

GIRL SCOUTS OF SOUTHERN ARIZONA HEALTHY LIFESTYLE CHALLENGE

Guidelines: Registered Girl Scouts are welcome to take on this challenge to form healthy living habits. Girls who do all 5 steps can collect a FREE fun patch after completing Thin Mint Sprint! Following the race, girls can come to the GSSoAZ booth to collect their patch. For girls joining virtually, visit your nearest shop with your race bib the week after race day to get your free fun patch!

- Journal for 15 minutes, twice in one week! Journals are a great way to express your emotions and start to process how you feel. Journals can be narratives, stories, or pictures you draw! Express yourself, Girl Scout!
- Eat plant-based for one day. Plant-based meals involve lentils, beans, nuts, fruits, grains, and veggies, but don't include any food that comes from an animal like meat or dairy. There are a lot of benefits from eating this way. By eating plant-based, we can maximize the nutritional quality of our meals while reducing our carbon footprint and conserving the resources used in animal agriculture, like water.
- Explore outside and move your body for at least 30 minutes, twice in one week! This may be playing on a playground, walking around your block, checking out a new park, skating, riding a bike, running, dancing, leaping, and any other way to move your body outside. Spending time in nature improves creativity, and exercise reduces stress and improves your mood!
- Plan out what healthy habits you'd like to incorporate in your life and your motivations for including them. Do you feel calmer when you stretch before bedtime? Or happier when you go on a weekend walk with a friend? Write down at least five habits to keep, why you like them, and when you can do them, for future healthy living!
- Join us for Thin Mint Sprint! Link to register [here](#).



Name:

Troop Number:

