more prone to have those words associated with them.

## Sugar Amount Table

Drink	Teaspoons of Sugar	Drink	Teaspoons of Sugar
(1 teaspoon = 4 grams of sugar)			
Mountain Dew 20 oz	20	Coke 20 oz	17
Arizona Lemonade Ice Tea 24 oz	18	Lemon-Lime Gatorage 20oz	8.5
Orange Juice 16 oz	12	Bojangles Sweet Tea 16 oz	6
Capri Sun Pouch	4.5	Cheerwine Soda 16oz	14
Vitamin Water 20 oz	8	Simply Lemonade 8 oz	7

## Tech Log

Track the time you spend on technology. Keep this log with you or use an app. You can download certain apps that will log the time you spend on your phone for you. You don't need to log time that you spend on technology for school only for entertainment purposes. If you watch a movie in class or spend an hour researching on the computer, you don't need to add those times to the log. Use extra paper if needed!

Day 1		Day 2	
Technology	Time Spent (8:00 AM to 8:05 AM)	Technology	Time Spent (8:00 AM to 8:05 AM)



1		
2		
3		
4		
5		
6		
7		

Week 4		
Day	How Many Steps	Comments
1		
2		
3		
4		
5		
6		
7		