



Save The Date
Saturday June 7th, 2008
“Better Me!” Walk & Health Fair
Rend Lake College Campus

Issue No. 2

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The Girl Scouts of Shagbark Council, in partnership with health professionals, educators and others is developing a multi-year Healthy Living Initiative aimed at combining physical fitness with good nutrition, raising girls’ awareness of health issues and disease prevention, combating obesity, and instilling life-long healthy habits. We encourage you to share this information and explore it further with the girls by participating in the “To Your Health” Honor Program as well as other Service Unit and Council sponsored Healthy Living programs and events.

For more information about our new initiative go to our website at www.shagbark.org. There you can download the topic of the month, healthy recipes and find more information about healthy living, age-level awards (badges, patches and charms) to encourage and engage girls in a wide range of activities that teach them about healthy living, as well as how you can participate in the **To Your Health Honor Program**.

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

Finding #1: Aspiring to be “Normal Healthy”

For most girls, being healthy has more to do with appearing “normal” and feeling accepted than maintaining good diet and exercise habits.

Girls often described their health goals as being “healthy enough” or “normal healthy,” a concept they often associate with appearing normal and being supported by peers and family. But while girls want to look normal, what that means can vary depending on a girl’s age, race, household income, peer group, adult role models and self-perception.

- In general, physical appearance is of greater concern to girls than what they eat or how much they exercise. Girls aspire to be “healthy enough” or “normal healthy.” **65% percent of girls said their lifestyle was “healthy enough for my age.”**
- Although about two thirds (65%) correctly identify themselves as being either normal weight or overweight, one in three girls has a distorted idea about her weight. Specifically, **45% of girls who are overweight by BMI standards, and 61% of girls at risk for overweight, see themselves as normal weight, while 14% of normal weight girls believe they are overweight.**
- African-American and Latina girls who exhibit higher rates of overweight tend to be more satisfied with their bodies than White or Asian girls who have lower obesity rates. **Older girls also tend to be less satisfied with their weight than younger girls.**

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
 - Healthy Habits – Girls examine the importance of exercise, sleep and cleanliness.
 - Dancercize – Girls explore the world of dance.
- Junior Girl Scouts
 - A Healthier You – Girls develop good habits for a fun and healthy life.
 - Fun and Fit – Girls investigate how to be fit by making the right daily choices.
- Cadette & Senior Girl Scouts
 - Women's Health – Girls build habits to lead a fit life.
 - Being My Best – Girls investigate self-esteem and what it means to be their best.
- Participation Patches for All Ages
 - Shape Up – Girls improve their health by engaging in a healthy lifestyle.

Did you know that February is American Heart Month? That's because heart disease is the leading cause of death in the United States. A healthy diet and lifestyle are the best weapons to fight heart disease.

According to the *American Heart Association*, overweight children and adolescents have a 62% to 98% chance of being overweight at age 35, which increases their risk of heart disease.

To find out more information about American Heart Month and download healthy recipes visit our website at www.shagbark.org.

Better Me! Walk & Health Fair

- We encourage you to participate in the ***To Your Health Honor Program*** and be recognized at the **Better Me! Walk & Health Fair** on Saturday June 7, 2008 at Rend Lake College.
- All troops that have participated will be recognized and the troop (or troops) with the most accumulated points will be treated to a very healthy Luau Party!