



Bear Strong

Cub Scouts · Required · Bear rank

Name

Started

Completed

Bear Strong is about keeping your body healthy and strong. You'll try new foods, exercise, and learn to rest. These habits help you feel good and have energy for all your adventures.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/bear-strong/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Taste foods from three food groups (choose from protein, vegetables, fruits, dairy, grains)

Tip: Make a snack with foods from three groups, like apple slices, cheese, and crackers.

Example: Build a snack plate: whole-grain crackers (grains), apple slices (fruit), and a cheese stick or beans (dairy or protein). Try one food you've never had before.

- ☐ **2** Spend 30 minutes being active, including both stretching and moving, with your den or one or more other people

Tip: Play a running game with your den, and start with stretches to warm up.

- ☐ **3** Spend 15 minutes on your own exercises, covering cardio, muscle strength, and flexibility

Tip: Do jumping jacks for your heart, push-ups for muscles, and toe touches for flexibility.

Example: Your 15 minutes could be jumping jacks and running in place for your heart, push-ups and wall sits for your muscles, and toe touches and arm stretches for flexibility.

☐ **4** Do a relaxing activity for 10 minutes

Tip: Try quiet breathing, reading, or listening to calm music for 10 minutes.

Example: Lie down and squeeze your toes tight, then let them relax. Move up your body, squeezing and relaxing each part. Or read or do a puzzle quietly for 10 minutes.

☐ **5** With a parent or guardian, go over your Annual Health and Medical Record from Scouting America and talk about which den and pack activities you can take part in

Tip: Go over your health form with a parent and talk about the activities you can do.

Example: Read the form with your adult and talk about what it says. You might plan which camp activities are great for you and what to tell your den leader.