

Health and Fitness



The Canadian Healthy Living Award

Do you really enjoy being active? Are you ready for a real challenge? If so, try these activities. You're sure to become healthy and fit while discovering more interesting facts and fun. These activities can be done by yourself, or with your six, pack, family or friends.

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

To achieve this award, you must complete the following :

- _____ () 1. Earn the Red Star.
- _____ () 2. Earn one of the Health and Fitness related badges.
- _____ () 3. Earn two of the Outdoor Activity related badges.
- _____ () 4. Participate in a hike-a-thon, bike-a-thon, road relay, special runs or some other activity that creates public awareness for being fit and healthy.
- _____ () 5. Create a display or participate in a program based on some of the Olympic sports.
- _____ () 6. Research and report on a Canadian outdoor person or sports figure who has made significant contributions to Canada or the world.
- _____ () 7. Help show other Cubs how to safely participate in a physical activity of your choice.

This Award may be worn on your Scout sash after you become a Scout.

I completed my Canadian Healthy Living Award requirements on: _____

Name : _____