

# Be Well - Feel Good Stage 5 Skills Builder

## Fitness Guides

The beginning of the year for a lot of people is a time where they reflect on their health and fitness, new year, new you. For this part of the skills builder you will find out about different exercises and practice making an exercise routine.

It can seem hard to exercise at home with no equipment, which can make it even harder to get motivated. But there's a lot you can do with no equipment – fitness videos are a great way to work out at home.

Your workout goal:

- Two minutes warm up, to gently raise your heart rate.
- One minute exercise for the legs. For example, squats and lunges.
- One minute exercise for the arms. For example, press-ups and plank taps.
- One minute exercise for the core. For example, abdominal holds and crunches.
- Two minutes cardio exercise. For example, star jumps and burpees.
- Two minutes warm down, to get rid of any lactic acid (this is what can make your muscles sore and achy).

Once you know what you will be doing for each point it is now time to share it with others inside your household and become a fitness instructor. Remember you need to give instructions to your participants, don't forget to pick a song to go with your workout. Will it be fast and loud or jumpy and cheery?

Once you have finished sharing with your household ask them for feedback, how could your workout be improved?

## Interest Badge - Travel, Part One

### Get Planning



What's your travel goal going to be for this badge?  
Could you travel in all four seasons, for example?  
Use a type of transport you've never been on before?  
Travel somewhere new?

Your first task is to decide your goal - remember, it should be something challenging to you.

You can travel with friends, family, your unit or alone. Go somewhere local, in the same country or abroad. It's up to you!

Make a plan taking into consideration:

- Budget
- Route
- Itinerary
- Packing the things you'll need
- Food
- Playlists
- Entertainment such as playing cards

