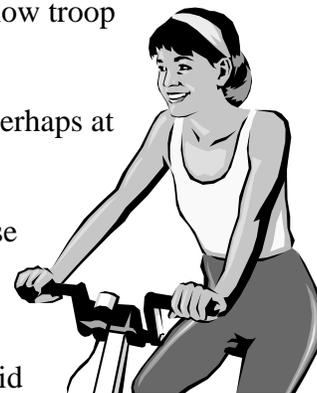


HEART HEALTHY GIRL SCOUTS CADETTES, SENIORS & AMBASSADORS

CHOOSE EIGHT ACTIVITIES INCLUDING THE ONE THAT IS STARRED (#1)

1. * The Tin Man is the spokesperson for the American Heart Association School Site Program Plan and present a Tin Man program to a younger troop, school or early childhood group.
2. Visit and interview a doctor, physical therapist, exercise instructor, cardiovascular nurse or nutritionist and find out about heart health. Why is their job important? Find out about career training and opportunities in that field.
3. Learn CPR, first aid and the warning signs of a heart attack from a certified program. You could contact your local Red Cross or American Heart Association.
4. Plan and prepare heart healthy meals for a week.
Keep a daily diary of foods eaten for two weeks. Analyze for eating habits. Are they heart healthy habits? How could you improve your diet?
5. Make up a game, song, puppet show, video, poem, crossword or word search puzzle and share with younger children.
6. Study the parts of the heart and make a diagram labeling all the parts.
Make a model of heart. Show it to others in your troop.
7. Plan a personal exercise program. Carry it out 30 to 60 minutes a day at least three times a week for two weeks. Keep a journal. Document or chart your pulse before and after exercise. You could choose exercises such as bike riding, swimming laps, dance, aerobics, jogging, paced walking, tennis, volleyball, basketball, etc.
8. Learn how to take blood pressure and pulse. Practice on family, friends and fellow troop members.
9. Plan your own or participate in a local health fair or blood pressure screening (perhaps at your church, scouting event or local pharmacy).
10. Research 5 types of heart disease and five tests that would help a doctor diagnose heart disease.
11. Research and interview a person who has had a heart attach or heart disease. Learn how surgery or heart disease has affected them. What lifestyle changes did they have to make?
12. Learn how smoking affects the heart. Write a story about the ills of smoking. Write a letter to a friend and convince her/him to quit smoking.



NOTE:

Contact the Council office to borrow the American Heart Association leader's guide "Getting to Know Your Heart" (lower elementary) to assist you with the Brownie age level program. This program resource kit was donated to GSRI by the Woonsocket Girl Scout Service Unit.

Patches available at the GSRI shop for \$1.00 each.

