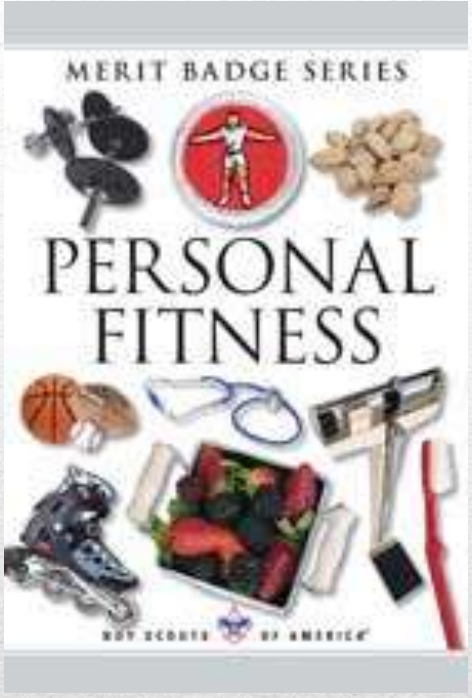


Personal Fitness

Merit Badge

Section 1:
What does personal Fitness mean to you?

Personal Fitness

- Personal Fitness- your individual desire to be the best you can be

- Body is in good condition
- Feel energetic
- Look healthy
- Confidence, energy, endurance

Why is it important to learn this now?

- At your age, this is the BEST time to develop habits and processes that will help you to stay fit for your entire life.

Components of Personal Fitness

(all work together)

- **Mind**-mental willpower and alertness, emotional balance, and social skills
- **Body**-physical health, nutrition, and athletic fitness
- **Spirit**-faith, core values, how you take care of yourself and reach out to help others

Reasons for being Fit in all Components

- Each element works together, interacting & influencing one another.

- *Skinnny weakling
- *Athletic junk fooder
- *Thinking you can’t, even though you maybe physically can (running)

Signs of Poor Personal Fitness:

- Obesity & poor muscle tone
- Persistent Fatigue
- Often feeling pressured, tense, stressed out
- Frequent colds, flu, headaches, aches & pains, skin disorders
- Depression, anxiety, sleeplessness

What does it mean to be mentally healthy?

What does it mean to be physically healthy & fit?

- Maintaining a healthy weight (good BMI)
- Look and feel good
- Good Cholesterol & Blood pressure
- Have good strength & endurance

What does it mean to be socially healthy?

- Make Friends
- Share feelings & emotions with trust & confidence
- Be honest
- Support/help each other through good and bad times
- Learn to be a good communicator & listener
- Accept others for who they are

What can you do to prevent social, emotional & mental problems?

- Exercise
- Eat well
- Get enough sleep
- Do fun things
- Talk to someone you trust about your problems
- Get involved

Section 2: Answer & Discuss

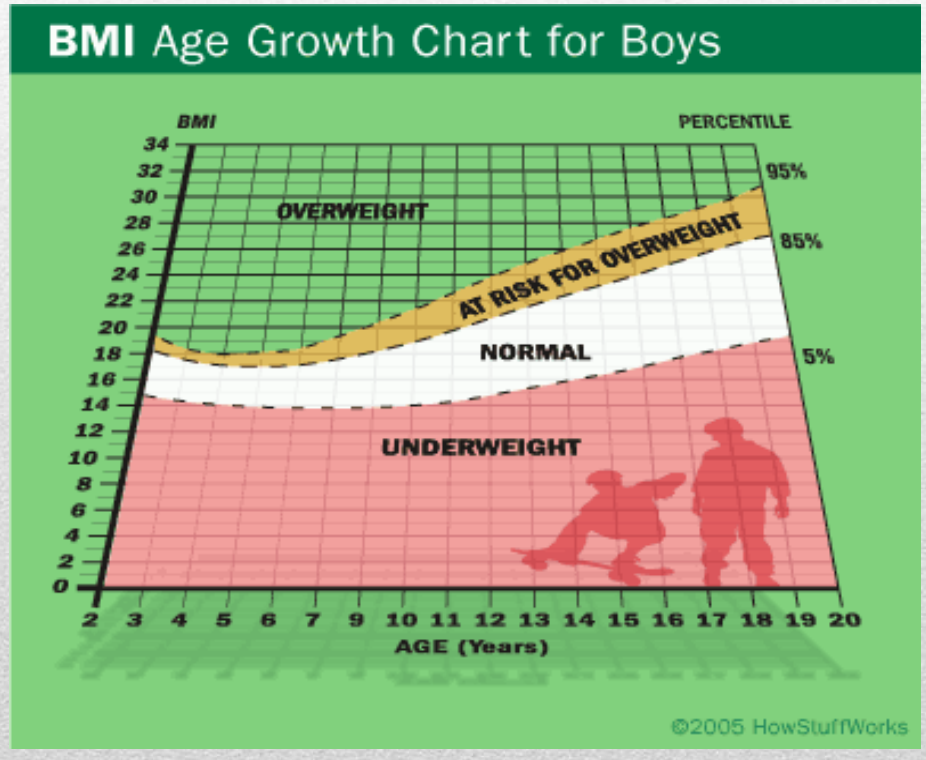
Curable Diseases

- Headaches
- Irritability
- Aches in muscles

Immunizations & Vaccinations

- Having immunizations during childhood minimizes your risk of getting dangerous diseases in the future

Body Weight & Composition

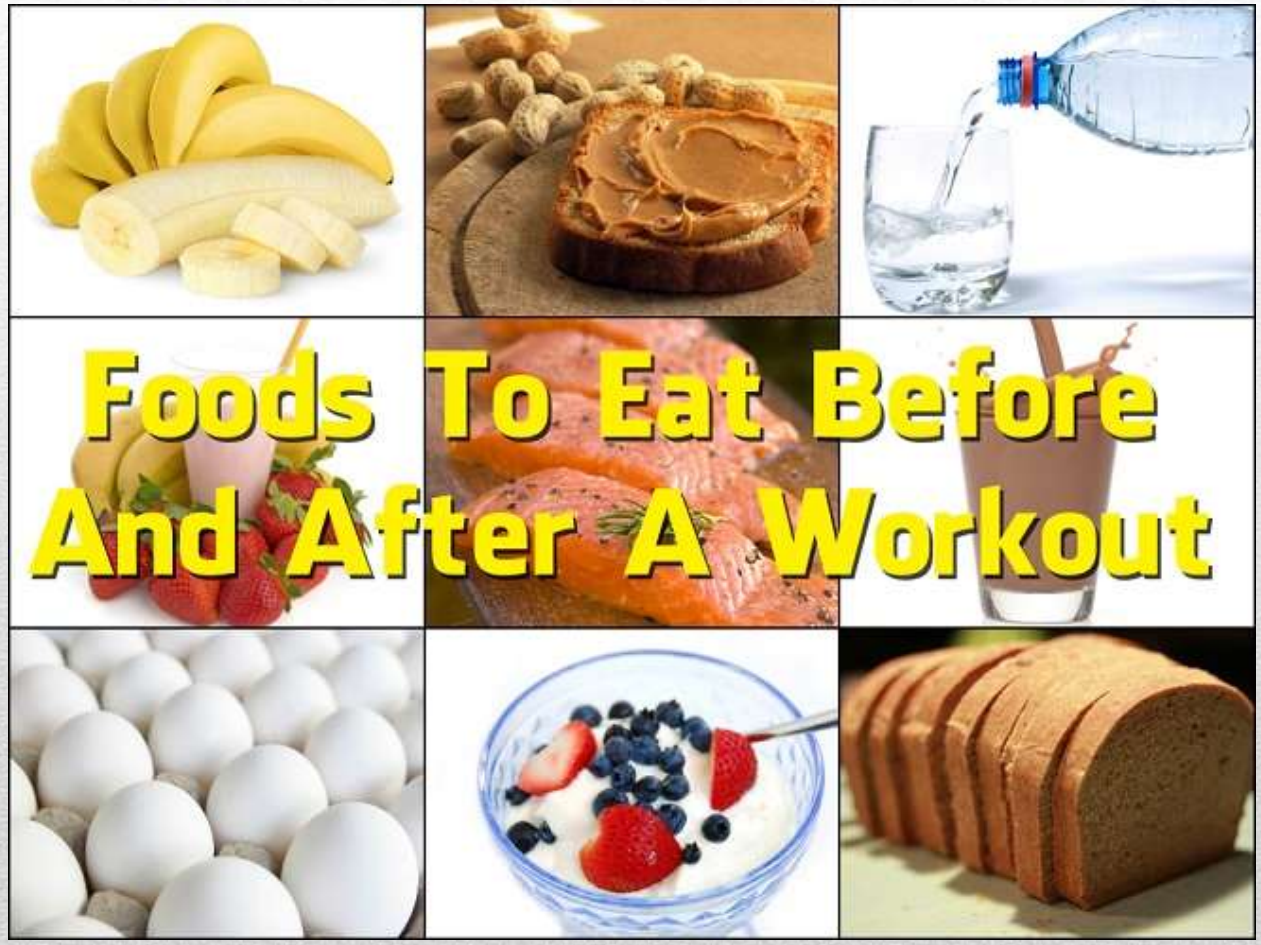


To Calculate BMI:

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example: Weight = 150 lbs, Height = 5'5" (65")
Calculation: $[150 \div (65)^2] \times 703 = 24.96$

Energy for Activities



Harmful Habits

- Smoking
- Drinking (Excessively)
- Drugs
- Negative Self-Talk

> We are what we repeatedly do. Excellence, then, is not an act, but a habit.
>
> – Aristotle

Regular Recreation Benefits

- Less likely to be overweight (burn more calories)
- Reduce your blood pressure
- Stronger bones
- Build more muscle
- Have more energy
- Help mental health
  - (release endorphines)

Sleep

Newborns	12-18 hours
Infants	15-15
Toddlers	12-14
Preschool	11-13
School Age	10-11
Teens	8.5-9.25
Adults	7-9

Particpation in religion or youthful activities

- Gives you a purpose for life
- Helps you to give back
- Allows you to meet new friends & try new things
- Allows you to align your goals with a bigger purpose
- Helps keep your focus on more positive things

Quality Time with Family & Friends

- Quality Time- sharing through communication & joint activity
- Family projects or outings
- Talk about common interests
- Play together
- Share a meaningful memory or experience

Supporting Family Activites

- Be a friend to your family
- Your contributions are important to your family's well being
- Enjoy the time you have together

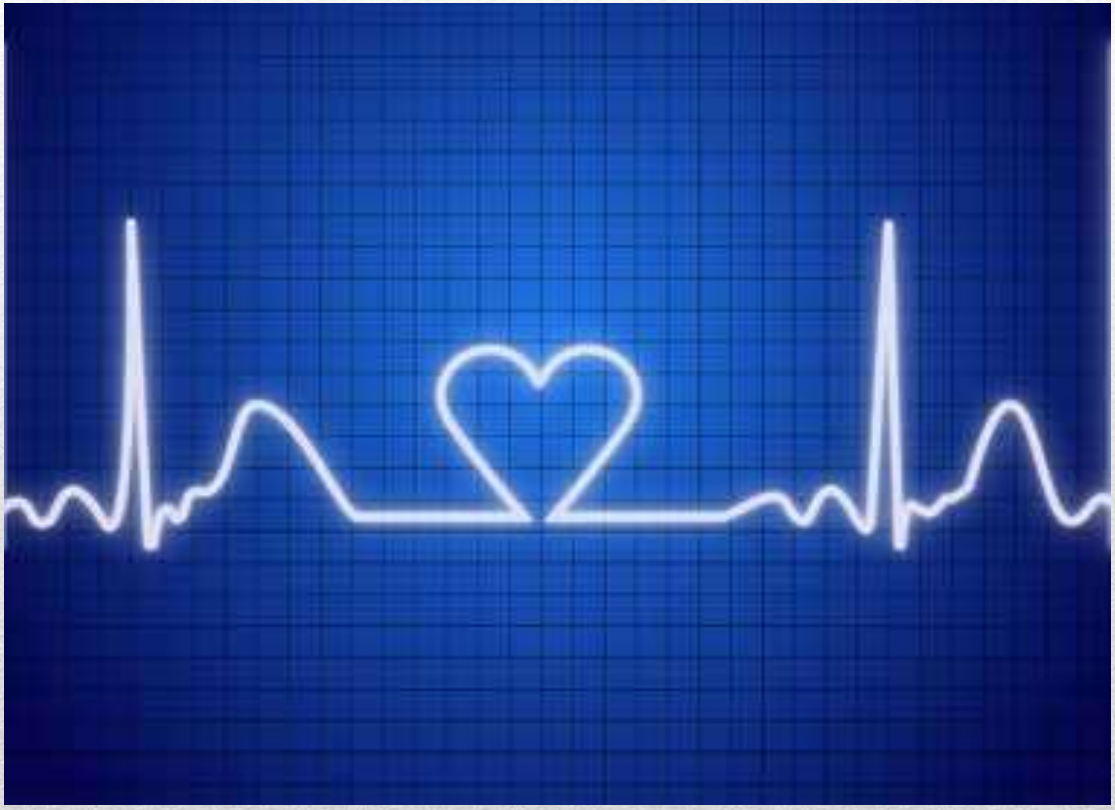
Section 3: Explain the following about physical fitness

Components of Physical Fitness

- Cardiovascular & Pulmonary endurance
- Muscular strength & endurance
- Flexibility
- Body Composition

Cardiovascular & Pulmonary endurance

Anything that
RAISES Heart Rate



Components of Physical Fitness

CARDIO

NOT CARDIO

Muscular strength & endurance

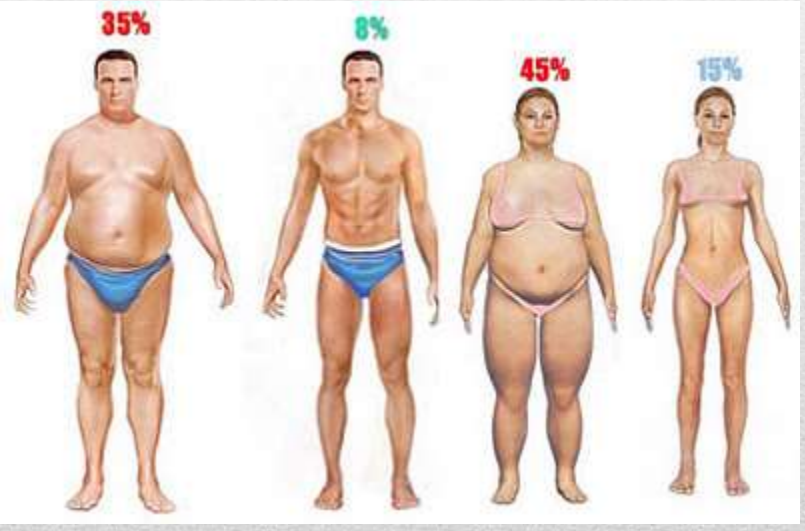
Components of Physical Fitness

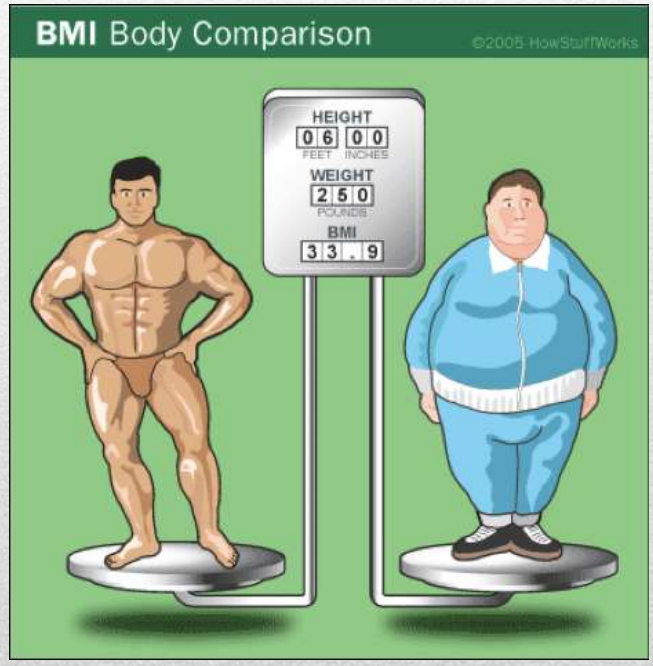
Flexibility

Components of Physical Fitness

Body Composition

Body Composition is used to describe the percentages of fat, bone, water and muscle in human bodies.





Components of Physical Fitness

Balance in all Four Components

- Mix up your workouts (strength training, cardio, yoga etc.)
- Don’t just do the areas you enjoy-work on all areas

Your weakest & strongest component of physical fitness

- Some people are naturally stronger in some areas
- Some people find certain exercises easier than others

How components relate to Scout Law & Scout Oath

- *The Scout Oath*

On my honor I will do my best

To do my duty to God and my country

And to obey the Scout Law;

To help other people at all times;

***To keep myself physically strong**,*

Mentally awake, and morally straight.

- "…..to keep myself physically strong"
- You cannot fulfill the Scout Oath & Law if you do not have the energy and health to particpate in fulfilling the Oath.

Section 4:Nutrition

Importance of Good Nutrition

- Can help prevents diseases such as cancer
- Gives you energy
- Eliminates illnesses
- Assist with a healthy weight

What does good nutrition mean to you?

- Allows you to be your best
- Gives you energy to particpate in activities/compete
- Helps you from missing school/events due to being sick
- Helps you live a long, happy life
- Helps you feel your best
- Helps you look your best!

How does good nutrition relate to other components of physical fitness?

- Fuels your body to perform to its best ability
- Helps you grow muscle and get the most from your workouts
- Helps you transform your body positively

What does “GOOD” nutrition look like?

- Eat as clean as possible
- Avoid sugar, unhealthy fats when possible
- Eat everything in moderation
- Try to stick with fruits, vegetables, whole grains, lean proteins, and some dairy

CHECK INGREDIENTS

- Exercise Physiologist
- Personal Trainer
- Dietician or Nutritionist
- Athletic Trainers
- Physical Therapist
- Physical Education/Health Teacher
- Gym Club Owner
- Coaches & Scouts