



# Fitness

## Webelos Activity Workbook

This workbook is not required but can help you with this activity badge. Your Webelos Den Leader approves your work. No one can add or subtract from the requirements. Webelos Workbooks and much more are below: [Online Resources](#). Send comments to the workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Workbook updated: May 2009.

Scout's Name: \_\_\_\_\_ Pack: \_\_\_\_\_ Activity Badge Counselor: \_\_\_\_\_

### Do this:

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:

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.

### Meal Planning

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Supper							

Explain what kinds of meals are best for you and why. \_\_\_\_\_

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4. Keep a record of your daily meals and snacks for a week.

### Record Of Your Daily Meals And Snacks

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Snack							
Morning							
Mid-Day							
Evening							

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. \_\_\_\_\_

\_\_\_\_\_  
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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.

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8. Read the booklet *Choose to Refuse!* Discuss it with an adult and show that you understand the material.

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**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Fitness is preparing you for the [Personal Fitness Merit Badge](#).

**Webelos Activity Badge Workbooks:** [meritbadge.org](http://meritbadge.org) -or- [usscouts.org](http://usscouts.org)

**Cub Scout Academics and Sports Workbooks:** [meritbadge.org](http://meritbadge.org) -or- [Academics](#) / [Sports](#)

**Resources:** ▶ [scouting.org](http://scouting.org) ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines](#) ▶ [Safe Swim Defense](#)

**Boy Scout Merit Badge Workbooks:** [meritbadge.org](http://meritbadge.org) -or- [usscouts.org](http://usscouts.org) **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)

**Requirement Resources**

These resources and much more are at: <http://meritbadge.org/wiki/index.php/Fitness>

1. [Health and Fitness Character Connection](#) - p. 246  
[BSA: The Seven Major Components of Physical Fitness](#) - [Kid's Health Staying Healthy](#) - [American Council on Exercise - Fitness for Kids](#) - [KidsHealth](#)
2. [How to Protect Your Children from Child Abuse](#)
3. Meal planning - pp. 248-55 The Meal Planning chart is in the workbook above  
[American Dietetic Association Eat Right](#) - [USDA Food Pyramid](#) - [MyPyramid.gov Food Pyramid](#) - [International Food Information Council Foundation](#)
4. The Record Of Your Daily Meals And Snacks you need is in the workbook above.
5. Smoking or chewing tobacco - p. 256  
[Kid's Health: Smoking Sticks](#) - [What You Need to Know About Drugs](#) -
6. Alcohol - p. 257  
[Alcohol Dangers](#) - [McGruff on Drugs and Alcohol](#)
7. Drugs - p. 257  
[What You Need To Know About Drugs](#) - [McGruff on Drugs and Alcohol](#)
8. Read the booklet [Choose to Refuse!](#) Discuss it with an adult and show that you understand the material.

**General Resources**

[Bill Smith's Webelos Leader Resources: Fitness](#)

[CubRoundtable: Fitness 34 page reference guide- 362KB\)](#)

Amateur-Sports.com: <http://www.amateur-sports.com>

American Heart Association: <http://www.americanheart.org/>

Fitness for Kids: <http://www.fitnessforkids.org>

KidsHealth: <http://www.kidshealth.org>

[Webelos Roundtable Packet: Fitness](#)

[KISMIF: Fitness Links](#)

American Dietetic Association: <http://www.eatright.org>

Centers for Disease Control: <http://www.fitfamilyfitkids.com>

Intr. Food Information Council Foundation: <http://ific.org>

National Athletic Trainer's Association: <http://www.nata.org>