



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

Issue No. 3

March 2008

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 #2: Emotional Health Is Central

Emotional health, self-esteem and body image play a critical role in girls’ attitudes about diet and exercise.

Most girls have a holistic view of health and believe physical and emotional health are of equal importance. This connection is reflected in girls’ behavior.

- Virtually all girls agree that “emotional health is as important as physical health,” and **88 percent of girls ages 11-17 believe that feeling good about yourself is more important than how you look.**
- Girls are generally more worried than boys about everything from getting along with friends and doing well in school, to how they look and whether they are too fat or too thin. **One in four girls (26%) has some dissatisfaction with her weight compared with 19 percent of boys.**
- Girls’ view physical and emotional health as closely connected. For example, **more than a third of girls ages 11-17 reported eating more when they are “stressed out” and overweight girls are more than twice as likely as girls who are not overweight to report eating more in times of stress.** Because girls also tend to be more prone to stress and worry than boys, they are more susceptible to overeating.

- The more physically active girls are, the greater their self-esteem and the more satisfied they are with their weight, regardless of how much they weigh. Similarly, inactive girls are more likely to be dissatisfied with their appearance and perceive themselves as overweight. **Eighty-three percent of very active girls say that physical activity makes them feel good about themselves.**
- **Many girls ages 11-17 say they do not play sports because they do not feel skilled or competent (40%) or because they do not think their bodies look good (23%).**

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
 - GirlSports – Girls develop basic sports skills like stretching, throwing and kicking.
 - Sports and Games – Girls discover how sports and games are a great way to exercise.
- Junior Girl Scouts
 - High on Life – Girls experience healthy activities for a natural “high.”
 - Sports Sampler – Girls survey different sports and activities.
- Cadette & Senior Girl Scouts
 - Couch Potato– Girls discover the effects of TV viewing, inactivity and girl portrayal.
 - Uniquely Me!The Real Deal – Girls build skills to cop with social pressures and feelings.
- Participation Patches for All Ages
 - The GirlSports Fun and Fitness Patch – Girls discover fitness can be fun.

Did you know that March is National Nutrition Month? That's because making informed food choices and developing sound eating and physical activity habits is important to one's well being.

The American Dietetic Association encourages all Americans to take the first step toward making healthful food and physical activity choices. Trying new foods and new physical activities can jump-start your plans for health.

To find out more information about National Nutrition Month and download a nutritional pyramid visit our website at www.shagbark.org.