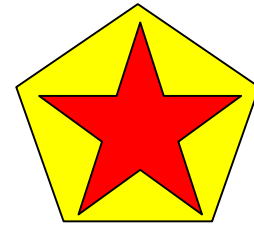


# Health and Fitness



## Red Star Activities

No matter who you are, having an active life is the first step in being fit and healthy. These activities will teach you the basics of how to take care of your body and keep it in shape.

To earn the Red Star, choose and do any five of the **A** requirements and two of the **B** requirements. These activities can be done by yourself, or your six, pack, family or friends.

### A Requirements

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- \_\_\_\_\_ ( ) 1. Choose and do any five of the athletic activities illustrated in this chapter. (see page 173)
- \_\_\_\_\_ ( ) 2. Complete a recognized health and fitness test for your age level.
- \_\_\_\_\_ ( ) 3. Describe some safety rules for water activities.
- \_\_\_\_\_ ( ) 4. Lead a group in an active game and explain why good sportsmanship is important.
- \_\_\_\_\_ ( ) 5. Discuss how to protect your body from injury in different sports, such as using eye protectors, mouth guard, helmets or padding.
- \_\_\_\_\_ ( ) 6. Show the proper way to sit, stand, walk, and run. Learn how to take your pulse rate before and after exercise.
- \_\_\_\_\_ ( ) 7. Plan balanced meals for home or camp.
- \_\_\_\_\_ ( ) 8. Describe the dangers of the common cold and explain three ways to prevent it from spreading.
- \_\_\_\_\_ ( ) 9. Describe how to take care of your own clothing and belongings and explain why such care is important.
- \_\_\_\_\_ ( ) 10. Describe how to take care of your hair, ears, eyes, teeth, nose, nails and feet, and explain why. Explain the importance of washing your hands before handling food, before eating, and after using the washroom.

## **B Requirements**

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- \_\_\_\_\_ ( ) 1. Meet with a health worker or other knowledgeable adult to discuss, or make a display showing the effects tobacco use has on your body.
- \_\_\_\_\_ ( ) 2. Meet with a health worker, police officer or other knowledgeable adult to discuss, or make a display showing the effects alcohol and drug abuse have on your body.
- \_\_\_\_\_ ( ) 3. Design, build and use a simple gym or an outdoor obstacle course.

**I completed my Red Star requirements on :** \_\_\_\_\_

**Name :** \_\_\_\_\_