

### Plan:

- What healthy foods, dishes and activities do you enjoy? How can you make them part of a healthy lifestyle?
- What are healthy portions for your size, age and level of activity?
- How much physical activity should you get daily?
- How will you enter into your plan—all at once or step by step?
- How will you know if you have made progress toward your healthy living goals?

### Do:

- Create a healthy lifestyle plan and try to follow it for a month.

### Review:

- What do you know now that you did not know before?
- What did you find challenging about this adventure?
- What did you most enjoy about this adventure?
- How did you feel after following a healthy lifestyle? Did you achieve your goals?

### Safety Note:

- Some people have dangerous allergies to certain foods that can be nutritious for others. If you are sharing this adventure with others, what allergies do people need to be aware of, whether your own or someone else's?
- If making drastic changes to diet or to your exercise routine, make sure to check with your doctor, especially if you have a medical condition.

### Online Resources:

More information about healthy living can be found at:

- [Canada's food guides](#)
- [Being active](#)
- [It's time for Canada to sit less and move more](#)



It starts with Scouts.

## Create a Healthy Living Plan

Active & Healthy Living



### The Adventure:

Think of the athletes that participate in the Canada Games or the Olympic Games. All athletes must eat and live a healthy lifestyle. This lifestyle demands discipline and great willpower. It involves eating healthy food and getting good exercise. Your calories are carefully calculated and the benefits can be remarkable. Create your own healthy living plan and live by it for a weekend camp.



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