



Girlguiding

Hertfordshire

girls in the lead



Welcome to the 'Healthy Herts' Challenge

After a County Weekend at Down Hall when ideas were gathered for how we would celebrate the Centenary in Hertfordshire, it was decided that we should attempt a Healthy Challenge for all members to enjoy.

Since this time, several Guiding resources have been published that cover healthy issues including the Healthy Rainbow Roundabout, Healthy Eating Go For It and Aim High, to name but a few! Nevertheless a small team of enthusiastic Guiders from across Herts got together and came up with something a little different that can be tailored to suit all ages based on Guiding traditions and healthy living.

The 100 challenges have been divided into four categories of FOOD, WELL-BEING, TRADITIONS and PHYSICAL. The challenges cover aspects of our lifestyles from the past and get us in gear for a healthy future!

Whatever your age or skill level it's easy to take part. Just choose a minimum of one challenge from each category, do the challenges and send off a simple evaluation form with your badge order. The challenges may be carried out within the meeting place, outdoors or during a camp/holiday.

Each category has helpful background information to help you work through the challenges and in some cases activity sheets/web links too.

'Healthy Herts' is eco-friendly, so has been made available to you all via the web! However, it has also been produced in a user-friendly PDF so that you can print off any pages you wish, or produce a copy for someone else in Guiding who does not have access to a PC.

The badges are 50p each and only available from the County Office. You will find details of how to order the badges, on the evaluation sheet.

The 'Healthy Herts' Challenge will continue to be available beyond 2010. So if you cannot fit it into your programme this coming year...it will still be there for you later!

Have Fun and Keep Healthy in Herts!

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