

# PASSPORT TO FUN AND FITNESS GUIDES



## **PROGRAM COMMITTEE**

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### **INTRODUCTION**

Fun and Fitness – two words that should go together! Learn about yourself, how to build energy, and create a healthy lifestyle while having FUN!

### **OBJECTIVES**

To introduce members to new types of physical activities in order to provide them with variety and to potentially peak their ongoing interest.

To promote the ideal that lifelong inclusion of physical activity is enjoyable and achievable for all people.

To include nutritious food choices for an energized and healthy lifestyle.

To challenge members to stretch their personal limits and abilities.

### **REQUIREMENTS**

Print a passport for each member of your unit (double sided might work best).

**Complete two activities in each section.**

This challenge requires all age groups (including adult members) to complete all four components in a way that is appropriate to their age and ability. As the participants complete the activities, outline the squares with a highlighter. Activities listed are suggestions only - feel free to choose other ideas that meet the spirit of the challenge.

#### Hockey Night in Canada

Divide the girls create four Canadian Hockey teams. Play floor hockey (or indoor soccer) in a tournament format of 15 minute long games. Have a commentator narrate the games!

For more information, please consult:

- Canada's Physical Activity Guides for Children and Youth (by Canadian Society for Exercise Physiology) available at [www.paguide.com](http://www.paguide.com) or by calling 1-888-334-9769.
- Canada's Food Guide to Healthy Eating (from Health Canada) available to download at [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

Please note, both documents include permission to copy in their entirety.

Challenge Created By:  
Alberta Program Committee 2002  
Edited 2005

## SECTION 4: COOL PLAY

### CULTURALLY COOL

Create or learn a new dance



Ideas:

Try square dancing, highland dance, jingle dance, rain dance, belly dancing, or ribbon dancing.

### LET'S GET WET

Participate in an activity involving water



Ideas:

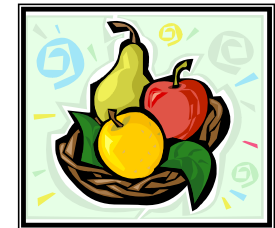
Snowball fight, ice sculpture, homemade water slide, water fight, water relay, bucket brigade, swimming.

## OPEN YOUR PASSPORT TO FUN & FITNESS

### SECTION 1: FUN FOOD

#### FUEL INJECTION

Learn about healthy food



Ideas:

Eat at least 5 vegetables of different colours.

Learn about healthy and unhealthy fat.

#### CANADIAN FOOD GUIDE

Practice using the Food Guide



Ideas:

Plan and prepare a meal based on the Canadian Food Guide.

Prepare a donation to the Food Bank based on the Canadian Food Guide.

## SECTION 2: WORK IT OUT

### FUN WITH A FRIEND

Participate in a physical activity involving team work



Ideas:

Hockey Night in Canada: Divide into four Canadian Hockey teams. Play floor hockey (or indoor soccer) in a tournament format of 15 minute long games. Have a commentator narrate the games!  
Mini-Olympics, skipping contests, sports camp

### WALK ON THE WILD SIDE

Go for a walk or hike for a distance, elevation, or in a manner, which is challenging



Ideas:

Cross-country skiing, snowshoeing, hiking, biking, orienteering.

## SECTION 3: ME

### STRETCH YOUR COMFORT ZONE

Discover different ways to stretch your body



Ideas:

Yoga, Pilates, gymnastics, Frisbee golf

### GET IN TOUCH

Listen to your body



Ideas:

Describe how you feel in different situations: if you ate a bag of chips and a pop for lunch, if you had an apple and a glass of milk for lunch, if you only got 3 hours of sleep last night, if you had 8 hours of sleep last night etc.