

Health & Fitness



GSBDC knows it is never too early for girls to learn how to lead a healthy lifestyle. And we also know that this healthy lifestyle can be fun! Whether they're hiking, trying a new sport, or preparing tasty, nutritious snacks, Girl Scouts enjoy many fun ways to lead healthy lives. Healthy living activities are woven throughout the Girl Scout program in varied ways to provide girls with choices and flexibility.

One of the exciting ways Girl Scouts of Black Diamond Council has helped girls learn healthy living is through the Healthy Habits program. The United Way of the River Cities generously provided funds for our council to implement the Girl Scouts Healthy Habits program in the River Cities area. The grant required us to survey the girls before and after a series of activities to evaluate the impact this program made on participants.

Girls learned about:

Energy in/Energy Out –
putting artistic skills to good use
to showcase ENERGY

Food Exploration –
fruits/veggies/water/salty foods

Let's Get Moving –
Dance, Zumba, Exercise

The girls who participated in the Healthy Habits program demonstrated **significant increases in their knowledge of and attitudes toward healthy food choices and physical activity.** These differences measured at the beginning and end of the program were not due to chance, but were a statistically significant and real finding.

- 93% learned something new about the importance of making healthy food choices.
- 90% learned something new about different physical activities in which they could engage.

Because we know that having fun is related to the retention of the information, it is also important to note that:

- 94% enjoyed the program.
- 92% would participate in the program again.
- 94% would recommend the program to a friend.

