



BSA Launches SCOUTStrong Fitness Program for Youth & Adults

Goal Set to Have 500,000 Youth Earn Presidential Active Lifestyle Award

*SCOUTStrong, one of the first programs launched under the BSA's Healthy Living Initiative, is the topic of a video featured on the website of the **President's Council on Fitness, Sports & Nutrition**.*

*SCOUTStrong is designed to reward participants for being consistently active in their daily lives. To earn the **SCOUTStrong Presidential Active Lifestyle Award**, participants are required to meet a daily activity goal of 30 minutes for adults and 60 minutes for kids under 18 for at least five days a week, for six out of eight weeks.*

This challenge is for everyone associated with the BSA, including Scouts, Venturers, parents, volunteers, council staff, board members, friends of Scouting, and BSA alumni.

In 2011 Bob Mazzuca promoted the Presidential Active Lifestyle Challenge for both Youth and Adult Scouters. This year the BSA is promoting Scout Strong - Presidential Active Lifestyle Challenge for both Youth and Adult Scouters.

We are promoting Scout Strong in our Mission Peak District. The kick-off will be in February and run for eight weeks. The goal is that adults are active 30 minutes per day, five days each week for six out of the eight weeks. The Youth goal is to be active for 60 minutes per day, five days each week for six out of the eight weeks.

Please let me know if you and your units are interested in joining the Scout Strong Challenge for 2012. I will then plan to send you all the information that is needed to promote this within your units.

I am willing to come and promote this at one of your unit meetings.

Dave Ridings

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Health & Fitness 2012

Personal Health Coach