



# *All About Healthy Living*

*a patch program created in collaboration with Blue Cross Blue Shield of Arizona*

**Program Guide & Reporting Form**



Dear Girl Scouts,

Girl Scouts–Arizona Cactus–Pine Council is very proud to collaborate with **Blue Cross Blue Shield of Arizona** to introduce the newest addition to our Council’s Own patch: *All About Healthy Living!*



The *All About Healthy Living* program invites Arizona girls, in grades K-12, to focus on all aspects of wellness. This comprehensive patch program offers girls age appropriate, hands-on learning opportunities. It also provides the opportunity to connect with more than 70 local community partners and organizations around the state.

Girl Scouts may earn the new **Blue Cross Blue Shield of Arizona All About Healthy Living** patch and rockers in five areas of wellness – fitness, friends, future, community and health. These five aspects of wellness have been adapted to highlight the major areas that create lifelong wellness, fulfillment and satisfaction.

When you take positive steps to foster a higher level of awareness and action in each of these five aspects, you build a more whole and complete way of living. A description of the five aspects of wellness is shown below.

ROCKER	DEFINITION
FITNESS	The ability to maintain a healthy quality of life to allow us to get through our daily activities without undue fatigue or physical stress. The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits, while avoiding destructive habits, will lead to optimal Physical Wellness.
HEALTHY RELATIONSHIPS	The ability to relate to and connect with other people in our world. Our ability to establish and maintain positive relationships with family and friends contributes to our Social Wellness.
COMMUNITY	The ability to recognize our own responsibility for the quality of the air, water and the land that surrounds us. The ability to make a positive impact on the quality of our environment, whether in our homes, our communities or our planet contributes to our Environmental Wellness.
FUTURE	The ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness.
HEALTH	The ability to take care of ourselves and cope with the challenges life can bring. The ability to make healthy choices and participate in physical activity while acknowledging and sharing emotional feelings in a productive manner to contribute to our General Wellness.

All Girl Scouts who complete the *All About Healthy Living* requirements will receive:

- » One *All About Healthy Living* patch
- » Rockers for each specific area of wellness completed

Please check the council website for the latest info and updates on the *All About Healthy Living* program!

**Need more info?** Customer Care at [reghelp@girlscoutsaz.org](mailto:reghelp@girlscoutsaz.org) or 602-452-7000



## ALL ABOUT HEALTHY LIVING Program Guide

Dear Girl Scout Troop Leader,

For more than 80 years, Blue Cross Blue Shield of Arizona (BCBSAZ) has supported local communities with the mission of improving the quality of life for Arizonans. Through our Nourishing Arizona program, we're working to help people make better food choices and prevent chronic conditions. That's why we're proud to collaborate with the Girl Scouts-Arizona Cactus-Pine council (GSACPC) to launch the **All About Healthy Living** patch. This special patch was designed with the GSACPC to teach five important aspects of wellness, including:

- » Fitness
- » Community
- » Healthy Relationships
- » Future
- » Health

Available to all local Girl Scouts, from Daisies to Ambassadors, this one-of-a-kind program is the most comprehensive community-centric patch a Cactus Pine Girl Scout can earn. Inspiring a culture of health and wellness for young girls is an important part of building a healthy state. This program is designed to empower girls to build lifelong skills. With more than 70 local community organizations involved statewide, the All About Health Living patch incorporates a variety of activities and hands-on learning opportunities.

We're thrilled that as a Girl Scout leader you're joining us in our efforts to help Arizona families embrace active lifestyles and form healthy habits that will last a lifetime.

Kind regards,

A handwritten signature in black ink, appearing to read "Pam Kehaly", written over a horizontal line.

Pam Kehaly  
*President & CEO*

A handwritten signature in black ink, appearing to read "Sue Glawe", written over a horizontal line.

Sue Glawe  
*Vice President Community Relations*

## HOW CAN WE GET STARTED?

### Here's how the patch program works:

1. There are several ways that girls can earn the patch and five rockers. Review the earned recognitions matrix that follows for details of these opportunities.
  - Attend one or more council-sponsored or community partner programs/events or arrange an individual visit to any community partner listed. A complete listing of program dates and descriptions of program offerings can be found at [www.girlscoutsaz.org/activities](http://www.girlscoutsaz.org/activities).
  - Based on your Girl Scout level, complete the GSUSA level badge/journey or activity outlined under rocker heading to earn a patch and rocker.
2. Girl Scouts can chart their earned recognition progress by recording the completed activities on the **All About Healthy Living** program form.
3. All forms must be submitted to council to receive patches and rockers.
4. Patches and rockers will be distributed by mail or adults may pick them up at our council shop once completing the form.



# ALL ABOUT HEALTHY LIVING

## Program Guide

### Earned Recognitions Matrix

Girls may attend any of our program partner programs in alignment with the rocker definitions located on page 1. The Activities Calendar can be found at [girlscoutsaz.org/activities](http://girlscoutsaz.org/activities). OR select one option from the corresponding Badges, Journeys, or Activities girls to complete and earn the Blue Cross Blue Shield Healthy Living patch rockers!

LEVEL	ACTIVITY	FITNESS	HEALTHY RELATIONSHIPS	COMMUNITY	FUTURE	HEALTH
DAISY	<b>Badge</b>	<ul style="list-style-type: none"> <li>Buddy Camper</li> </ul>	<ul style="list-style-type: none"> <li>Gloria Petal – Respecting Yourself and Others</li> <li>Viv's Petal – Being a Sister to Every Girl Scout</li> </ul>	<ul style="list-style-type: none"> <li>Rosie Petal – Make the world a better place</li> <li>Clover Petal – Make the world a better place</li> <li>Between Earth and Sky</li> <li>Good Neighbor</li> </ul>	<ul style="list-style-type: none"> <li>Cyber Security 1, 2, or 3</li> </ul>	<ul style="list-style-type: none"> <li>Tula Petal – Courageous and strong</li> </ul>
		<b>Journey</b>	<ul style="list-style-type: none"> <li>Outdoor</li> </ul>		<ul style="list-style-type: none"> <li>Between Earth and Sky</li> </ul>	<ul style="list-style-type: none"> <li>Think Like a Citizen Scientist</li> </ul>
	<b>Activity</b>	<ul style="list-style-type: none"> <li>Participate in the annual springtime Get Outdoors Challenge</li> <li>Practice exercises with friends.</li> </ul>	<ul style="list-style-type: none"> <li>Girls can chat with an adult about what a healthy relationship means to them. Tell them what you think and talk about if it's the same or different from their ideas.</li> <li>Girls can chat with people their age about what a healthy relationship means. Make a list of qualities you think are important to have a healthy relationship. Share your list with a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>Participate in a community or community service event</li> </ul>	<ul style="list-style-type: none"> <li>Ask girls to think of a problem, then ask how to fix it? Girls should share their ideas with the group</li> </ul>	<ul style="list-style-type: none"> <li>Learn about healthy eating habits</li> <li>Prepare a healthy snack</li> </ul>

LEVEL	ACTIVITY	FITNESS	HEALTHY RELATIONSHIPS	COMMUNITY	FUTURE	HEALTH
<b>BROWNIE</b>	<b>Badge</b>	<ul style="list-style-type: none"> <li>• Dancer</li> <li>• Hiker</li> </ul>	<ul style="list-style-type: none"> <li>• Making Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrating Community</li> <li>• Household Elf</li> </ul>	<ul style="list-style-type: none"> <li>• Cyber Security 1, 2, or 3</li> <li>• Inventor</li> </ul>	<ul style="list-style-type: none"> <li>• My Best Self</li> <li>• Snacks</li> </ul>
	<b>Journey</b>	<ul style="list-style-type: none"> <li>• Outdoor</li> </ul>	<ul style="list-style-type: none"> <li>• Brownie Quest</li> </ul>	<ul style="list-style-type: none"> <li>• WOW! Wonders of Water</li> </ul>	<ul style="list-style-type: none"> <li>• Think Like a Citizen Scientist</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor</li> </ul>
	<b>Activity</b>	<ul style="list-style-type: none"> <li>• Participate in the annual springtime Get Outdoors Challenge</li> <li>• Practice exercises with friends.</li> </ul>	<ul style="list-style-type: none"> <li>• Girls can chat with an adult about what a healthy relationship means to them. Tell them what you think and talk about if it's the same or different from their ideas.</li> <li>• Girls can chat with people their age about what a healthy relationship means. Make a list of qualities you think are important to have a healthy relationship. Share your list with a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in a community or community service event</li> </ul>	<ul style="list-style-type: none"> <li>• Ask girls to think of a problem, then ask how to fix it? Girls should share their ideas with the group</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about healthy eating habits</li> <li>• Prepare a healthy snack</li> </ul>
<b>JUNIOR</b>	<b>Badge</b>	<ul style="list-style-type: none"> <li>• Practice with Purpose</li> <li>• Staying Fit</li> </ul>	<ul style="list-style-type: none"> <li>• Junior Girl Scout Way</li> </ul>	<ul style="list-style-type: none"> <li>• Eco Camper</li> </ul>	<ul style="list-style-type: none"> <li>• Cyber Security 1, 2, or 3</li> <li>• Independence</li> </ul>	<ul style="list-style-type: none"> <li>• Simple Meals</li> <li>• Gardener</li> </ul>
	<b>Journey</b>	<ul style="list-style-type: none"> <li>• Outdoor</li> </ul>	<ul style="list-style-type: none"> <li>• amUSE</li> </ul>	<ul style="list-style-type: none"> <li>• Agent of Change</li> </ul>	<ul style="list-style-type: none"> <li>• Think Like a Citizen Scientist</li> <li>• Get Moving!</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor</li> </ul>
	<b>Activity</b>	<ul style="list-style-type: none"> <li>• Participate in the annual springtime Get Outdoors Challenge</li> <li>• Practice exercises with friends.</li> </ul>	<ul style="list-style-type: none"> <li>• Girls can chat with an adult about what a healthy relationship means to them. Tell them what you think and talk about if it's the same or different from their ideas.</li> <li>• Girls can chat with people their age about what a healthy relationship means. Make a list of qualities you think are important to have a healthy relationship. Share your list with a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in a community or community service event</li> </ul>	<ul style="list-style-type: none"> <li>• Ask girls to think of a problem, then ask how to fix it? Girls should share their ideas with the group</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about healthy eating habits</li> <li>• Prepare a healthy snack</li> </ul>

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<b>CADETTE</b>	<b>Badge</b>	<ul style="list-style-type: none"> <li>Eco Trekker</li> <li>Trailblazing</li> <li>Field Day</li> <li>Archery</li> </ul>	<ul style="list-style-type: none"> <li>Netiquette</li> <li>Science of Happiness</li> </ul>	<ul style="list-style-type: none"> <li>Finding Common Ground</li> </ul>	<ul style="list-style-type: none"> <li>Think Big</li> </ul>	<ul style="list-style-type: none"> <li>Eating for You</li> </ul>
	<b>Journey</b>	<ul style="list-style-type: none"> <li>Outdoor</li> </ul>	<ul style="list-style-type: none"> <li>aMAZE!</li> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>Breathe</li> </ul>	<ul style="list-style-type: none"> <li>Think Like an Engineer</li> </ul>	
	<b>Activity</b>	<ul style="list-style-type: none"> <li>Participate in the annual springtime Get Outdoors Challenge</li> <li>Practice exercises with friends.</li> </ul>	<ul style="list-style-type: none"> <li>Girls can chat with an adult about what a healthy relationship means to them. Tell them what you think and talk about if it's the same or different from their ideas.</li> <li>Girls can chat with people their age about what a healthy relationship means. Make a list of qualities you think are important to have a healthy relationship. Share your list with a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>Participate in a community or community service event</li> </ul>	<ul style="list-style-type: none"> <li>Ask girls to think of a problem in the world today. Then ask how they would fix it? Girls should share their ideas with the group</li> </ul>	<ul style="list-style-type: none"> <li>Learn about healthy eating habits</li> <li>Prepare a healthy meal</li> </ul>
<b>SENIOR</b>	<b>Badge</b>	<ul style="list-style-type: none"> <li>Cross Training</li> <li>Paddling</li> <li>Outdoor</li> </ul>	<ul style="list-style-type: none"> <li>Business Etiquette</li> <li>Social Innovator</li> <li>Mission: Sisterhood!</li> </ul>	<ul style="list-style-type: none"> <li>Eco Explorer</li> <li>GIRLtopia</li> </ul>	<ul style="list-style-type: none"> <li>Truth Seeker</li> </ul>	<ul style="list-style-type: none"> <li>Locavore</li> <li>Women's Health</li> <li>Sow What?</li> </ul>
	<b>Journey</b>	<ul style="list-style-type: none"> <li>Participate in the annual springtime Get Outdoors Challenge</li> <li>Practice exercises with friends.</li> </ul>	<ul style="list-style-type: none"> <li>Girls can chat with an adult about what a healthy relationship means to them. Tell them what you think and talk about if it's the same or different from their ideas.</li> <li>Girls can chat with people their age about what a healthy relationship means. Make a list of qualities you think are important to have a healthy relationship. Share your list with a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>Participate in a community or community service event</li> </ul>	<ul style="list-style-type: none"> <li>Ask girls to think of a problem in the world today. Then ask how they would fix it? Girls should share their ideas with the group</li> </ul>	<ul style="list-style-type: none"> <li>Learn about healthy eating habits</li> <li>Prepare a healthy meal</li> </ul>
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LEVEL	ACTIVITY	FITNESS	HEALTHY RELATIONSHIPS	COMMUNITY	FUTURE	HEALTH
AMBASSADOR	<b>Badge</b>	<ul style="list-style-type: none"> <li>Ultimate Recreation Challenge</li> </ul>	<ul style="list-style-type: none"> <li>Girl Scout Way</li> </ul>	<ul style="list-style-type: none"> <li>Eco Advocate</li> </ul>	<ul style="list-style-type: none"> <li>College Knowledge</li> <li>Good Credit</li> </ul>	<ul style="list-style-type: none"> <li>On My Own</li> <li>Dinner Party</li> </ul>
	<b>Journey</b>	<ul style="list-style-type: none"> <li>Outdoor</li> </ul>	<ul style="list-style-type: none"> <li>Bliss: Live it! Give it!</li> </ul>	<ul style="list-style-type: none"> <li>Justice</li> <li>Your Voice! Your World!</li> </ul>	<ul style="list-style-type: none"> <li>Think Like an Engineer</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor</li> </ul>
	<b>Activity</b>	<ul style="list-style-type: none"> <li>Participate in the annual springtime Get Outdoors Challenge</li> <li>Practice exercises with friends.</li> </ul>	<ul style="list-style-type: none"> <li>Girls can chat with an adult about what a healthy relationship means to them. Tell them what you think and talk about if it's the same or different from their ideas.</li> <li>Girls can chat with people their age about what a healthy relationship means. Make a list of qualities you think are important to have a healthy relationship. Share your list with a trusted adult.</li> </ul>	<ul style="list-style-type: none"> <li>Participate in a community or community service event</li> </ul>	<ul style="list-style-type: none"> <li>Ask girls to think of a problem in the world today. Then ask how they would fix it? Girls should share their ideas with the group</li> </ul>	<ul style="list-style-type: none"> <li>Learn about healthy eating habits</li> <li>Prepare a healthy meal</li> </ul>
ADULT	<b>Resources</b>	<p>Visit this article for unique team-building physical exercises for girls:  <a href="https://bit.ly/2LU5oGa">https://bit.ly/2LU5oGa</a></p>	<p>Visit this Girl Scout article about healthy relationships and friends:  <a href="https://bit.ly/2ObSema">https://bit.ly/2ObSema</a></p>	<p>Visit this article for community service ideas:  <a href="https://bit.ly/2QUJ5qA">https://bit.ly/2QUJ5qA</a></p>	<p>Visit this article by PBS Kids: Raising a Powerful Girl:  <a href="https://ro.pbs.org/2Wcd8FEr">https://ro.pbs.org/2Wcd8FEr</a></p>	<p>Visit the American Diabetes Association's Best Food Choices:  <a href="https://bit.ly/2V7TZU">https://bit.ly/2V7TZU</a></p>



# ALL ABOUT HEALTHY LIVING Patch/Rocker Completion Form

**All patch requests must meet requirements as listed above and signed off by adult in charge.**  
 TYPE OR PRINT NEATLY or COMPLETE ONLINE at [bit.ly/healthy-living-patch-form](http://bit.ly/healthy-living-patch-form) – COMPLETE FULLY

## ADULT LEADERSHIP/TROOP OR GROUP LEADER INFORMATION

TROOP / GROUP # / IGM	<input type="checkbox"/> DAISY <input type="checkbox"/> BROWNIE <input type="checkbox"/> JUNIOR <input type="checkbox"/> CADETTE <input type="checkbox"/> SENIOR <input type="checkbox"/> AMBASSADOR	# OF GIRLS	# OF ADULTS
SERVICE UNIT	TROOP / GROUP LEADER NAME		
ADDRESS	CITY	STATE	ZIP
EMAIL	PHONE (DAY)	PHONE (EVENING)	

## EVENT/ACTIVITY COMPLETION SHEET

Center patch needed?    YES    NO   IF YES, HOW MANY? \_\_\_\_\_

EVENT / ACTIVITY	DATE COMPLETED	LEADERSHIP INITIALS	ROCKER NAME

**FORM SUBMISSION** – Please submit all troop/group forms together in one envelope to:

Girl Scouts–Arizona Cactus-Pine Council  
 ATTN: **All About Healthy Living Program**  
 119 E Coronado Road, Phoenix, AZ 85004