

AE 3 HEALTH AND FITNESS

FOCUS

This Adult Endeavour invites you to become more aware of and increase your own wellbeing and fitness skills and to explore health in your community.

THE MENTOR

- ☺ Mentors for this Endeavour may be selected locally and should be ratified by the State Training Adviser, before commencing the Endeavour.
- ☺ Mentors may be a fitness expert or someone who has knowledge and expertise in the area of Health and Fitness.

ESTABLISHING YOUR ENDEAVOUR

- ☺ With the Mentor you have been assigned by the State Training Adviser, discuss the clauses that you intend to explore.
- ☺ Keep a record of your journey by recording progress in a journal. This will provide evidence of the explorations and decisions you have made. Share ideas with your Mentor as you progress.
- ☺ Make a folio to show what you have discovered.

AT THE END OF YOUR JOURNEY

- ☺ Evaluate the value of the experiences and challenges you have explored.
- ☺ Discuss your Endeavour with your Mentor by sharing your journal, folio and self-evaluation.

Name of Mentor for this Endeavour	
Address	Phone
	Mobile
	Fax
	Email
Date commenced	
Details of any relevant courses	

HEALTH AND FITNESS ENDEAVOURS

Challenges are organised around a framework of health aspects: Our Body, Nutrition, Physical Fitness, Mental Health, Social Health, Service to Health and Advocacy.

Complete one challenge from each of the seven aspects. You are required to complete some personal challenges and some community challenges.

Aspect 1 Our Body

Personal	Community
Express in your own way how each of your body systems controls your level of health and fitness	Identify programs within the community that address the health and fitness of people
Consider a disease that is identified as a major risk e.g. cancer and investigate how individuals can act to reduce the risk	Illustrate how local and global communities are acting to reduce mortality from major diseases in a creative way
Select an aspect of a body system that you would like to focus on improving e.g. skin care, develop a program and implement it	Discuss how the local and global community can be involved in schemes to promote care of our body

Aspect 2 Nutrition

Personal	Community
Conduct an audit of your weekly diet, analyse it in light of recent research, and then adjust your diet for better fitness	Explore worldwide trends in obesity and how nations are addressing this issue
Consider how technological change has affected your diet and the nutritional value of foods you eat, and improve your diet where possible	Illustrate in a creative way how global food production and nutrition have changed over the last century
Select an aspect of health affected by nutrition e.g. osteoporosis, analyse your current practices and identify how you could modify your diet	Discuss how causes of mortality have changed globally as a result of changes in nutrition

Aspect 3 Physical Fitness

Personal	Community
Plan a personal fitness challenge that significantly changes your health and then implement it	Research then discuss the recreational opportunities available in your community and identifying any major gaps e.g. a age group or social group with no options
Consider how your actions contribute both positively and negatively to your own physical fitness and chose one or two actions that you can improve and implement changes	Illustrate in a creative way how communities can address poor physical fitness levels e.g. media campaigns, special days
Measure your own heart rate, breathing, BMI, strength, flexibility and endurance then implement a plan to improve one or more of these	Compare the physical fitness of people in your community both this century and last century, then devise a way to promote physical fitness

Aspect 4 Mental Health

Personal	Community
Talk with a local person who is involved in mental health care and describe their personal journey	Explore the roles of families and health professionals in supporting community members with poor mental health
Evaluate the things you currently do to maintain positive mental health. Choose one or two things e.g. more personal time, and implement an improvement plan	Research the programs that are available to address mental health problems in Australia
Share the ways you address stress in your life and choose one area that you could improve. Design and implement a plan to do this.	Investigate the role of the media and of self esteem in causing mental health problems associated with weight issues

Aspect 5 Social Health

Personal	Community
Discuss your understanding of the meaning of social health and its importance to both individuals and the community.	Explore how community and family structures affect social health of people in Australia
Evaluate your frequency and level of involvement in social activities and make changes if appropriate for maintaining good social health	Explore and evaluate the services available in your community on such issues as family violence or isolation
Discuss your understanding of the role that friendships play in your life as part of your social health. Evaluate how the fourth Guide Law has influenced your social health	Explore local programs or information packages for making new community members welcome and help a new arrival to make use of one of these programs

Aspect 6 Service to Health

Personal	Community
Make a list of the health services that you have accessed in the last 5 years. Assess if you are taking full advantage of what is available for your age and health needs and if not take steps to change this.	Explore the range of health services available in your community
Participate in a group that provides a health service such as volunteer ambulance or Meals on Wheels	Explore the role of the media in alerting us to health issues and follow an issue in various forms of media for two months
Implement plans to better assist with the promotion or provision of health services in your community	Talk to a person who works in a health job about his or her work

Aspect 7 Advocacy

Personal	Community
Choose an issue or need identified while doing your other challenges and follow this issue up in some way e.g. with local MP, local paper	Explore a true story about a person who has changed the health of a community and promote their cause
Compile a photo record of local health problems, plan a way to promote the issue and implement your plan	Explore the actions of a global health advocacy group and promote their cause to others
Make and share a game or activity which would assist others to gain a better understanding of good health or fitness	Plan and lead a practical health improvement activity for a Guiding group (Unit, District, Region, State or National event)

Adult Endeavour AE 3 Completed	
Signature of Mentor	Date