



# Fitness

True Freedom Trail Badge - Sports and Fitness Frontier

Trailman's Name \_\_\_\_\_

**Because it is written with a mature preparation for manhood, True Freedom Trail Badges are to be earned only by registered Adventurer Trailmen.**

## Do all Requirements (1-6)

- \_\_\_\_\_ 1. Discuss why keeping your body healthy and strong is important to you and God and list examples of ways it is possible to spend too much time on exercise, sports, or physical training.
- \_\_\_\_\_ 2. Read 1 Timothy 4:8 and explain the value of “training the body” in relation to godliness.
- \_\_\_\_\_ 3. Research exercises to improve your physical fitness including stretches, strength training and cardiovascular activities. Know the safety guidelines for each activity and at what age it is safe to start them. Make note of each of the exercises, and what muscle or muscle group is being targeted.
- \_\_\_\_\_ 4. Discuss what types of foods and beverages should be consumed before and after a hard workout.
- \_\_\_\_\_ 5. Know how to check and figure your heart rate and know why it is important.
- \_\_\_\_\_ 6. Outline a training plan of at least three months but no longer than one year for improving your fitness based on your research.

Note: Your training plan should include progressive improvement goals and frequency schedule for practice. It must be based on your ability and take into account your current fitness level. It must include strength training goals, cardiovascular training goals, and warm-up and cool-down activities and cover all major muscle groups. Once it has been approved by your leader and your parents, implement your training plan.

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**Trail Badge Mentor Signature**

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**Date**

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