



Nutrition and Fitness

Sports and Fitness - Step 1

Purpose

The "Nutrition and Fitness" Step covers the general physical well-being for the Trailman. He will learn the difference between healthy and unhealthy foods, some of the physical issues that accompany eating poorly, and exercises to keep fit.

1. What is nutrition and why is it important?
2. What foods are good/bad for you?
3. What types of illnesses are associated with poor nutrition?
4. What are the different types of physical fitness and why are they important?
5. What are some ways to stretch your muscles and joints?
6. What are some exercises to make you healthier, stronger, and/or faster?


Notes to the Trail Guide

//

1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

//

Skills Progression

	<ol style="list-style-type: none">1. Why to eat healthy foods2. Eat "bad" foods in moderation or not at all3. Learning about stretching and exercise4. Doing exercise and record results5. Coordination and balance
	<ol style="list-style-type: none">1. Learn about balanced diet/meals2. Moderation in eating is key3. Doing exercise and record results4. Coordination and balance
	<ol style="list-style-type: none">1. Define nutrition and tell why it is important2. Discuss balanced meals and food groups3. Moderation in eating is key4. Discuss illnesses from poor nutrition5. Discuss other issues from poor health habits6. Doing exercise and record results7. Coordination and balance

Helps

1. What is nutrition and why is it important?
 - a. **Goal:** To be exposed to the basics of nutrition.
 - b. **Lesson:** Food is processed in the body to provide energy.
 - c. **Examples:**
 - i. Food is eaten and nutrients, fats, protein, sugar, etc are absorbed into the body in the stomach and intestines.
 - ii. Some food produces waste and helps remove other waste from the body.

2. What foods are good/bad for you?
 - a. **Goal:** To understand that some foods are better for your body than others.
 - b. **Lesson:** Some foods can be good and bad for the body. Moderation is key.
 - c. **Examples:**
 - i. Meats, protein, fats
 1. How is it cooked? Baked, deep fried, fried, grilled, etc
 - ii. Vegetables
 1. Fresh, cooked, steamed, etc
 - iii. Fruits
 1. Fresh, freeze dried (for hiking)
 - iv. Grains
 1. Carbohydrates
 - v. Dairy, cheese
 1. Source of calcium (used for building bones)
 - vi. Snacks (sweets, fats)
 1. Potato chips
 2. Candy
 3. Cookies
 4. Ice cream
 5. Soft drinks (vs. water)

3. What types of illnesses are associated with poor nutrition?
 - a. **Goal:** To understand that eating poorly can lead to illness.
 - b. **Lesson:** Eating poorly has immediate and long term effects on the body and mind.
 - c. **Examples:**
 - i. Immediate issues
 1. Eating sweets or fast food could make you hyper or sleepy
 2. Energy spike then crash
 3. Spike in blood sugar
 4. Fast food makes you full, but of empty nutrition
 5. Others
 - ii. Chronic diseases:
 1. Obesity
 2. Diabetes
 3. Cardiovascular disease

4. Cancer
5. Dental diseases
6. Osteoporosis
7. Others

4. What are the different types of physical fitness and why are they important?

- a. **Goal:** Learn about different types of physical fitness
- b. **Lesson:** Discuss the different types of physical fitness.
 - i. Definition: Fitness is the condition of being physically fit and healthy
 - ii. Importance:
 1. Health
 2. Muscle development
 3. Coordination
 4. Bone strength
 5. Safety (Strong bodies are more resistant to breaking and can heal faster)
 6. Feel free to add to this list
 - iii. The Trailman's Handbook (for Navigators and Adventurers) discusses the four types of fitness: emotional, mental, moral, and physical.
- c. **Examples:**
 - i. Cardiovascular/aerobic exercise
 1. Running, walking, sports that increase heart rate
 - ii. Anaerobic exercise
 1. Exercises that burn oxygen faster than it can be replaced
 2. Short exertion, high-intensity movement
 3. Sprinting, weight training, jumping
 - iii. Joint flexibility
 1. Range of motion
 2. Stretching
 - iv. Muscular endurance and strength
 1. Ability to perform without fatigue
 2. More exercise and training leads to stronger and more fit boys
- d. **Example Activities:**

Perform these events and record results. See if the boys can improve over the course of a month (or so). Encourage them to exercise at home.

 - i. Joint flexibility
 1. Stretch, see examples below
 - ii. Cardiovascular/aerobic exercise
 1. Do a warm-up run around your facility
 - iii. Anaerobic exercise
 1. Do a 40 yard sprint
 - iv. Muscular endurance and strength
 1. Push-ups
 2. Sit-ups
 3. Pull-ups/chin ups
 4. Planking (time)
 5. Standing broad jump
 6. Shuttle run

7. Other

5. What are some ways to stretch your muscles and joints?

- a. **Goal:** To learn several ways to stretch muscles and joints
- b. **Lesson:** Proper stretching prevents injury.
- c. **Examples:**
 - i. See example stretches below.
 - ii. Test stretching using a Sit and Reach Testing Box or improvised stretch box.
 - iii. Stretching before physical activity is very important. It helps prepare muscles and joints for the activity. It helps decrease the risk of injury due to strains and cramps. Stretching also helps flexibility and range of motion.
 - iv. Warming-up is also important for similar reasons.
- d. Example Activities:
 - i. Quad stretch: Stand while holding something in front of you (chair, tree...) with left hand; bend the right leg at the knee and grab it with your right hand; pull your foot toward your rear end for 15-30 seconds; repeat with other leg.
 - ii. Hamstring stretch: While sitting put one leg straight in front of you; lean forward and grab (or try to grab) your toes while feeling your hamstring stretch; repeat with other leg.
 - iii. Calf stretch: Stand facing a wall or tree; place one leg near the tree and one further back; extend the back leg trying to keep your heel on the ground; repeat with other leg.
 - iv. Overhead arm stretch: With feet on the ground raise your hands as high as you can for 20 seconds.
 - v. Shoulder stretch: Reach your right arm straight out in front of you. Use your left forearm to pull your right elbow toward your body and hold for 15-30 seconds.
 - vi. Triceps Stretch: Reach your right hand up and bend your elbow such that your right hand is near the back of your neck. Take your left hand and pull your right elbow toward your head. Hold for 15-30 seconds.

6. What are some exercises to make you healthier, stronger, and/or faster?

- a. **Goal:** To learn exercises that can be done at home.
- b. **Lesson:** Exercising builds better bodies and can lead to healthy habits and therefore lifelong health.
- c. **Examples:**
 - i. Stretching
 - ii. Swimming
 - iii. Running/jogging/walking
 - iv. Exercises listed above in sections 4 and 5
 - v. Many others
 - vi. Coordination and balance are also very important. Exercises that help with these include:
 1. Dribbling a basketball
 2. Dribbling a soccer ball

3. Catching a baseball (or other ball)
4. Bouncing a ping pong ball on a paddle
5. Bouncing a ball against a wall and catching it (or throwing it in the air)
6. Walking a balance beam
7. Balancing on one foot



Figure 1 Quad Stretch



Figure 2 Calf Stretch



Figure 3 Hamstring Stretch



Figure 4 Overhead Arm Stretch



Figure 5 Shoulder Stretch



Figure 6 Triceps Stretch

Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed above in the Helps section.

Game ideas

- None needed due to the activities above.

Scripture

Nutrition

Proverbs 25:27

- Fox - Eating too many sweets is not good for you.
- Hawk - Eating too many sweets can make you feel bad. Promoting yourself above others makes them feel bad.
- Mountain Lion - Eating too many snacks is unhealthy and can lead to poor health. Also, seeking to promote yourself and not being humble before God leads to heartache and suffering. Both of these have long term effects.

Fitness (exercises/stretching)

Proverbs 20:13

- Fox - Sleep is good, but too much sleep is bad.
- Hawk - Too much sleep and rest is bad. Use your time to learn by reading, exercising, or playing.
- Mountain Lion - Too much sleep and rest is bad for you, both physically and mentally. Too much screen time (video games, TV, ...) makes you physically lazy. Make your days profitable by work, study, and exercise and you will be a better man when you are older.

Sportsmanship/General Sports

Proverbs 12:22

- Fox - Don't cheat; obey the rules.
- Hawk - Cheating is both lying (saying something is yours when it is not) and stealing (taking something that is not yours)
- Mountain Lion - Cheating is both lying (saying something is yours when it is not) and stealing (taking something that is not yours). Many people think that the prize is the goal and winning by any means is ok. Having honor is far better and will lead you to becoming a man of integrity. God knows your heart.

Exercise

1 Corinthians 9:27

- Fox - Exercise and discipline help keep one fit.

- Hawk - Be diligent in all you do. As a Christian and as a Trailman you are an example to others.
- Mountain Lion - Use your mind to tell your body what to do. Do not let cravings make you fat and lazy. A disciplined mind helps you both physically and spiritually. If you are disciplined you are a good example to others.

Websites/References

The Trailman's Handbook (for Navigators and Adventurers)

Copyright © 2017 by Trail Life USA. All rights reserved.