

Girl Scout Alumnae, Parents, Volunteers, Adult Members!

This is your opportunity to make **yourself** top priority, have fun, lose weight and get fit! We always support our girls in friendly competitions; now it is time for the adults to have some fun! Over the next 101 summer days focus on YOU! Eat healthy, get active, and reap the benefits. Get your friends and family involved! Each week track your progress and get your family, friends, neighbors, co-workers etc. to **pledge a dollar to GSCCS for every inch, pound, or % of body fat you lose**. You can compete with yourself or others, it's up to you! Feel free to post pictures and/or updates on our [GSCCS Facebook](#) page!



Here are 101 ways to lose that weight and stay fit and healthy!

1. Determine achievable goals
2. Make a fitness plan
3. Find a work out buddy or group
4. Take a before picture and post it somewhere you will see it often as a motivator.
5. Get inspired
6. Take your before measurements (arms, legs, waist, hips, butt, and bust)
7. Eat clean – lots of fruits and vegetables
8. Eat smaller food portions/meals
9. Drink more water
10. Buy healthy alternatives to sweets and soda
11. Don't forget to reward yourself. Plan one splurge meal a week
12. Think before you eat. Is that donut really worth it?
13. Carry healthy snack items all the time
14. Train to run a 5k
15. Don't drink you calories
16. Drinking coffee, not sugar coffee drinks
17. Get rid of fast foods and fried foods
18. Don't skip meals
19. Eat breakfast
20. Avoid alcohol
21. Watch grazing while you prepare food
22. Go easy on salt
23. Stay away from crash diets
24. Limit eating out
25. Eat your vegetables first
26. Make use of a food journal
27. Eat at the table and not somewhere else
28. Bring your own lunch to work
29. Add more spices into your recipes
30. Avoid processed foods
31. Think positive
32. Manage stress
33. Get your family involved
34. Get enough sleep
35. Get physically moving every day
36. Exercise at least 3 days a week
37. Walk or ride your bike instead of driving
38. Choose exercise options that work for you and that you enjoy
39. Find a parking spot far away
40. Use the stairs instead of the elevator
41. Pace yourself
42. Vary your routines so you don't get bored
43. Take a day off from your exercise routines
44. Complete a 30 Miles in 30 Days Challenge
45. Learn more about exercising
46. Walk around the park

47. Know when to stop
48. Start your workout program properly
49. Work out at home
50. Complete the Jillian Michaels's 30 Day Shred
51. Complete a 100 Pushups Challenge
52. Complete P90X
53. Work out at a gym
54. Complete a 200 Sit-ups ChallengeComplete a 200 Squats
ChallengeMaximize your time at the gym
57. Get moving after lunch
58. Play outside with your kids more
59. Do a 30x30 Challenge (30 minutes of physical activity for 30 days)
60. Do some physical activity during commercial breaks
61. Hit the dance floor
62. Complete a 30 Day Yoga Challenge
63. Clean your room/house once a week - it burns a lot of calories
64. Do breathing exercises
65. Look at yourself in the mirror and smile; you're doing great!
66. Fitness is not all about losing weight; it's about getting healthy and
feeling better
67. Take your measurements once a week
68. Set up your environment at home or work to get fit
69. Get new ideas for healthy recipes and new exercises off the internet
70. Lift light weights. More muscle means less fat.
71. Do cardio
72. Eat before hitting the grocery store
73. Eat slowly
74. Bring a grocery list and stick to it
75. Avoid junk foods
76. Drink a large glass of water before every meal
77. Eat protein at every meal or stay hungry and grouchy
78. Slash your intake of refined flours and grains
79. Eat 30 to 50 grams of fiber a day
80. Learn to read food labels so you know what you are eating
81. Stop guessing about portion size and get it right – for good.
82. Make your own food and eat at least ten meals a week from home
83. Get rid of junk food in your pantry!
84. Remember to breathe
85. Stay hydrated when you work out
86. Accept your body type and learn to love it!!!
87. Stretch, stretch, stretch
88. Try new things
89. Get goals throughout the process
90. Reward yourself along the way (massage, foot rub, new outfit, etc.)
91. Be prepared! Fill your freezer with easy healthy meals
92. Pack your exercise bag and leave it in your car.
93. Put your workout shoes next to your bed so you see them all the time
94. Eat dark chocolate instead of milk or white chocolate
95. Take the Jump Rope Challenge
96. Go swimming
97. Take a bike ride
98. Eat apples (they help lose weight)
99. Skip like you were in 3rd grade
100. Try interval training
101. Smile! It burns more calories than frowning

In addition to becoming a healthier YOU, you could win the grand prize of a fantastic Girl Scouts gift basket and other prizes! BONUS: You get to help us provide valuable Girl Scout programs to girls who would not otherwise be able to! **Questions?** Call (800) 490-8653 ext 155 or email info@girlscoutscs.org.

Donate online at www.girlscoutscs.org/donate/ or by mailing a check to GSCCS, 1377 W Shaw Ave, Fresno, CA 93711

Donations must be made by September 21, 2013 in order to qualify for the gift bag opportunity drawing.