

# FIT FOR LIFE

## LEARNING OUTCOMES

Having completed this badge members will:

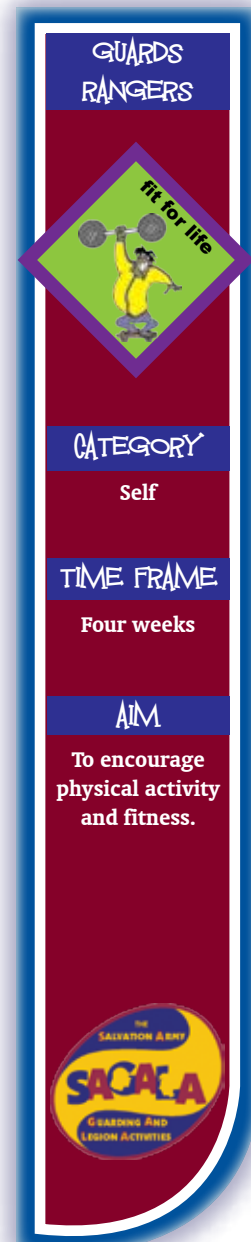
- be able to explain the importance of physical fitness;
- demonstrate skills to attain physical fitness;
- record involvement in physical activity;
- set personal fitness goals;
- be able to identify causes of stress and demonstrate techniques to alleviate stress.



## BADGE REQUIREMENTS

1. Explain the benefits of physical fitness.
2. Describe the elements of a fitness program.
3. Set personal fitness goals.
4. Follow a program of physical exercise appropriate to your ability.
5. Keep a record of involvement in physical activity.
6. Identify the causes of stress and participate in a stress alleviation exercise.

For a complete healthy lifestyle package refer to the Fit for Life, Food for Life and Lookin' Good badges.



















# Devotional ideas

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