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 will know all about heart health and how I can become healthy. I will also be able to share my new knowledge with my community.
Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

STEP 1
WORK ON HEART HEALTH

Your heart is an important muscle in your body and is needed to stay alive. Let’s learn more about our own hearts!

CHOICES—DO ONE:

☐ LEARN MORE. Grab an adult and go online to www.heart.org/healthierkids and watch some of the Kids Videos to learn more about heart health. Talk with your friends about the videos. Perhaps you can even create your own!

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. Grab books or go online and research factors that contribute to a healthy heart. Make a poster that shows heart healthy activities on one side and unhealthy activities on the other.

EXTRA. Draw a picture of a heart and write what you already know about the function of the heart.
Food is what makes you go. Making sure you eat what is good for you is important. There are many delicious things to choose from, let’s pick a few!

**CHOICES—DO ONE:**

- **CUISINE COLLAGE.** Some foods are better for you than others. Cut out magazine pictures of food, draw a line on a piece of paper or cardboard and make two columns. Draw a big heart on the top of one column and a small heart on the top of the other. Tape heart-healthy foods under the big heart and unhealthy foods under the little heart. Don’t forget to share your poster!

  OR

- **PLAN A MEAL.** Plan a heart-healthy meal for your family and friends. Look up recipes and make a list of ingredients in order to get started. Write down recipes and store them in your family’s recipe book.

  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 competition to see who made the tastiest one!
Exercise is just one way to keep your heart healthy! Being active can be fun and help you care for yourself!

**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 to your friends and family and use it at troop meetings!

- **EXPLORE EXERCISE.** Girls who do exercise activities that they enjoy are more likely to stick with them as they grow up. Make a list of your favorite activities and take turns with your friends on teaching exercises! Talk about what you liked and did not like.

- **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

Share your knowledge and maybe you can help someone you know become more heart healthy!

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. Walk together, eat heart-healthy foods and reward yourselves!

OR

☐ PARTICIPATE. Gather your family and friends and participate in your local Heart Walk. Find a survivor of heart disease or stroke and rally behind and around them, or walk in honor or memory of them. You can even make team t-shirts! Find a walk close to you by going online to www.heartwalk.org.

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!

Get your heart assessment online at MYLIFECHECK.HEART.ORG to see if you and your family are as heart healthy as you can be!

Heart Disease is the No. 1 killer in the United States. What will YOU do to ensure a healthier you?

Get your heart assessment online at MYLIFECHECK.HEART.ORG to see if you and your family are as heart healthy as you can be!
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:

☐ ENCOURAGE. Talk with your family and encourage them to live a heart healthy lifestyle and perhaps even see a cardiologist or get a heart assessment. Invite them to try an exercise or some healthy snacks.

OR .................................................................

☐ GET ARTSY. Make a poster, collage or work of art showing what you have learned about heart health. Describe your personal experiences learning about exercise and health, and show how heart health affects you and your family. Share your work with your troop, your family and your community.

OR .................................................................

☐ MAKE A CHALLENGE. Challenge your family or friends to a new sport, activity or outdoor game. Get their heart rate’s up for at least 30 minutes with some friendly competition, and then serve heart-healthy snacks and water. Talk about ways to do activities at future family gatherings.

As a kid, your heart is about the same size as your fist. For adults, it’s two fists!

Your heart beats approximately 100,000 times in one day. That’s 35 million heart beats in one year!