



# Go Red Patch Program

*for Girl Scout Seniors and Ambassadors*



## Heart Education

Do one of the following:

- **Know your fats.** Visit the Heart.org website to learn more about fats and how to prevent high cholesterol. Get the link on the Go Red Patch Program website at [prohealthcare.org/go-red-girl-scouts.aspx](http://prohealthcare.org/go-red-girl-scouts.aspx).
- **Get CPR Certified.** Get CPR certified through the American Red Cross or American Heart Association or watch an online video that shows basic hand CPR. Note: the online video is not a certification course.
- **Visit the GoRedforWomen.org website.** Read the information on “Factors that Increase Your Risk for Heart Disease”. With family, look through the factors and determine which are in your family history. Read through the gender and heart disease section. Complete the *Fill in the Blank* worksheet on the Go Red Patch Program website at [prohealthcare.org/go-red-girl-scouts.aspx](http://prohealthcare.org/go-red-girl-scouts.aspx).

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## Fitness

Do one of the following:

- **Host a dance workshop** for younger Girl Scouts. Teach them a dance routine and educate them on how their heart works and what happens when they get moving.
- **Start an exercise journal.** Use the journal to track your exercise for three weeks. Make sure to list the type of exercise and how long you did each one. After three weeks present it to a troop leader or parent.
- **Sweat it out:**
  - Choose an exercise video from the library or online that your parents or guardians approve of. With your troop or friends, complete the video.
  - Visit and participate in a yoga, dance or Zumba class or complete a routine online. You can do this in addition to your regular exercise. Participate with friends or family three times per week! Don't forget to add it to your exercise journal and present to a troop leader or parent.
- **Create your own exercise routine.** Create a dance routine, aerobics routine or an outside workout that includes biking, jogging, jumping jacks or jumping rope. Don't forget to add it to your exercise journal and present to a troop leader or parent.

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## Nutrition

Do one of the following:

- **Invent your own heart-healthy recipe** using the tips listed on the Go Red Girl Scout Patch page. Share with your family why you chose the ingredients and their nutritional value. (See .pdf)??
- **Take a grocery store tour** with a registered nutritionist or dietician. Create a grocery store map to share with your troop.
- **Cook from the heart.** Pick a heart-healthy recipe. Do the grocery shopping for that recipe, comparing labels. Prepare that recipe with your troop. Briefly explain why the dish is heart healthy and why you made your choices when grocery shopping.
- **Create a plate that helps describe portion control.** Print the chart from the Go Red Patch program website at [prohealthcare.org/go-red-girl-scouts.aspx](http://prohealthcare.org/go-red-girl-scouts.aspx) and identify at least five foods that belong in each section. Explain why portion control is important for a healthy diet. Create an interactive display demonstrating portion sizes. (One serving of protein is the size of a deck of cards; one serving of whole grains is the size of a baseball; etc.)

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## Family

Do one of the following:

- **Take a stroll.** Plan a route and take a half-hour walk with at least one family member, five times in one week. Visit [www.MyLifeCheck.org](http://www.MyLifeCheck.org) and then explain how regular exercise touches nearly every part of Life's Simple 7.
- **Team Up.** Create a family "team" and recruit at least five non-relatives to participate in a local American Heart Association Heart Walk. Visit all booths in the village. Volunteer in some capacity at the Heart Walk that day. Remember, Girl Scouts cannot raise money on behalf of another organization, but you can participate in the walk.
- **Learn something new.** Pick a new game that uses various physical activities. Teach your family the game and play for at least one half-hour straight, twice in one week. Explain why physical activity is important for heart health.
- **Use your green thumb.** Pick a heart-healthy recipe. Plant, tend and harvest a garden with vegetables, fruits or herbs needed to make the recipe. Prepare the meal that includes these items. Explain where each item comes from (fruit, root, leaf, flower) and how you prepared the items.
- **Invent your own Go Red family activity!**

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