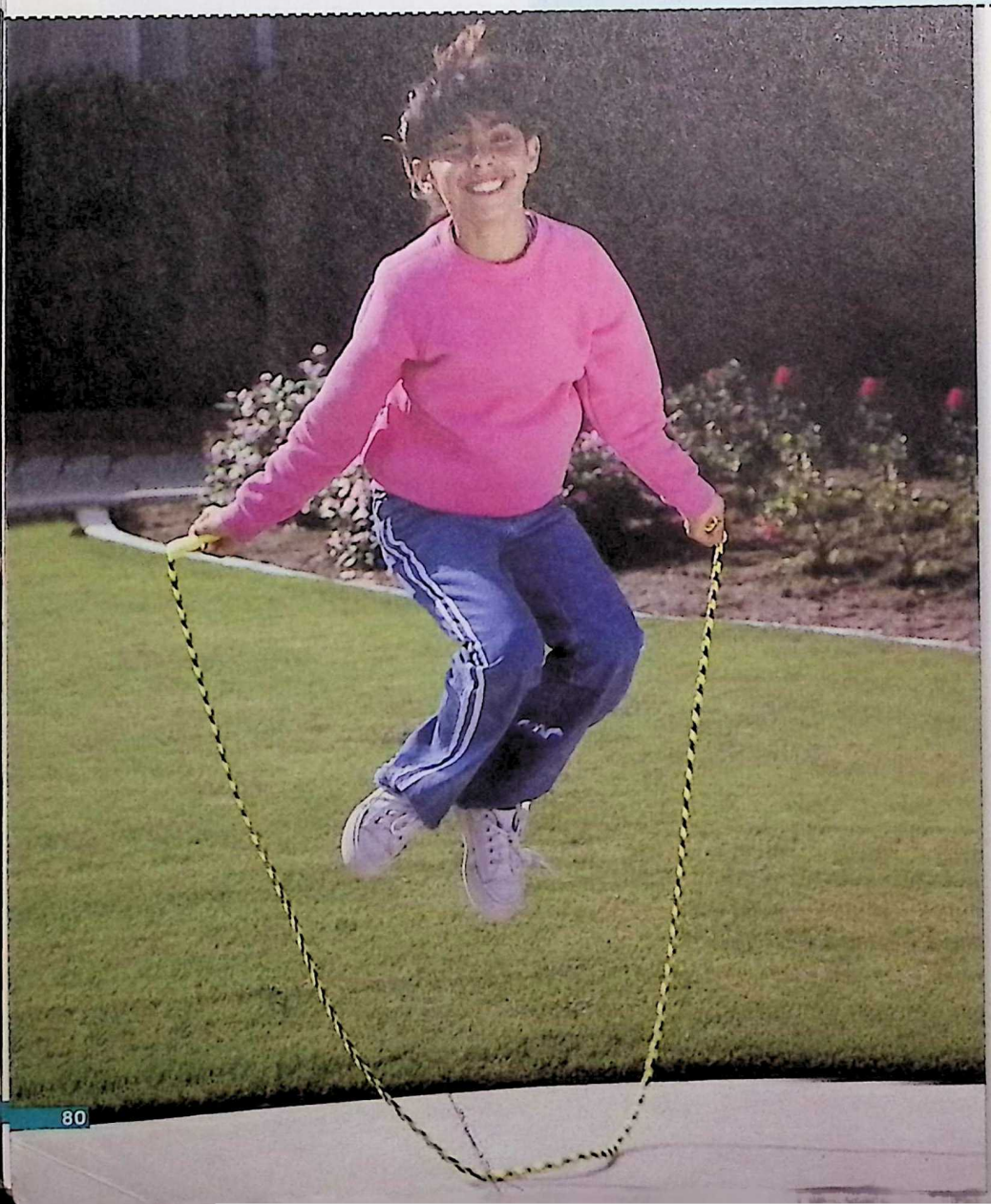
A Healthier You

Develop good habits now for a fun and healthy life. This badge is a good place to start.





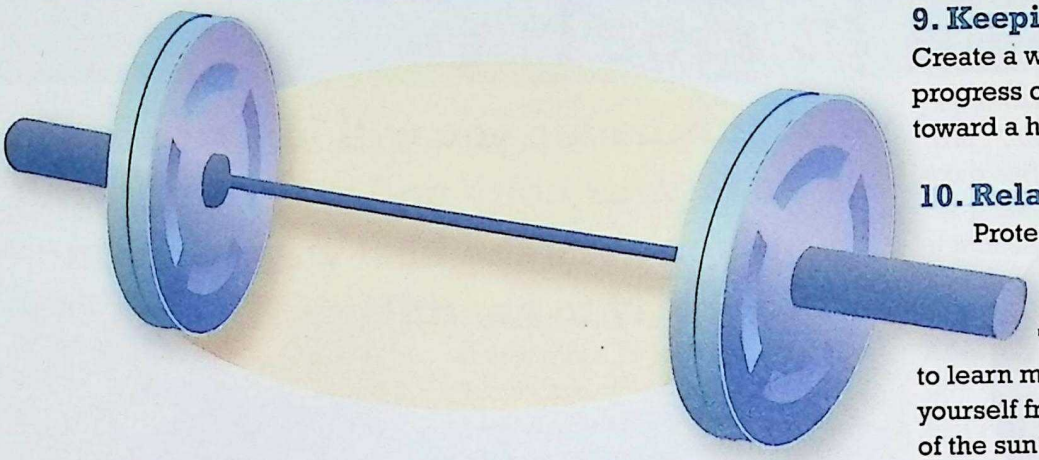


1. Healthy Bones

Strong bones are important for a lifetime of health. Eating calcium-rich food can make the difference. Find seven different foods that are calcium-rich. For one week, try to eat at least one calcium-rich food at each meal.

2. Strong Bones

Doing physical activity for a half an hour a day helps build strong bones. The best activities for bones are called weight bearing, like walking, running, skiing, or jumping rope. For one week, do some type of weight-bearing physical activity for at least 30 minutes each day.



3. Talk to Me

Find out about eating disorders. Learn the answers to these questions:

- What are the signs and symptoms of anorexia and bulimia?
- What are some of the health problems that can result from these illnesses?
- How can you help someone who is suffering from an eating disorder?

4. Tell Me What You Think

Some girls and women see a distorted picture of how they look. With at least one other friend, develop a survey of five questions that asks how satisfied girls your age are with the way they look. Ask some friends to complete your survey. Do you see them the way they see themselves? How do they see you? Do you agree?

5. Getting the Message Out

With a group of friends, create a "healthy habits" skit that can help educate girls about what they can do now to increase their chances for a healthy and active future. Come up with a catchy title and take the show on the road.

6. Preventable or Inevitable?

Examine one of the following: skin cancer, osteoporosis, heart disease, AIDS, diabetes. Write the illness on a sheet of paper. Divide the paper in half. On one side, list causes of the disease that can be prevented. For example, you can prevent osteoporosis by eating foods rich in calcium. On the other side, list causes of the disease that cannot be prevented. For example, more women than men suffer from osteoporosis—and they can't do anything about that. Look at the list of causes that are considered preventable. Using your list, come up with three healthy tips for that disease that young people can follow to lower their chances of getting sick.

7. Ways to Help

Many organizations nationwide promote and bring awareness to women's health issues. They run events to help educate people about the dangers of various diseases. Pick a health issue, and participate in an event.

8. Get Well Soon

Get permission to visit or write to a person who is in a hospital, nursing home, or hospice, and send him or her your warm wishes. Be creative.

9. Keeping Track

Create a way to track your progress over a one-month period toward a healthier you.

10. Relay for Sun Safety

Protecting yourself from the harmful effects of the sun is a year-round job. Try the following game to learn more about protecting yourself from the harmful effects of the sun:

1. Create at least two relay teams.
2. For each relay team you will need your sun safety gear: a hat with a wide brim, sunglasses, sunscreen, and an extra-large T-shirt.
3. Define the relay starting and ending lines.
4. Each team lines up in a straight line behind the starting line with the first person holding their safety gear in their hands.
5. When the signal is given to start, the first girl in each team must put on a T-shirt, hat, sunglasses, and put some sunscreen on her nose. Holding the sunscreen in her hand she runs to the finish line, and turns around and heads back to the starting point.
6. When the first girl returns to the starting point, she passes the sunscreen to the next racer, removes all the "sun safety gear" and passes it to the next person. Teammates can help.
7. That person then repeats the course, and she passes everything to the next person.
8. The race continues until everyone on each team has had a turn.
9. The team that finishes first wins.