



KR's Kids Fit Patch Program

Kailee Robinson is a Girl Scout from the City of Chicago.

In 2020, Kailee realized one of her passions is educating other kids about physical fitness in the most fun and exciting ways possible. That's when KR's Kids Fit, an online fitness program for kids ages 6-16, was born!

Kailee believes there's no time like the present to help kids be active. "Play hard and live long!" is her motto. Her goal is to get young people comfortable to participate in everyday fitness and exercise through a live class in a virtual format.

This patch program is in accordance with the requirements for Kailee to complete her Girl Scout Bronze Award and is intended for all Girl Scout levels.

In order to complete the KR's Kids Fit patch program, you need to **complete each activity in Section 1, and at least one activity in both Sections 2 and 3** (though you can do more if you want!).

Once the activities are complete, go to shop.girlscoutsgcnwi.org to order a KR's Kids Fit patch!

Before we get started, answer a few questions to exercise your brain! Share your answers with a friend, family member, or write them down in a journal or notebook.

1. What hobbies do you enjoy? How long have you been interested in this hobby? Is there a new hobby you are excited to learn more about?

Some of Kailee's hobbies include swimming, speech competitions, gymnastics, theater, dance, and reading. One of Kailee's favorite activities is teaching her fellow peers online through fitness classes.

2. Do you have a favorite movement activity? What exercises do you do regularly? How often do you keep fit?

Kailee is dedicated to helping young people find strength during these trying times. She devotes hours to studying fitness technique and nutrition (monitored by Dad, a personal trainer, to ensure safe practices), to prepare for teaching her sessions. Regular exercise is key to putting kids of all ages on a path of health for a lifetime, including incorporating healthy food habits.

Section One: Discover

Complete all activities from this section.

Activity 1: OBSERVE

Watch a KR's Kids Fit video. **Observe** the class and see Kailee demonstrate a variety of exercises.

Materials:

- Computer or tablet
- Internet access

Instructions:

1. Email KR's Kids Fit at patrickrobinsonfitnes73@gmail.com for information on how to watch a KR's Kids Fit workout session.
2. Watch a KR's Kids Fit video.
3. Recognize what exercises you have seen or done before.
4. Keep an eye out for exercises that are new to you.

Optional: Write a paragraph on what you learned. Share your paragraph with Kailee by emailing patrickrobinsonfitnes73@gmail.com.

Activity 2: MOVE

Attend one free live KR's Kids Fit workout session. Join in the fun and follow along with the **movements**.

Materials:

- Comfortable workout clothes
- Water bottle
- Computer or tablet
- Internet access



Instructions:

1. Email KR's Kids Fit at patrickrobinsonfitnes73@gmail.com for information on how to attend a KR's Kids Fit workout session.
2. Participate in one free LIVE KR's Kids Fit workout session.
3. Stay hydrated by taking frequent small sips of water.
4. Don't skip the cool down after your workout!

Activity 3: DEMONSTRATE

Demonstrate a few of your favorite exercises. They can be ones that you learned in a KR's Kids Fit workout session, or another class or activity. Share with your friends, family, or Girl Scout troop!

Materials:

- Comfortable workout clothes

Instructions:

1. Demonstrate some of your favorite workout moves.
2. If you need inspiration, check out Kailee demonstrating a few exercises by clicking here: <https://youtu.be/vQQtrdlBpBA>
3. Reflect on the experience. Why did you choose these exercises to demonstrate? Are there other exercises you do not enjoy doing it as much? If so, one of KR's videos can help make those more fun!

Section Two: Connect

Primal Times: Move for Your Life!

From the dawn of humankind, people had a constant fear to run for their lives away from everyday threats. "Physical development followed a natural path that was determined by the practical demands of life in a wild landscape, as well as the vital need to avoid threats and seize opportunities for survival." (from [Movnat](#))

Kids' movement activities consisted of things like rock climbing or climbing tree limbs. In our modern world, most children find time to be active during school recess and gym class, by attending play dates with peers, and by playing sports at an early age.

Select at least one activity to complete from this section.

Activity 1: EXPLORE

For this activity, you will **explore** how to incorporate more healthy food choices into your everyday routine. Answer the questions below to learn more about healthy foods options.

Materials:

- Computer or tablet
- Access to the internet

Instructions:

1. Can you name five healthy snacks? What makes them healthy? Hint: read the ingredients if you are not sure. Ask someone at home to help if needed.

2. Do you have a favorite healthy food? How about a healthy food you tried and did not like?

Following the table below, list some healthy alternatives you can choose instead of these popular foods.

| Unhealthy Food | Healthy Alternative/Swap | Healthy Alternative/Swap |
|----------------|--------------------------|--------------------------|
| Ice Cream | | |
| Donut | | |
| Soda Pop | | |
| Cookies | | |
| Potato Chips | | |
| Candy Bar | | |
| Sugary Cereal | | |
| French Fries | | |

Activity 2: SHARE

The more ideas we have for healthy snacks that we enjoy, the better! Take a moment to **share** the recipe for your favorite healthy snack with Kailee.

Materials:

- Computer or tablet
- Access to email

Instructions:

1. Choose your favorite healthy snack recipe.
2. Send the recipe in an email to Kailee: patrickrobinsonfitnes73@gmail.com
3. Make the snack to share with your family or with your Girl Scout troop!



BONUS! Did you know that our former First Lady, Michelle Obama, is from Chicago? She has a longtime interest in preventing childhood obesity. As the star of a children's cooking show, Waffles and Mochi, Mrs. Obama appears alongside puppets making kid-friendly meals. Have you heard about her cooking show? Check it out by clicking on this link:

<https://www.wafflesandmochi.org/>

Section Three: TAKE ACTION

Select at least one activity to complete from this section.

Activity 1: ADAPT

Materials:

- Comfortable workout clothes

Instructions:

1. Consider a girl with a disability who uses a wheelchair. How could some of the movements from watching Kailee's videos be **adapted** so that she could exercise while seated?
2. What about an exercise routine for senior citizens with limited mobility?
3. Consider how traditional exercises can be adapted to better include people of all abilities and body types. Then develop a routine that could be followed by people with differing abilities.
4. Share your completed routine with family, friends, or your Girl Scout troop.



Activity 2: BRAINSTORM

Take time to discuss the following topics and **brainstorm** with your Girl Scout troop.

Create an action plan together to keep each other fit, active, and healthy!

Materials:

- Posterboard
- Markers

Instructions:

1. Talk to your troop about how important physical activity is for our health. Does your troop think exercising is fun? How can you make it more fun?
2. Why do people add a workout to their day? Ask your troop members what motivates them to work out.
3. Would you rather exercise by yourself, or would you rather exercise with a friend, sibling, or other person? Talk about this with your troop. How active are you? Discuss with your troop how you find ways to be active.
4. Research movement activities to find and introduce a new active game to your troop. Collaborate with your troop to create a 15-minute dance, movement, or exercise routine. Perhaps you can record it to share with other troops!