



**“Better Me!” Walk & Health Fair  
Saturday June 7<sup>th</sup> 2008**

**REGISTRATION INFORMATION  
COMING SOON!**

**VISIT [www.shagbark.org](http://www.shagbark.org)  
For the latest updates**

**Issue No. 4**

**April 2008**

**“Better Me!” Walk & Health Fair  
Saturday June 7<sup>th</sup>, 2008  
Rend Lake College Campus**

Girl Scouts of Shagbark Council is committed to helping girls grow strong in mind, body and spirit and develop to their full potential while discovering the fun, friendship and power of girls together.

This will be the premiere family health and fitness event for families throughout our communities to kick-off the Girl Scouts of Shagbark Council’s Healthy Living Initiative. This event will focus on fitness, nutrition and breast cancer awareness. There will be many opportunities for participants to earn health-related badges, prizes and awards!

The Girl Scouts of Shagbark Council’s Walk & Health Fair is not a fund raising event, but is a testament to our dedication to helping girls develop a lifetime of healthy habits.

**FUN WALK/RUN** – Individuals, families, girls and troops will enjoy a morning walk/run around the campus of Rend Lake College. Designed for all ages and fitness levels.

**HEALTH/FITNESS FAIR** – participants will be able to visit healthy living informational displays and try a variety of hands-on activities and sports samplers presented by Girl Scout Health Ambassadors and community healthcare professionals and organizations.

**Topic Of The Month** – from *The NEW NORMAL What Girls Say About Healthy Living*, a new Girl Scout Research Institute study

**Finding #4: The Influential Role of Mothers**

Mothers were the most frequently cited source of information on healthy living, and they clearly function as role models for their daughters.

Parents, and especially mothers, have the ability to strongly influence their daughters’ health habits, both positively and negatively. A mother’s weight, body image, attitude, and health habits are strong indicators of whether or not her daughter is overweight, satisfied with her body, physically active, and looks to her mother for advice on healthy living.

- Girls cite their mothers not only as role models but also as leading sources of nutritional information and emotional reinforcement. **89 percent of girls report that their mothers make positive comments about how they look.**

- Girls with active mothers are more likely to be active themselves; girls with overweight mothers are more likely to be overweight; and girls whose mothers have a negative body image are more likely to feel dissatisfied with their own bodies regardless of what the **daughter actually weighs. In addition, daughters of overweight mothers were considerably less likely to mention their mothers as positive role models for healthy living.**

**\*Download a tip sheet for parents at our website [www.shagbark.org](http://www.shagbark.org)**

There are more than 60 age-level awards (badges, patches and charms) that encourage girls to engage in a wide range of activities that teach them about healthy everyday habits, from getting enough exercise and sleep, to good hygiene and eating habits, to learning more about diseases like breast cancer. Below are some age level awards to help get you started exploring this month's topic.

- Brownie Girl Scouts
  - All In the Family – Girls examine the importance of family and family fitness.
  - My Body – Girls discover more about their bodies and how a fit body works.
- Junior Girl Scouts
  - Becoming a Teen – Girls study the developmental journey of becoming a teen.
  - Walking for Fitness – Girls practice staying fit by walking.
- Cadette & Senior Girl Scouts
  - In the Pink– Girls research breast cancer and its effects.
  - Uniquely ME! Inside and Out – Girls explore body image, eating disorders and how to build self-esteem.
- Participation Patches for All Ages
  - In the Zone: Living Drug Free – Girls expand their decision making to lead a drug-free lifestyle.

***Did you know that April is Cancer Control Month?*** That's because eating right, being active, and maintaining a healthy weight are important ways to reduce your risk of cancer – as well as heart disease and diabetes.

According to the American Cancer Society it is as important for kids to be active as it is for adults. In fact, they ACS recommends that kids do more. Nearly half of all young people 12 to 21 years old do not engage in regular vigorous activity. As a result, the number of obese children and teens has nearly doubled during the past two decades – putting them at increased risk for diabetes, cancer, and heart disease.

To find out more information about National Cancer Control Month and to find links to "Kids on the Move", recommendations from the American Cancer Society, visit our website at [www.shagbark.org](http://www.shagbark.org).