



Go Red Patch Program

for Girl Scout Cadettes



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.
- **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. Get the link on the Go Red Patch Program website at prohealthcare.org/go-red-girl-scouts.aspx.

Notes:

Fitness

Do one of the following:

- **Learn how your body works.** Go to www.fi.edu/learn/heart/ and explore how the heart works. Write down three new facts you learned.
- **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.

Notes:

Nutrition

Do one of the following:

- **Take a grocery store tour** with a registered nutritionist or dietician.
- **Track what you eat** for one week. Calculate the amount of sodium, sugar, fats, and calories consumed. Compare those numbers to American Heart Association guidelines, found on the Girl Scout Patch Program webpage.
- **Create a plate that helps describe portion control.** Print the chart from the Go Red Patch program website and identify at least five foods that belong in each section. Explain why portion control is important for a healthy diet.

Notes:

Family

Do one of the following:

- **Branch out.** Design and complete a heart health family tree. Research why knowing your family history is important and share with your troop.
- **Team up.** Create a family “team” and recruit at least one non-relative to participate in a local American Heart Association Heart Walk. Visit all booths in the village. Remember, Girl Scouts cannot raise money on behalf of another organization, but you can participate in the walk.
- **Cook for change.** Help plan a menu, grocery shop and prepare a heart healthy meal for the family to share. Tell your family why the meal is heart healthy and why it is important to eat healthy.
- **Make a pledge** with a woman you love to improve your health habits. Set goals and rewards. Stick with your program for one month.
- **Invent your own Go Red family activity!**

Notes:
