



## Saint Thomas Heart/Go Red Girl Scout Patch Program

The Saint Thomas Heart/Go Red Girl Scout patch program aims to raise awareness of heart disease and the risks that it poses for women. By emphasizing good heart health habits early in life, we hope to help girls begin a lifetime of healthy living.

- Girl Scout Daisies**.....Complete two activities, each from a different section.
- Girl Scout Brownies**.....Complete three activities, each from a different section.
- Girl Scout Juniors**.....Complete four activities, each from a different section.
- Girl Scout Cadettes and Seniors**.....Complete five activities, each from a different section.
- Girl Scout Ambassadors**.....Complete six activities including one from each section plus the CPR requirement.

### Heart Education Activities

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- ♥ **Heart Diagram:** Learn about your heart! Go to [www.americanheart.org/presenter.jhtml?identifier=3044556](http://www.americanheart.org/presenter.jhtml?identifier=3044556) for a diagram of the heart. Use the diagram to teach your troop about the different parts of the heart.
  
- ♥ **Activities Pyramid:** Print the Activities Pyramid at [www.americanheart.org/presenter.jhtml?identifier=3003219](http://www.americanheart.org/presenter.jhtml?identifier=3003219). Go over it with your troop or family and then act out the different kinds of activities. Put the pyramid up on your refrigerator at home as a constant reminder of activity guidelines that help keep your heart healthy.
  
- ♥ **Good v. Bad Foods:** Learn what foods are better for your heart than others. With your troop or family, cut out magazine pictures of food. Draw a line on a piece of cardboard to make two columns. Draw a big heart on the top of one column and a little heart on the other column. Tape the heart-healthy foods under the big heart and the unhealthy foods under the little heart. Talk about what you learned.
  
- ♥ **Warning Signs:** Educate troop members about the warning signs of a heart attack. Illustrate what a woman might feel when she is suffering a heart attack. Describe how the signs might differ for a woman or a man.
  
- ♥ **CPR (required for Girl Scout Ambassadors):** If you are a Girl Scout Cadette, Senior or Ambassador, learn CPR and practice using CPR in instances of sudden cardiac arrest. Contact the American Heart Association to find a CPR training event near you or look up training facilities at <http://www.americanheart.org/presenter.jhtml?identifier=3012360>.
  
- ♥ **Invent Your Own:** Create your own heart education activity. Share your idea on the enclosed form.



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## Nutrition Activities

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♥ **Heart-Healthy Snacks:** Invent a heart-healthy snack with your family, friends or troop and make sure to describe the nutritional content. For hints, visit [http://kidshealth.org/kid/nutrition/food/snack\\_attack.html](http://kidshealth.org/kid/nutrition/food/snack_attack.html). When you have completed the recipe, submit it to [www.heartasone.com](http://www.heartasone.com) by clicking on the Saint Thomas Heart patch.

♥ **“Pick Well” Picnic:** Combine exercise and eating well by riding your bike or walking to a park for lunch as a group. Invite your troop or your family and plan a heart-healthy meal. Use the American Heart Association’s meal planner to help out: [www.americanheart.org/presenter.jhtml?identifier=3003218](http://www.americanheart.org/presenter.jhtml?identifier=3003218).

♥ **Farm Fresh Taste Test:** Have a fruit and vegetable taste test! Try at least five fruits and vegetables that you have never tried before. When you are done, draw a "grocery list" of your favorite foods to buy as snacks next time you go to the grocery store. Need some ideas? Here’s a list of some fruits and veggies to try:

### Vegetables:

Carrots  
Peas  
Asparagus  
Broccoli  
Squash  
Cauliflower  
Spinach  
Avocado  
Celery  
Jicama  
Green peppers  
Red peppers  
Yellow peppers  
Onions  
Cabbage  
Zucchini

### Fruits:

Apples  
Cantaloupe  
Cherries  
Figs  
Grapes  
Kiwi  
Nectarines  
Mangoes  
Guava  
Papayas  
Peaches  
Oranges  
Pears  
Raisins  
Tangerines  
Star fruit  
Nectarines  
Pineapple  
Tomatoes

♥ **Cooking Class:** Host a cooking class for mothers and daughters to learn about heart healthy snacks and invite a dietitian to speak to your group and comment on the nutritional value of the food being cooked. Or you could attend one of the cooking classes at Saint Thomas Heart. To find out more about locations and dates, visit [www.heartasone.com](http://www.heartasone.com).



♥ **Field Trip:** Take a field trip to a local grocery store and identify foods with high nutritional value and low nutritional value. Discuss with your troop some new foods you have found that you might now consider as heart-healthy snacks.

♥ **Invent Your Own:** Create your own nutrition activity. Share your idea on the enclosed form.

Nutrition Links:

[http://kidshealth.org/kid/nutrition/food/snack\\_attack.html](http://kidshealth.org/kid/nutrition/food/snack_attack.html)

<http://www.mypyramid.gov/kids/index.html>

### **Fitness Activities**

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♥ **Warm-Up Exercise:** For three meetings, start with 15 to 20 minutes of exercise. For example, have a dance party with favorite music or play Simon Says or Follow the Leader. Talk about ways to continue exercising. Needs some help? Check out this link:

<http://www.americanheart.org/presenter.jhtml?identifier=3033904>

♥ **Why Should I Exercise?** Host a discussion about why it's important to exercise. Ask others to tell you why they exercise and fill in this sheet:

[http://www.americanheart.org/downloadable/heart/102441007944944%20Why%20People%20Exercise%20\(3-5\)%20.pdf](http://www.americanheart.org/downloadable/heart/102441007944944%20Why%20People%20Exercise%20(3-5)%20.pdf). Make a list of your favorite activities and then try one new physical activity, like hip-hop or rollerblading, with your troop or family. What did you like or not like about it? Talk about it.

♥ **Backyard Bonanza:** Spend an hour outside three times a week doing something fun and physical. Think about why it's important to be healthy and take the pledge at [www.igohugo.org](http://www.igohugo.org).

♥ **WiiFitness:** Bring a Wii to your troop meeting and challenge troop members to a friendly competition of boxing or tennis or have your troop go through a WiiFit exercise together.

♥ **Jump Rope for Heart:** Participate in your school's local Jump Rope for Heart event. Design your own Go Red Girl Scouts t-shirt to show your Girl Scout pride. Visit [www.americanheart.org/presenter.jhtml?identifier=2360](http://www.americanheart.org/presenter.jhtml?identifier=2360) to learn more.

♥ **Start! Heart Walk:** Gather your troop members and join the Start! Heart Walk in your community. To locate the Start! Heart Walk nearest you, visit <http://www.americanheart.org/presenter.jhtml?identifier=3053031>.

♥ **Invent Your Own:** Create your own fitness activity. Share it on the enclosed form.

Fitness Links:

<http://www.americanheart.org/presenter.jhtml?identifier=3028660>

<http://www.gogirlsonly.org/>



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## Family Activities

- ♥ **Heart Card:** Make a card for a woman in your life telling her you love her and that she should love her heart. Tell her that heart health is important to you and that she should join Saint Thomas Heart in the *Go Red for Women* campaign by going in for a screening. Include tips about staying heart-healthy. Visit [www.heartasone.com](http://www.heartasone.com) for a list of upcoming screenings.
  
- ♥ **Activity Pact:** Make a pact with a woman you love to walk together a few times a week. In fact, you can do more than just walk – rollerblade, ride bikes, or run. The goal is to get your heart working and stay active. If you can't always do your activities together, agree to meet every six months to ensure you're both living up to the pact.
  
- ♥ **Health Tree:** Create a family health tree that identifies your family's history of health problems. Focus on those problems related to the women in your family. Share this family health tree with your family members, especially the women.
  
- ♥ **New Activities:** Challenge your family to try a new sport, activity or outdoor game. Try splitting into teams and make it a fun competition by having the losers cook dinner for the winners!
  
- ♥ **Fun Run Challenge:** Challenge yourself and your mom to train for and participate in a mother/daughter fun run. Look for a fun run near you at [www.active.com](http://www.active.com).
  
- ♥ **Invent Your Own:** Create your own family activity. Share it on the enclosed report.

## Service Activities

- ♥ **Spread the Red:** Show us how and why you go red for national Wear Red Day by submitting photos, video, etc. encouraging others to *Go Red for Women*. Submit the entries to the Girl Scouts of Middle Tennessee Nashville Service Center by January 30, 2009 for a chance to win for your troop.
  
- ♥ **Go Red for Women:** Encourage a woman in your life to sign up for the *Go Red for Women* movement by registering online at [www.goredforwomen.org](http://www.goredforwomen.org).



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<b>Troop Leader Name:</b> _____	<b>Phone Number:</b> (____) _____
<b>Address:</b> _____	
<b>City:</b> _____	<b>State:</b> _____
<b>Zip Code:</b> _____	
<b>Email Address:</b> _____	
<b>Date of completion:</b> _____	<b>Number of girls:</b> _____

Age level:  Daisy  Brownie  Junior  Cadette  Senior  Ambassador

Please mark the activities your troop chose to complete this patch program:

Heart Education Activities:

- Heart Diagram
- Activities Pyramid
- Good v. Bad Foods
- Warning Signs
- CPR *(required for Ambassadors)*

- Activities List
- Obstacle Course
- WiiFitness
- Jump Rope for Heart
- Start! Heart Walk

Nutrition Activities:

- Heart-Healthy Snacks
- "Pick Well" Picnic
- Farm-Fresh Taste-Test
- Cooking Class
- Field Trip

Family Activities:

- Heart Card
- Activity Pact
- Health Tree
- New Activities
- Fun Run Challenge

Fitness Activities:

- Warm-Up Exercises

Service Activities:

- Spread the Red
- Go Red for Women

**Invent Your Own** *(Describe any activity(ies) you and/or your troop developed and indicate its corresponding category):*

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**Interested in volunteering for Saint Thomas Heart or the American Heart Association?**

- Saint Thomas Heart       American Heart Association       No

\_\_\_\_\_  
Troop Leader Signature

*Your signature indicates that your troop has completed the necessary activities to earn a Saint Thomas Heart Go Red for Women patch. Patches are available upon receipt of this tracking sheet. Please return completed form to: American Heart Association, Attn: Ashley Wrye, 1818 Patterson St., Nashville, TN 37203*