

FITNESS

Fitness

- Have the boys work on this over the first summer. This would be a good time to have them work on their Physical Fitness Sports pin which is required for the Athlete Badge.
- Do exercises as a part of the gathering activity before den meetings.
- Ask a nutritionist or a doctor to come to the meeting to talk to the boys about smoking, drugs, diets, alcohol (req. #3, 4, 5, 6)
- Have the den chief lead the boys in the Fitness Circle on page 33 in Chapter 2 of the Leaders How-To Book.

Resources:

Museum of Medical Science 713-790-1838

Gymnastic locations

Randall's

Exercise Warm-Up Fun

By Barb Stephens

Make sure the boys have plenty of room to move around. The leader should read it in a slow monotone at first while letting the boys go through the motions. Then try it in the sing – song rhythm a little faster. Continue to repeat it, faster and faster, until either the boys or the leader collapse!

Hands on your hips, hands on your knees,
Put them behind you, if you please.

Touch your shoulders, touch your nose
Touch your ears, touch your toes.

Raise your hands high in the air,
At your sides, on your hair.

Raise your hands as before,
While you clap: one, two, three, four.

Your hands upon your bend you place,
On your shoulders, on your face.

Then you raise them up on high,
And make your fingers quickly fly.

Then you put them in front of you,
And quietly clap: one, two; one two!

Treat Your Body Right!
Circle T for True or F for False.

- 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 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 & a soda for every lunch is a balanced diet.
- T F 17. There are five food groups.
- T F 18. You should have 2 or more servings from each food group every day.
- T F 19. Your body needs vitamins, minerals, carbohydrates, fat & protein to operate smoothly.
- T F 20. Rushing meals or skipping meals can be harmful to your body.