

# Physical Fitness

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## Belt Loop

### **Complete these three requirements:**

1. Give a short report to your den or family on the dangers of drugs and alcohol.
2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

## Sports Pin

### **Earn the Physical Fitness belt loop, and complete five of the following requirements:**

1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
2. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
3. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
4. Explain the reason for warming up and cooling down before and after each exercise session.
5. Visit a local gym and talk to a trainer about exercises and programs for young people.
6. Participate in some aerobic exercises at least three times a week for four weeks.
7. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
8. Swim for a total of an hour, charting your time as you go.
9. Participate for at least three months in an organized team sport or organized athletic activity.