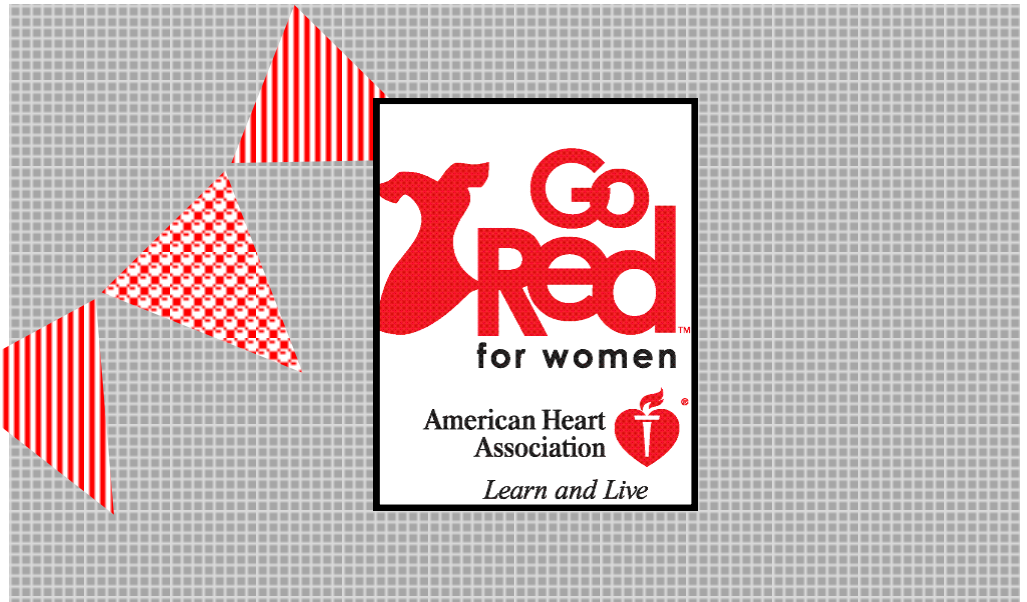


DAISY



GO RED GIRL SCOUTS

Welcome to the Go Red Girl Scouts Patch Program—a patch program for girls who love their hearts. Are you ready to raise awareness of the danger of heart disease as a serious women’s health issue? Let’s get started on our journey to a healthier heart!

Steps

1. Work on heart health
2. Go nuts about nutrition
3. Have fun with fitness
4. Share your knowledge
5. Be a girl of service

Purpose

When I’ve earned this patch, I’ll know all about heart health and how I can become healthy. I will also be able to share my new knowledge with my community.



STEP 1

WORK ON HEART HEALTH

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

Your heart is what keeps you going! Let's learn about how to keep your heart healthy as we begin the Go Red quest!

CHOICES—DO ONE:

MAKE A VIDEO. Get your troop together and sing one of the Heart Songs found on the Go Red Girl Scouts web page. Or create and record your own song or video about why it is important to be heart healthy.

OR

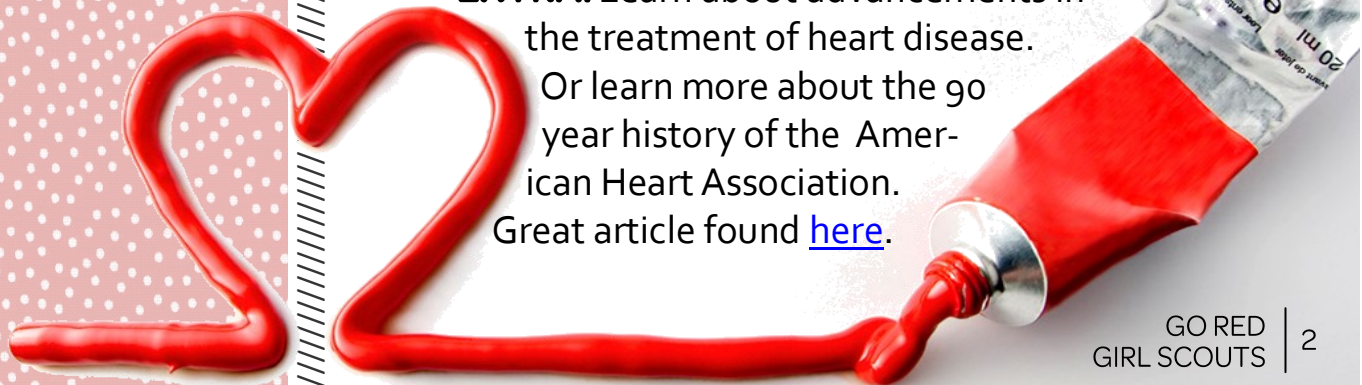
PARTICIPATE. Join your community to participate in National Wear Red Day or take part in the America Goes Red Challenge. Did you know that monuments like the Empire State Building and Niagara Falls "Go Red" every year on the first Friday in February? Join in!

OR

RESEARCH. With an adult's help, research factors that contribute to a healthy heart and to an unhealthy heart. Make a poster with your troop that shows heart healthy activities on one side and unhealthy activities on the other.

EXTRA. Learn about advancements in the treatment of heart disease.

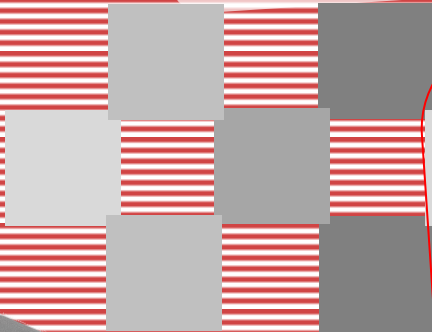
Or learn more about the 90 year history of the American Heart Association. Great article found [here](#).





Heart Healthy Recipes

Recipes for Girls Who Love Their Hearts!



Basic Fruit Smoothie

Ingredients:

1 quart strawberries, hulled	2 peaches
1 banana, broken into chunks	2 cups ice
1 cup orange-peach-mango juice	

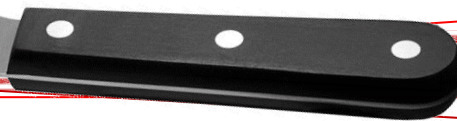
Directions:

In a blender, combine strawberries, banana and peaches. Blend until fruit is pureed. Blend in the juice. Add ice and blend to desired consistency. Pour into glasses and serve.

Nutrition Facts per serving:

Calories: 118; Total Fat: 0.6 g; Cholesterol: 0 mg; Sodium: 16 mg; Total Carbs: 28.5 g; Fiber: 3.8 g; Protein: 1.6 g

No matter what your age, everyone can benefit from a healthy diet and adequate physical activity! Certain foods can decrease your risk of heart disease and stroke.



Twice Baked Potatoes

Ingredients:

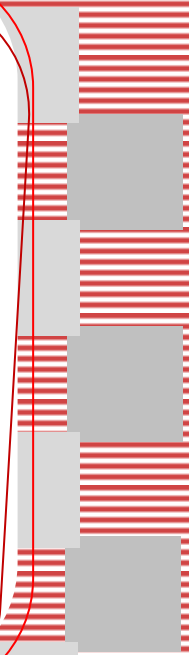
4 large baking potatoes	1 tsp. dill
3/4 cup fat-free, small-curd cottage cheese	3/4 tsp. herb seasoning
1/4 cup skim or 1% dairy or soy milk	4-6 drops hot sauce (opt.)
2 Tbsp. reduced-fat margarine	2 tsp. Parmesan cheese

Directions:

1. Stick potatoes with fork and bake at 425 degrees for 60 minutes or until cooked through.
2. Cut potatoes in half lengthwise; scoop out potato, leaving about 1/2 inch of pulp inside shell. Mash the potato contents in large bowl. Stir in remaining ingredients, except Parmesan cheese and return potatoes to oven for 15-20 minutes or until tops are golden brown.

Nutrition Facts per serving:

Calories: 170; Total Fat: 1.7 g; Saturated Fat: 0.5 g; Polyunsaturated Fat: 0.7 g; Monounsaturated Fat: 0.7 g; Cholesterol: 2.4 mg; Sodium: 121 mg; Potassium: 82 mg; Carbohydrates: 33 g; Fiber: 3.3 g; Sugar 2.7 g; Protein: 7 g



STEP 2 GO NUTS ABOUT NUTRITION

Food gives you energy and can help you become strong! Look at the food pyramid to see what foods are healthy for you, and then put your knowledge to the test!

CHOICES—DO ONE:

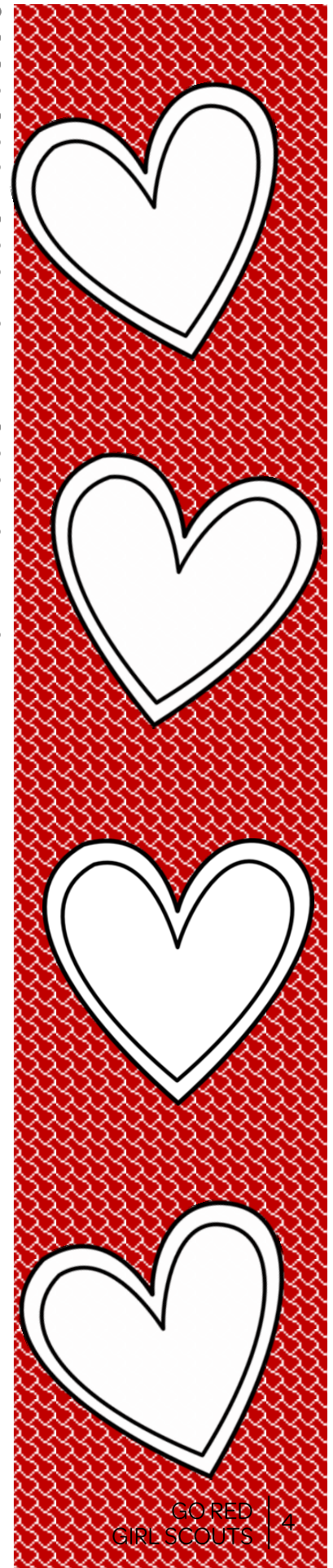
EXPLORE NUTRITION. Enjoy a fruit and vegetable taste test. Try at least five fruits and vegetables that you have never had before. When you are done, draw or use magazine pictures to create a 'grocery list' of your favorite heart-healthy foods and take it home to share!

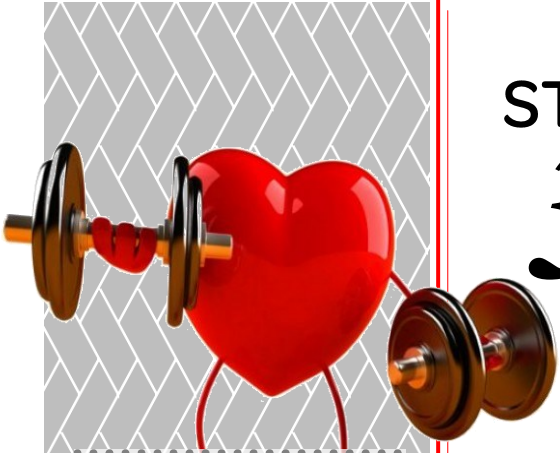
OR

GO ON A PICNIC. Plan a heart-healthy picnic as a troop or with your family and friends. Walk or bike to a local park and explore the surroundings. Make a healthy picnic meal or snack. If it is too cold outside, put blankets down and have an indoor picnic with some physical activities.

OR

GO RED RECIPE CONTEST. Invent your own heart-healthy trail mix recipe. Be sure to include foods that are tasty and good for your heart. Have a fun competition to see who made the tastiest one!





STEP 3 HAVE FUN WITH FITNESS

Exercise is one of the best things to do to keep your heart pumping. Find out what kinds of exercise you enjoy!

GET CREATIVE!

Create your own Fitness Bingo game to play! Make the board however you want, including things like:

- ♥ Jumping Jacks
- ♥ Lunges
- ♥ Wall-sits
- ♥ Push-ups
- ♥ Jogging in Place

Gather your friends to play the stop light game! Red means stop, Yellow means walk and Green means run. Kick it up a notch and do stretches while stopped at a red light!

Make your own balance board and see how long you can stay on! Put a small board on top of a cylinder (a small piece of PVC pipe works great) and test your balancing act!

CHOICES—DO ONE:

CREATE A WORKOUT. Create a high energy dance/workout to go with an upbeat song. You can use one of the songs on the Heart Songs list if you need an idea! Perform your dance/workout as a troop and use it in your troop meetings.

OR

GET TECHY. Use technology to help you stay on track. Do a workout with a Wii or Xbox. Keep track of your activity with a computer, tablet or smartphone. Go to your local gym and test out a heart rate monitor.

OR

PARTICIPATE IN JUMP ROPE FOR HEART. If your school has this event, join in! Or you can hold your own! Design your Go Red Girl Scouts t-shirt and raise money to donate to heart-health research and awareness.



STEP 4 SHARE YOUR KNOWLEDGE

Sometimes it is easier to stay heart healthy if you have someone to guide you or even participate with you! Let's find out who can help in your community.

CHOICES—DO ONE:

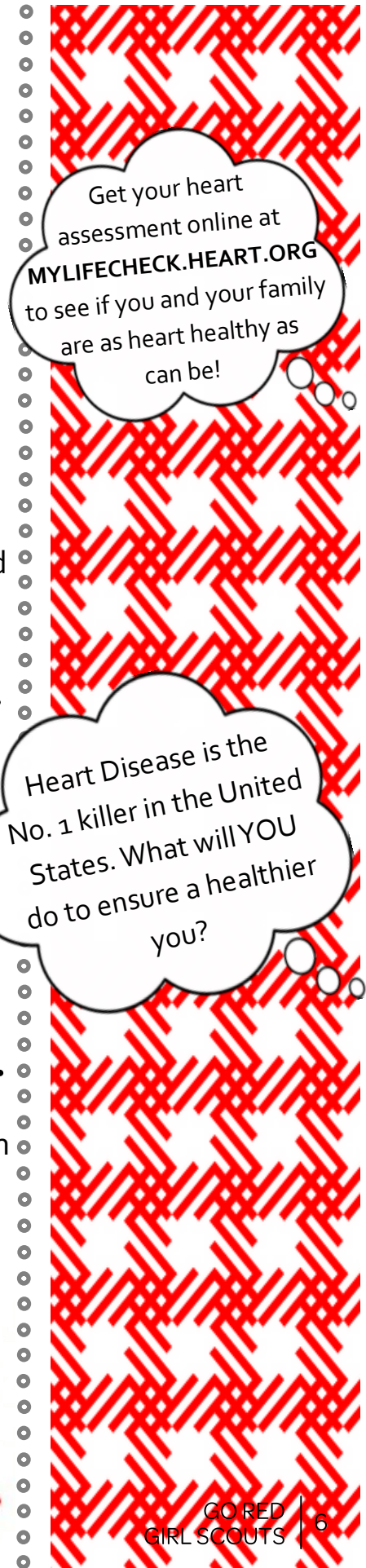
MAKE A PROMISE. Talk with a woman that you love and make a pledge to improve exercise habits. Set goals and rewards, then stick to your program for one month.

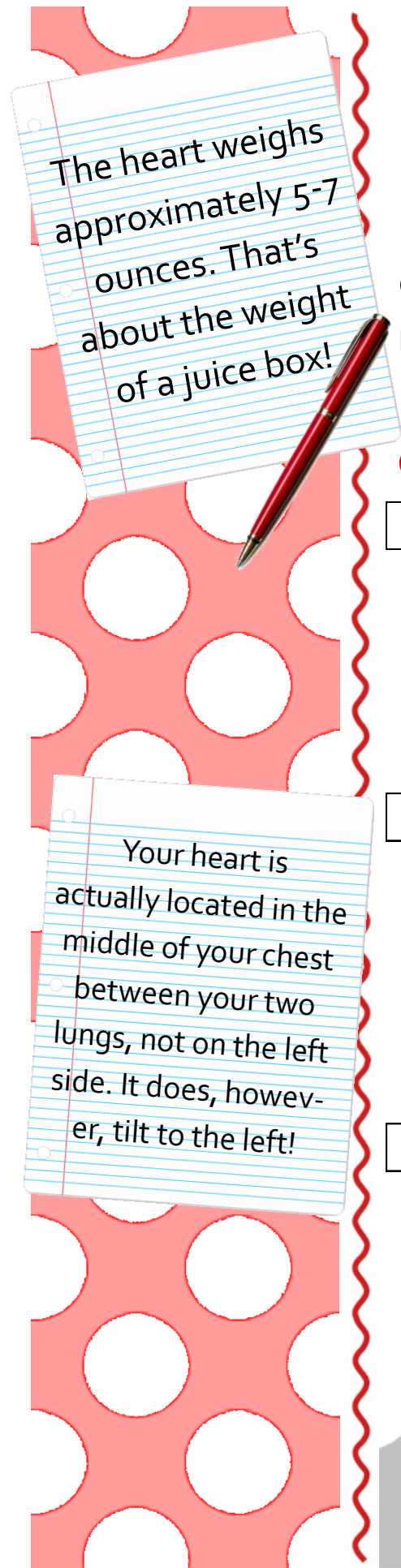
OR

CREATE AN ART GALLERY. Have an art contest where every girl submits artwork based on heart health and awareness. Share your art with your troop, friends, family and members of the community. Your artwork can show healthy activities, a healthy heart, family members, and anything else that shows what heart health means to you.

OR

PLANT SOME SEEDS. Help out with your school, church or community garden. You can help by planting fresh vegetables, herbs and fruit. Don't forget to take care of the garden until harvest time!





STEP 5 BE A GIRL OF SERVICE

Go out and share your knowledge and maybe you can help someone else want to become heart healthy!

CHOICES—DO ONE:

TAKE PICTURES. Take pictures of yourself, your family and your troop doing Go Red patch activities. Once you have finished, create a collage about heart health and what you learned. Present it to your troop, your family or your community.

OR

MAKE A MEDAL. Create your own Love Your Heart medal out of ribbon and paper or cardboard. Color or paint a heart-healthy message or picture on it. Give the medal to a woman that you love as a reminder to be heart healthy. Don't forget to make one for yourself, too!

OR

TELL YOUR FRIENDS AND FAMILY. Share the wonderful things you have learned with your family members and friends. Tell them what you have done to earn the Go Red patch and encourage them to live a heart healthy lifestyle. Perhaps even convince them to go see a cardiologist or get a heart-risk assessment. Invite them to try an exercise you learned or some of the food you tried or created!

