



Healthy Living

What is healthy living all about?

It's January! A new year that can mean new beginnings. You may hear people talk about New Year's resolutions and people making commitments to improve areas of their lives. New Year's resolutions are frequently about physical appearance, but there's more to living healthy. Being a healthy girl means so much more than that! Explore three areas that contribute to you being the healthiest girl you can be! By learning about a healthy body, healthy mind, and healthy relationships, you will learn what you currently do to contribute to healthy living, what you could be doing, and forming new habits and routines.

How to earn the Healthy Living patch the Girl Scout way:

Steps:

1. **Discover**—Learn more about the healthy habits and decisions you currently make.
2. **Connect**—Discover ways you can be healthy in 2019.
3. **Take Action**—Create a healthy living plan and establish habits.

Materials Needed:

In order to complete this patch, you'll need:

- **Resources**—You can either go online (with an adult), ask a professional, or visit a library.

STEP

1

Build a healthy body.

In order to determine what healthy habits you might add to your routine, you must first review what healthy habits you currently have.

Discover—Research what healthy habits are appropriate at your age by going online with an adult, talking to a professional, like a doctor or nurse, or visit your library. Make a list of the habits you uncover.

Connect—There are various healthy habits that you can add to your regular routine. Commit to adding one, two, or three of them to your current routine.

Take Action—Grab the list of habits you have decided upon and start adding them to your routine!

STEP

2

Support a healthy mind.

Mental health can sometimes be overlooked when taking an inventory of a healthy lifestyle. Yet, mental health care is just as important and can even effect your physical health. Additionally, a healthy mind includes both mental health and emotional health.

Discover—Learn more about what it means to be mentally healthy. Go online with an adult, talk to a professional, or visit your library to learn what both mental and emotional health mean and how they can affect your overall wellbeing.

Connect—Ask friends and family what they do to stay mentally and emotionally healthy. Make a list of the activities and situations in your life where you feel the most calm, comfortable, happy, and relaxed. Ask yourself how you can maximize those activities and balance them in your life for better mental health.

Take Action—Based on what you have learned about mental and emotional health commit to adding one, two, or three activities per week that support positive mental and emotional health.

STEP 3 Create healthy relationships.

Being a healthy girl is not always easy, and there are so many things that can contribute to being healthy. Another area to focus on is ensuring your relationships are positive and healthy. This includes your social interactions both on and offline.

Discover—How healthy are the relationships in your life? Ask your family and friends what they believe a healthy relationship looks like. Make a list of your family, friends, teammates, teachers, online contacts – all the people you interact with on a regular basis. Ask yourself if you feel the relationships on your list are healthy.

Connect—Based on your list and evaluation, highlight relationships that you believe need some improvement. Take some time to learn how you can be safer on the internet. Ask an adult what peer pressure can look like and share what peer pressures you may have experienced.

Take Action—Based on what you have learned and the people highlighted on our list, determine one, two, or three relationships you would like to focus on. Work toward creating healthier relationships one at a time.

All done?

CONGRATULATIONS! You've completed all the necessary steps to earn the Healthy Living patch.



After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at **800-248-3355** to purchase your patch.* A patch may be worn on the back of a vest, sash, or tunic.

**Patch shown may be substituted with similar patch, based on availability.*