

INTEREST TOPIC HANDOUT: SCOUTSTRONG HEALTHY UNIT AWARD

Personal fitness is one of the aims of Scouting. To show a commitment to this value and earn the SCOUTStrong Healthy Unit Award, follow three healthy practices at all meetings and gatherings:

- Snack smart: Serve fruits or vegetables, when you have snacks (three meetings).
- Drink right: Make water the main beverage (six meetings).
- Move more: Include 15 minutes of fun physical activity (nine meetings).

Scouts can earn the SCOUTStrong Healthy Unit Award with their den, pack, troop, or crew. Visit <http://www.scouting.org/scoutstronghealthyunit.aspx> to record progress toward the award using the Healthy Unit Award tracker for each rank.

If you are a Cub Scout adult leader tracking progress toward the award for pack meetings, use the Boy Scout version of the tracker.


Several SCOUTStrong resources are available:

- Tips for adding healthy practices to Scout meetings
- Snack Smart: tips and ideas for healthy snacks, and letters for snack volunteers
- Drink Right: Sugar Detectives (extra activity listed on the tracker)
- Move More: ideas for active games
- Unit certificates (printable)




Once the SCOUTStrong requirements have been fulfilled, a patch is awarded in recognition of completion. The patch is available at scoutstuff.org.

The SCOUTStrong Healthy Unit Award was developed in partnership with Healthy Kids Out of School, an initiative of ChildObesity180 at Tufts University. Regional funding for Healthy Kids Out of School is provided by the Harvard Pilgrim Health Care Foundation.








SCOUTStrong Healthy Unit Award Tracker

TIGERS



Track your progress toward becoming a SCOUTStrong Healthy Unit

| Healthy Unit Activities | Record the Meeting / Event / Outing Dates: | | | | | | | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---|---|---|---|--|
| <p>3  Serve fruit or vegetables at 3 meetings.</p> | <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 12.5%;">1</td> <td style="width: 12.5%;">2</td> <td style="width: 12.5%; border: 2px solid green;">3</td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table> <div style="background-color: #70AD47; color: white; padding: 5px; border-radius: 10px; display: inline-block; font-size: small;"> A healthy snack is part of Tiger adventures <i>Games Tigers Play</i> and <i>Tiger Bites</i>  </div> | 1 | 2 | 3 | | | | | | | |
| 1 | 2 | 3 | | | | | | | | | |
| <p>6  Serve water as the primary beverage at 6 meetings.</p> | <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 12.5%;">1</td> <td style="width: 12.5%;">2</td> <td style="width: 12.5%;">3</td> <td style="width: 12.5%;">4</td> <td style="width: 12.5%;">5</td> <td style="width: 12.5%; border: 2px solid blue;">6</td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> <td style="width: 12.5%;"></td> </tr> </table> <p>Extra activity: Sugar Detectives Find this activity at www.scouting.org/scoutstronghealthyunit</p> | 1 | 2 | 3 | 4 | 5 | 6 | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | | | | | | |
| <p>9  Do 15 minutes of physical activity at 9 meetings.</p> | <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 12.5%;">1</td> <td style="width: 12.5%;">2</td> <td style="width: 12.5%;">3</td> <td style="width: 12.5%;">4</td> <td style="width: 12.5%;">5</td> <td style="width: 12.5%;">6</td> <td style="width: 12.5%;">7</td> <td style="width: 12.5%;">8</td> <td style="width: 12.5%; border: 2px solid orange;">9</td> <td style="width: 12.5%;"></td> </tr> </table> <div style="background-color: #E67E22; color: white; padding: 5px; border-radius: 10px; display: inline-block; font-size: small;"> Physical activity is part of Tiger adventure <i>Games Tigers Play</i>  </div> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | |

Has your unit completed the 3-6-9 requirements? Congratulations, you are a SCOUTStrong Healthy Unit!

Help Scouts learn healthy habits by continuing these practices at meetings throughout the year. You can lead a SCOUTStrong unit every year - find trackers for each rank at www.scouting.org/scoutstronghealthyunit