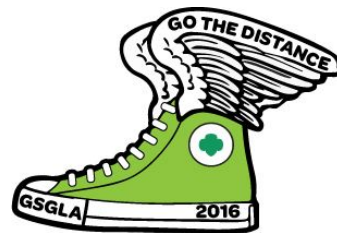


GO THE DISTANCE

GSGLA Walking/Fitness Patch Program 2016

- For:** Girls of all Levels and registered adults are welcome to participate
- When:** Program registration will be open from 5/12/16 to 9/30/16, supplies mailed starting mid-May. Package sent to ordering individual's address; if leader orders for multiple girls, supplies go to leader's address.
- Purpose:** This patch program is designed to help promote healthy living habits by incorporating exercise activities into our daily routines. Walking is the simplest form of exercise and its right at our feet. This patch experience will also allow for girls to find new fitness challenges to fit into their daily lives. GSGLA is inviting girls, troops, and families to participate in this patch program.
- Fun Facts:** *The first ancient Olympic Games can be traced back to 776BC*
- The distance between GSGLA Headquarters and the Olympic Stadium in Rio is about 6307 miles*
- 42 sports will compete at the 2016 Rio summer Olympic Games*
- Team USA has over 200 athletes competing in 39 sports*
- The first American Olympic champion was Margaret Abbot in 1900 for Golf, the first to take home a Gold Medal was Matilda Howell in 1904 for Archery*
- Olympic athletes train an average of 6-7 hours per day*
- Figure skaters Peggy Fleming ('68 Gold Medalist, and the only Gold that Team US took home that year) and Dorothy Hamill ('76 Gold Medalist) were Girl Scouts!*
- Program:** The requirement details for completing this patch program are listed on page 2 and 3. All participants must complete 4-5 requirements and 1-4 additional activities based on their age levels. Patches and pedometers will be mailed at the same time, to the leader's address, but we encourage leaders to hold off on distributing the patches until they have been earned by the participants.
- Fee:** **\$10 per participant - includes patch and multi-function silicone band pedometer**
- To register:** Please register online through eBiz. Paper registrations will NOT be accepted. No cancellations or refunds will be accommodated.
- Questions:** Please contact Christine Colvin at (626) 677-2369 or ccolvin@girlscoutsla.org



GO THE DISTANCE

GSGLA Walking/Fitness Patch Program 2016

Everyone must complete the following five requirements:

1. Using the included activity log, track 35 days of fitness. Each participant is encouraged to keep a weekly tracking log to monitor your fitness experience compare activity levels and variety with your troop-mates. Pedometers should be worn at hip level for accurate readings – be careful with them as they may fall and break if used while jumping.
 - a. Your goal for this challenge is to work as a team to cover the distance between GSGLA Headquarters and the Rio Olympic stadium. Divide and conquer the distance of 6307 miles! Or, perhaps turn those miles into minutes and make a pact to work as a team to enjoy 6,307 minutes of exercise. That is only 105 hours – you can do it!
2. Research the training habits of Olympic athletes. Of course they are amazing at their sports, but what else do they do to cross-train? Why is it important to do a variety of exercises?
3. Find out some of the health benefits to walking. Discuss these as a group with your troop or your family and share which one benefit you think will personally help you.
4. Go to the maps page of the Rio 2016 Olympics website.
 - a. Look at the different venues that the Olympic athletes will be competing in. Beaches, fields, and stadiums! Find and research 2 locations in Rio you would enjoy exploring. Why explore this location? What is there to explore?
 - b. Pretend you are an athlete visiting Rio for the first time and can only get around on foot and you only have a paper map with you (no phone!). You ask someone local to recommend cool things to see that are within walking distance from the Olympic Stadium. Find at least one thing girls in your troop would like to do while in Rio that you could walk to and figure out how you would get there using only your paper map.
5. Did you know that Women have a great history in Olympic achievement? Find out why we said on page 1 that Margaret Abbot was the first champion but Matilda Howell was the first to bring home a Gold Medal. Dive even further and find out which Olympians were also Girl Scouts!

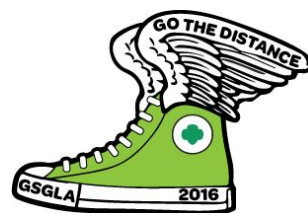
Additional Activities:

Daisy Girl Scouts	Complete 1 additional activity
Brownie Girl Scouts	Complete 2 additional activities
Junior Girl Scouts	Complete 3 additional activities
Cadette, Senior, Ambassador, and Adult Girl Scouts	Complete 4 additional activities

Choose from the following additional activities:



1. Challenge yourself: try a new sport that is competing in the 2016 Olympics.
2. For 5 days, instead of watching TV or playing a video game, use that time to do something athletic like go for a walk, create a jumping game, or swim!
3. Watch the Parade of Nations during the Olympic 2016 opening ceremonies. How many countries did you recognize and how many were new? Do a little research on three countries you had not heard of before:
 - a. How many athletes are on their team?
 - b. Do they have a sport that they consider their specialty?
 - c. How old is the country?
4. Find a track or outdoor space to experience some distances that Olympic Athletic events cover...200m, 4x100m relay, etc.
5. Sign up for and participate in a sporting event.
 - a. **The 3rd Annual Girl Scouts of Greater Los Angeles Family Fit Fair 5K on 10/8/16 at El Dorado East Regional Park in Long Beach is a fantastic event! Registration for the 5K is separate from this patch program and can be purchased only through eBiz.**
6. Invite a family member to join you on this fitness challenge.
7. When athletes are working on getting themselves in to tip top shape they also keep a watchful eye on what they eat. What foods do you eat to help make sure your body is a well-oiled machine?
8. Create a step tracker or hour log poster to know how far your troop or family has traveled/how long they have worked. Get creative! Maybe use a map to track your distance or draw a big thermometer to watch your goal grow.
9. If possible, try to add more fitness activities to your school recess/breaks. Maybe you can find new sports to introduce to your friends.
10. Did you know that table tennis (ping pong) is an Olympic sport? Research the many different athletic categories there are at the summer Olympics and then try one out at home.
11. We are always considerate and caring, even when we don't win. When you try really hard for something it can make you feel very sad when you don't get it. Find ways to show good sportsmanship when you don't get what you are hoping for.
12. Girl Scouts love tradition and ceremonies. So do the Olympics! Watch the opening ceremony of the Rio 2016 Olympics. Did you notice any similarities to ceremonies that we do in scouting? Why do you think ceremonies are important?



My Weekly Fitness Activity Log

Name: _____

Troop: _____

Week of: _____

Overall goal for the week: _____

Day	Steps	Miles	Amount of time	Other forms of exercise completed
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week Total				

Distance to reach Goal:	
Ideas to incorporate to make my walking/fitness activities more fun and engaging	
Notes:	

Monthly Troop/Family Fitness Activity Log



Reporting for the Month of: _____

Troop: _____ Leaders/Family Name: _____

Overall Troop/Family Goal (pledge distance or time x # of participants): _____

Name of Participant	Total Steps/Miles Walked over Month	Total fitness activity time logged over Month	Number of Days Tracked
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
Totals for Troop/Family			

Questions? Contact Christine Colvin at ccolvin@girlscoutsla.org