



Heart Healthy Cadette/Senior/Ambassador Girl Scout Patch



Complete a minimum of 8 activities including #1 which is mandatory. Patches are available at the GSSNE shop. This is a Council recognized patch and is worn on the back of the uniform or vest.

1. Visit and interview a doctor, physical therapist, exercise instructor, cardiovascular nurse or nutritionist to find out about heart health. Why is their job important? Find out about career training and opportunities in that field.
2. Learn CPR, first aid and the warning signs of heart attack from a certified program. Check the GSSNE program guide or contact your local Red Cross or American Heart Association.
3. Plan and prepare heart healthy meals for a week. OR Keep a daily diary of foods eaten for two weeks and then analyze your eating habits. Are they heart healthy habits? How could you improve your diet?
4. Make up a game, song, puppet show, video, poem, crossword or word search puzzle and share with younger children.
5. Study the parts of the heart and make a diagram labeling all the parts. OR Make a model of heart. Show your diagram or model to others in your troop.
6. 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.
7. Learn how to take blood pressure and pulse. Practice c _____ allow troop members.
8. Plan your own or participate in a local health fair or blood _____ perhaps at your
church, scouting event or local pharmacy).
9. Research 5 types of heart disease and five tests that w _____ nose heart disease.
10. Research and interview a person who has had a heart a _____ Learn how surgery or
heart disease has affected them. What lifestyle change _____ ce?
11. Learn how smoking affects the heart. Write a story abo _____ OR Write a letter to a
friend and convince her/him to quit smoking.



NOTE: Contact the GSSNE office to borrow the American Heart Association leader's guide. For more information and resources check the American Heart Association website at www.heart.org.