Fitness Challenge

from www.clwyd-scouts.org.uk

To complete the Fitness Challenge the Scout needs to choose a physical challenge, which they have either not attempted before, or which builds on an earlier achievement. The challenge should be agreed with a Leader.

The challenge can be anything from an athletic event, a charity swim, a long distance cycle ride, a pool life-saving test or a long distance challenge hike. The Scout should be encouraged to consider a variety of activities/interests in their choice for this challenge.

To complete the Challenge, the Scout will need to:

spend between four and six weeks preparing for the event, through an agreed exercise programme.
show during this period an understanding of the importance of a sensible and appropriate diet, and the need for sufficient sleep
keep a record of their progress during this time
be able to explain the dangers and harmful effects of smoking, alcohol and drugs.