



Go Red Girl Scouts


girl scouts
of eastern iowa
and western illinois



Patch program for girls who love their hearts

Go Red Girl Scouts Patch

Welcome to the Go Red Girl Scouts Patch Program – a patch program for girls who love their hearts. The purpose of this patch program is to raise awareness of the danger of heart disease as a serious women’s health issue that starts with lifestyle habits developed early in life. The patch activities and online tools will help girls make healthier choices to keep their hearts strong and encourage the women and girls in their lives to do the same.

If this is your first year of participation, take the time to choose which patch activities will be best for you. If this is your second or third year, explore the patch book for fresh and new activity ideas. You can repeat activities that you found enjoyable last year, but try to add something new. You may also work together with your troop, troop leader and/or parent to create unique and meaningful activities. Please note that many of the activities will require use of a computer with internet connection.

Take the time to love your heart and the hearts of the important girls and women in your life. Choose activities that will keep your heart healthy and help you build your knowledge of healthy living. Go Red Patches are available for purchase at your nearest Girl Scout Leadership Center. After their first year of participation, girls only have to purchase the add-on heart displaying the year. Please let us know if you have any questions, difficulties, successes or suggestions for next year by completing and returning the response form below after you have finished your patch activities. Remember, your heart is precious, so be sure to protect it!



<http://www.gseiwi.org/program/gored.asp>

PATCH REQUIREMENTS

Daisies: Complete two activities, each from a different section

Brownies: Complete three activities, each from a different section

Juniors/Cadetters/Seniors: Complete four activities, each from a different section

Ambassadors: Complete five activities, at least one from each section

For all levels: You can earn the Go Red Girl Scouts Patch in one day by attending the annual "Girls Day Out," which is a fun and hands-on event about heart health for women and girls. For complete details email ui-heart-vascular@uiowa.edu or call 319-356-2777.

PATCH ACTIVITIES

Heart Education Activities:

♥ **Use Facebook*** to learn and share knowledge about Heart Health. Visit the UI Heart and Vascular Center, Go Red for Women and American Heart Association Eastern Iowa on Facebook. Post something you are learning while earning your Go Red Patch and how you are keeping your heart strong. **Please note that Facebook policy is no users under the age of 13.*

♥ **Create** a heart health blog, website, poster or display with your troop that you all design and contribute content to.

♥ **Make** a video of you or your troop singing "[To Your Heart Be True](#)" and post it to the UI Heart and Vascular Center's Facebook Page.

♥ **Create and record** your own song about why it's important to be heart-healthy. Upload it and share it on Facebook.

♥ **Take a trip** to the UI Heart and Vascular Center to meet with staff at the center to learn more about how your heart works and how to take care of it. You can call 319-356-7777 or email ui-heart-vascular@uiowa.edu to set this up.

♥ **Watch** the "[Are you smarter than a Girl Scout](#)" video on YouTube to test your heart health knowledge. Create your own heart health trivia quiz and try it out on your troop and family members.

♥ **Self-explore:** Visit the [Go Red Girl Scout Patch Page](#) and print your own Love Your Heart Journal to explore your heart health. Decorate it, update it and have fun with it!

♥ **Activity pyramid:** Visit the [Go Red Girl Scout Patch Page](#) and print a Kids Activity Pyramid. Talk about it with your troop or family. Then act out the different activities. Put the pyramid up on your refrigerator at home to remind yourself and your families of activity guidelines that help keep your heart healthy.

♥ **Cuisine collage:** Some foods are better for your heart than others. Cut out magazine pictures of food with your troop or family. Draw a line on a piece of cardboard to make two columns. Draw a big heart on the top of one column and a little heart on the other column. Tape the heart-healthy foods under the big heart and the unhealthy foods under the little heart. Talk about what you learned.

♥ **Complete** the Don't Smoke Word Search, Fruit and Veggie Quiz, Smoking Message Puzzle and Healthy Message Puzzle on the [UI Heart and Vascular Center Go Red Girl Scouts Page](#).

♥ **Know your fats.** One important part of having a healthy heart is to understand the difference between bad fats and good fats. Teach yourself important fat facts using resources listed under "More Links" on the [Go Red Girl Scout Patch Page](#). Use your Love Your Heart Journal to guide you. Then, as a troop or with your family, create a game show quiz to test your knowledge on these fats.

♥ **Heart works:** Use resources listed under "More Links" on the [Go Red Girl Scout Patch Page](#) to learn about how the heart works, what causes heart disease and how to keep your heart strong. Then quiz your family or troop.

♥ **Smoking and the heart:** Use the resources listed under "More Links" on the [Go Red Girl Scout Patch Page](#) to learn the effects of smoking on the heart. Quiz your family or your troop to share this knowledge.

♥ **Take** the UI Heart and Vascular Center Healthy Heart Quiz by visiting the [UI Heart and Vascular Center Go Red Girl Scouts Page](#) to test your knowledge about heart health.

♥ **Choose** a heart-related topic from [UI Heart and Vascular Center's Heart Health Library](#) and read about it. Talk to your troop or to your family about what you've learned.

♥ **Learn CPR:** CPR is a rescue technique used to care for persons who have gone into cardiac arrest or have stopped breathing. Get CPR-certified by taking a CPR-certified course. You could take it a step further and learn the Hands-Only CPR method by watching the [AHA Video Online](#) and contact your local [American Heart Association](#) branch for more information on classes.

♥ **Invent** your own Go Red heart education activity and email your idea to [ui-heart-](#)

vascular@uiowa.edu or post it on the [UI Heart and Vascular Center's Facebook page](#) so we can include it in the next patch book!

Nutrition Activities:

♥ **Watch** one of [Jamie Oliver's Food Revolution videos](#) and then ask your school cafeteria what items on their menu are heart healthy. If they don't have many, make suggestions!

♥ **Plan a cooking class** for your troop and invite a dietician to discuss serving sizes and heart-healthy meals. Invite your mothers, aunts, grandmothers and neighbors.

♥ **Take a troop trip** to a local grocery store to learn more about healthy food choices and nutrition labels. Arrange for a Hy-Vee dietician to give you a tour.

♥ **Watch** [Chef Hib's heart healthy recipe demonstration videos](#) and make one of the recipes. You could even do your own cooking demonstration, record it and post it on Facebook. Be sure to post it on the UI Heart & Vascular, Go Red for Women or American Heart Association Eastern Iowa pages.

♥ **Out to eat:** At your favorite restaurant, ask your server what the heart healthy options are on the menu. Try one and see if you like it!

♥ **Creative snacking:** As a troop or with your family, invent a heart-healthy snack. Eat it together and talk about what makes it healthy for your heart. For helpful hints, visit the [Go Red Girl Scout Patch Page](#).

♥ **Heart-healthy picnic adventure:** Plan a heart-healthy picnic adventure as a troop or with your family. Walk or bike to a local park and explore the surroundings. Make a heart healthy picnic meal or snack. If it is too cold outside, put blankets down and have your own indoor picnic. Use your imagination!

♥ **Nutrition exploration:** Have a fruit and vegetable taste-test as a troop. Try at least five fruits and vegetables that you have never tried before (like pomegranates or eggplant!) When you are done, draw a "grocery list" of your favorite foods and bring it home to share with your family.

Just for fun: Put on a blindfold while you taste the foods!

♥ **Eat and track:** Use your Love Your Heart Journal to track the foods you eat for one day. Then use your journal to set goals for improvement. Work toward these goals for two weeks.

♥ **Go Red Recipe Contest:** Invent your own heart-healthy recipe using the tips listed

on the [Go Red Girl Scout Patch Page](#).

Just for fun: As a troop, compete for the best-tasting recipes! Make it fun and be creative!

♥ **Invent** your own Go Red nutrition activity and email your idea to ui-heart-vascular@uiowa.edu or post it on the [UI Heart and Vascular Center's Facebook page](#) so we can include it in the next patch book!

Fitness Activities:

♥ **Invite a personal trainer** or fitness expert to your troop meeting to learn about heart rates by doing physical activities and recording your heart rate before and after.

♥ **Create** a high energy dance/workout to go with the song "[To Your Heart Be True.](#)" Include the actions mentioned in the song. Perform your dance/workout as a troop.

♥ **Sign up** and participate in your local [Start! Heart Walk](#). See how many people you can get to walk with you. You might even be able to raise some money to help pay for heart research.

♥ **Have a contest** with a friend or sibling to see who can fit in the most physical activity in a week. Aim for 30 minutes a day, and keep a diary in your Love Your Heart journal. No cheating!

♥ **Work it!** Have a Wii, Xbox or Playstation Fitness Day and exercise as a troop.

♥ **Troop fitness:** For two months, start or end each troop meeting with 20 minutes of exercise. For example, check out an exercise video from the library or have a dance party with your favorite music and healthy snacks.

♥ **Exercise exploration:** Girls who do exercise activities that they enjoy are more likely to stick with them as they grow up. Make a list of your favorite activities, using your Love Your Heart Journal. Then try one new physical activity like hip-hop or yoga with your troop or family. What did you like or not like about it? Talk about it!

♥ **Create an obstacle course** in your backyard or playground as a troop or with your family. Use a stopwatch to time each person as they go through the course. Tell your leader how you did: What did you learn? How hard did your heart work during the obstacle course?

♥ **Participate** in your school's **Jump Rope for Heart** event! Design your own Go Red Girl Scouts t-shirt to show your Girl Scout pride.

♥ **Invent** your own Go Red fitness activity and email your idea to ui-heart-vascular@uiowa.edu or post it on the [UI Heart and Vascular Center's Facebook page](#) so we can include it in the next patch book!

Family Activities:

♥ **Make** your own Love Your Heart medal out of ribbon and paper or cardboard. Color or paint a heart-healthy message or picture on it. Give the medal to a woman that you love.

♥ **Talk to your family members** about what you are learning doing the Go Red patch. Encourage them to know their heart numbers (cholesterol, body-mass index, blood pressure), to live a heart healthy lifestyle and perhaps even to see a cardiologist or get a heart risk assessment.

♥ **Challenge** yourself and a family member to train for and participate in a fun run. Look for one near you at www.active.com.

♥ **Share** a personal story of how your family has been affected by Heart Disease on the UI Heart and Vascular Center's [Tribute Wall](#) on Facebook.

♥ **Plan** a family outing that involves physical activity, like biking, hiking, or swimming. Take a heart healthy picnic with you.

♥ **Plant** fresh vegetables, herbs and fruit in your garden. Have your family help you take care of your garden from planting seeds to harvesting. Visit [Dan the Gardener](#) for tips.

♥ **Participate** with your family in "Girls Day Out" - an event for women and girls dedicated to heart health. Contact your regional Girl Scouts office for information.

♥ **Participate** with your family in your local [Start! Heart Walk](#).

♥ **Help her heart:** Visit the [Go Red Girl Scout Patch Page](#) and print three Go Red greeting card templates or make your own greeting cards. Decorate them for three women that you love. In the cards, tell them what you love about their hearts. Then tell them that their heart health is important to you. Encourage them to join the Go Red movement by taking the [Go Red Heart Checkup](#) online.

♥ **Walk for heart health:** Make a promise with a woman you love to walk together, at least twice per week, for two weeks. Visit new neighborhoods! Play with fast, medium and slow walking speeds to get your heart working.

♥ **Family activity challenge:** Challenge your family to try a new sport, activity or

outdoor game.

♥ **Family meal:** Ask your family if you can help cook a heart-healthy meal in the kitchen. For heart-healthy recipe ideas, visit the [Go Red Girl Scout Patch Page](#).

♥ **Make a pledge** with a woman that you love to improve your exercise habits. Set goals and rewards. Then stick to your program for one month. Use your Love Your Heart Journal to help you.

♥ **Learn** your family's heart health history. Use your Love Your Heart Journal to help you record your family history of heart conditions or diabetes. Share this information with women in your family and teach them about the steps they can take to keep their hearts strong.

♥ **Cook a heart-healthy meal** for your family. For heart-healthy recipe ideas, visit the [Go Red Girl Scout Patch Page](#).

♥ **Heart Walk:** Sign up for a [Start! Heart Walk](#) in your area and invite a woman that you love to join you.

♥ **Visit** the [UI Heart and Vascular Center Go Red Girl Scouts Page](#) to read a story about a young heart patient and share it with your family.

♥ **Invent** your own Go Red family activity and email your idea to ui-heart-vascular@uiowa.edu or post it on the [UI Heart and Vascular Center's Facebook page](#) so we can include it in the next patch book!

Service Activities:

♥ **Create** an online art gallery or have an art contest within your troop and submit artwork on the theme of heart health.

♥ **Learn CPR:** CPR is a rescue technique used to care for persons who have gone into cardiac arrest or have stopped breathing. Get CPR-certified by taking a CPR-certified course. You could take it a step further and learn the Hands-Only CPR method by watching the [AHA Video Online](#) and contact your local [American Heart Association](#) branch for more information on classes.

♥ **Volunteer** for the American Heart Association or at your local hospital. There are many opportunities to contribute. To volunteer for an AHA activity like your local Start! Heart Walk or the Go Red for Women Luncheon, have your troop leader contact Michelle.Catlett@heart.org. To volunteer at University of Iowa Hospitals and Clinics, have your troop leader contact Volunteer Services [here](#). Volunteering possibilities include craft projects, making hand-made cards or letters, book and movie drives and

collecting dress-up clothes for young heart patients. If you are age 14 or older, you may be able to visit patients.

♥ **Help** out with your school, church or community garden. You can help by planting fresh vegetables, herbs and fruit, and help take care of the garden until harvest time. Don't forget to taste the fruits of your labor! Visit [Dan the Gardener](#) for tips.

♥ **Write a letter** to your State Representative explaining why heart disease is a big problem and ask for their support in fighting it.

♥ **Wear Red** on [National Go Red Day](#) and promise to eat healthy and exercise. Invite one woman that you love to join you!

♥ **Be an active mentor!** Talk to a younger sister or cousin, or join up with kids from your local elementary school, YMCA or Boys and Girls Club. Pledge that you will complete a fitness activity with them one time per week for one month.

♥ **Tell other women:** On your own or with your troop, teach women that you love about heart risks. Do this at a church group, local health fair or other community event. We can provide educational materials to help you! Fill out an application form to tell us about your idea. To download it, visit the [Go Red Girl Scout Patch Page](#).

♥ **Invent** your own Go Red service activity and email your idea to ui-heart-vascular@uiowa.edu or post it on the [UI Heart and Vascular Center's Facebook page](#) so we can include it in the next patch book!

Please share your feedback by sending in this completed response form to receive a complimentary Go Red for Women Red Dress Pin.

Thank you for helping your troop earn Go Red Patches! We believe that each girl reached by the Go Red movement brings us one step closer to promoting a healthier generation of women. Please complete this form (use the back of this sheet if needed) and bring it to your nearest GSEIWI Girl Scout Leadership Center or mail to: ATTN: Leadership Experience Manager, GSEIWI, 317 7th Ave SE, Ste 201, Cedar Rapids, IA 52401.

- ♥ What Girl Scout Grade level are your girls? What patch activities or events did your troop choose to complete?
- ♥ What did the girls enjoy most about this program? What did they enjoy least?
- ♥ Did your troop use our online resources? If so, which resources? Did your troop find them helpful?
- ♥ Please share your general reaction to this patch program. Would you recommend it to other Girl Scout troop leaders? Why or why not?
- ♥ What would you change about this patch program to make it better for future leaders and Girl Scouts?
- ♥ Is this your first year of participation? How did you hear about this patch program?

