



SCOUTStrong™ PALA

BSA Unit Leader Quick-Start Guide

What Is the SCOUTStrong™ PALA?

The SCOUTStrong™ Presidential Active Lifestyle Award (PALA) Challenge will help your unit members add physical activity to their lifestyle, as well as help them improve their eating habits.

Who Should Be Involved?

This challenge is for Scouts and their entire families, as well as for leaders and their families.

How Is the SCOUTStrong™ Earned?

To earn the SCOUTStrong™ PALA Challenge Award, participants are required to meet a daily activity goal of 30 minutes a day for adults and 60 minutes a day for kids under 18 for at least five days a week, for six out of eight weeks. Also, each week they will focus on a healthy eating goal. There are eight to choose from, and each week they will add a new goal while continuing with their previous goals. Stick with the program, and participants can earn a SCOUTStrong™ PALA award patch in less than two months.



How Do I Get My Unit Started?

Participants can enroll and track their progress with the activity log in this guide.



Prepared. For Life.™



BOY SCOUTS OF AMERICA®

SCOUTStrong™ PALA Healthy Eating Goals



I will make half my plate fruits and vegetables.

All forms count—fresh, frozen, canned (fruit in water or 100 percent juice), dried, or 100 percent juice.



At least half of the grains I consume will be whole grains.

Switch from a refined grain food to a whole-grain food that lists a whole-grain ingredient first. Examples include whole wheat, brown rice, oatmeal, or wild rice.



I will choose fat-free or low-fat (1 percent) milk, yogurt, or cheese.

Dairy products should be a key part of your diet because they provide calcium, vitamin D, and many other nutrients your bones need.



I will drink water instead of sugary drinks.

Regular soda and other sweet drinks, such as fruit drinks and energy drinks, have a lot of added sugar. Add a slice of lemon, lime, or a splash of 100 percent juice to your glass of water if you want some flavor.



I will choose lean sources of protein.

Select leaner cuts of beef, turkey breast, or chicken breast. Grill, roast, or boil meat, poultry, or seafood instead of frying. Also include beans or peas in main dishes, like chili or a casserole.



I will compare sodium in foods like soup and frozen meals and choose foods with less sodium.

Look for “low sodium,” “reduced sodium,” and “no salt added” on food packages.



I will eat seafood this week.

Seafood has protein, minerals, and heart healthy omega-3 fatty acids. Adults should try to eat at least 8 ounces a week, with children eating smaller portions.



I will pay attention to portion size.

At home, become familiar with recommended portion sizes in the plates and glasses you use. When dining out, avoid “supersizing” your meal. Instead, choose small size items or request a “to go” box for half of your meal before you start to eat.

SCOUTStrong™ PALA Recommended Activity List and Pedometer Requirements

- | | | | | | |
|-------------------------|----------------------|----------------------|--------------------|-------------------------|----------------------|
| • Aerobics | • Baton Twirling | • Tai Chi | • Trap & Skeet | • Water Aerobics | • Sledding |
| • Foot Bag | • Gymnastics | • Calisthenics | • Cheerleading | • Cross-Country Skiing | • Whitewater Rafting |
| • Nintendo Wii (Sports) | • Pilates | • Home Repair | • Hunting | • Lacrosse | • Downhill Skiing |
| • Snowshoeing | • Stretching | • Rope Jumping | • Running | • Skating | • Martial Arts |
| • Archery | • Bicycling | • Tennis | • Unicycling | • Water Jogging | • Snorkeling |
| • Football | • Handball | • Canoeing | • Children's Games | • Curling | • Wrestling |
| • Nordic Walking | • Polo | • Horseback Riding | • Inline Skating | • Lawn Bowling | • Fencing |
| • Soccer | • Surfing | • Rowing | • Sailing | • Ski Jumping | • Motocross |
| • Badminton | • Billiards | • Track & Field | • Volleyball | • Water Polo | • Snow Shoveling |
| • Frisbee | • Hang Gliding | • Cardio Machines | • Circuit Training | • Dancing | • Yoga |
| • Orienteering | • Racquetball | • Horseshoe Pitching | • Jai Alai | • Lawn Mowing/Gardening | • Field Hockey |
| • Softball | • Swimming | • Rowing Machine | • Scuba Diving | • Skimobiling | • Mountain Biking |
| • Baseball | • Bowling | • Cardio Tennis | • Walking | • Water Skiing | • Snowboarding |
| • Gardening | • Hiking/Backpacking | • Household Tasks | • Cricket | • Darts | • Fishing |
| • Paddleball | • Rock Climbing | • Rugby | • Juggling | • Lifting/Hauling | • Mountain Climbing |
| • Squash | • Table Tennis | | • Shuffleboard | • Skydiving | • Snowmobiling |
| • Basketball | • Boxing/Kickboxing | | • Wallyball | • Weight Training | |
| • Golf | • Hockey | | • Croquet | • Diving | |
| • Pedometer | • Roller Skating | | • Kayaking | • Marching | |
| • Stationary Bike | | | • Skateboarding | | |

SCOUTStrong™ PALA Pedometer Requirements

Age	Steps
Girls (Ages 6-17)	At least 11,000 steps a day
Boys (Ages 6-17)	At least 13,000 steps a day
Adults (Ages 18-older)	At least 8,500 steps a day

SCOUTStrong™ PALA Program Launch Tips

1. Lead by example!

The SCOUTStrong™ PALA award presents a great opportunity to encourage a council to become more active and lead its constituents by example. Maybe the council's Key 3 can challenge their council to earn their SCOUTStrong™ PALA. This was the basis of the BSA Adult Leadership "Walk-The-Walk" Activity Challenge in which the Chief Scout Executive and 15 other adult leaders from the National Council committed to earning their PALA. Maybe your council can start its own "Walk-The-Walk" Challenge.

2. Develop a SCOUTStrong™ web presence.

One aspect of the BSA Adult Leadership "Walk-The-Walk" Activity Challenge was a dedicated website and blog for participants to share experiences. Your council can do the same so members can follow the activities of their Key 3 and other leaders or units in pursuit of PALA.

3. (Almost) Everything counts!

The SCOUTStrong™ PALA is designed to include any activity consisting of any movement that uses large muscle groups. Physical activity doesn't have to be continuous to be healthy. Doing chores around the house counts. So does walking to school. More than 100 activities can be used to achieve a SCOUTStrong™ PALA. But remember, playing passive video games doesn't count!

4. Recess? Practice? Walking? Count it!

Participating in recess, after-school athletic practices, or Scouting activities all count toward a SCOUTStrong™ PALA. Also, you can walk it too! Use a pedometer to measure daily number of steps to earn the patch. **Remember: Move it. Track it. Earn it!**

5. Challenges? Scouts love challenges!

Another great way to promote the SCOUTStrong™ PALA is to recommend challenges both within and outside your council. Units can challenge one another to the highest number of participants earning SCOUTStrong™ PALA awards. Keep tab of SCOUTStrong™ PALAs earned by using paper log sheets.

6. Look for alliances!

A SCOUTStrong™ PALA Challenge may be a great way to engage local hospitals and healthcare providers that may have funding in their marketing budgets to help SCOUTStrong™. Give other organizations a call to see if they have any interest in helping.

7. Combine with events.

Thinking about having a 5K run, a field day, or some other BSA activity? Merge the SCOUTStrong™ PALA into it! Participants should be encouraged to log their day's activity into SCOUTStrong™ PALA. Also, inform local media about your event and SCOUTStrong™ PALA Challenge. It may be more newsworthy than you think!

8. Bring in the volunteers!

The SCOUTStrong™ PALA is an existing program with the President's Council on Fitness, Sports and Nutrition. It is the perfect program for a key volunteer (*or group of key volunteers*) to take charge of. It is of vital importance to Scouting and to America as a whole. Many volunteers will be eager to assist in rolling out this program.

9. Log it.

Paper log sheets are included in this guide. Print and share with every member of your unit and parent too!

10. Promote the patch! Scouts love patches!

It's well known that Scouts LOVE patches. The SCOUTStrong™ PALA allows participants to earn not only a PALA patch from the President's Challenge, but also a SCOUTStrong™ PALA patch, a unique co-branded patch available only to participants who complete the SCOUTStrong™ Challenge.



SCOUTStrong™ PALA Activity Log

Participant name _____ Age _____ Date started _____

Council name _____ Date started _____

Verification

I certify that I met the requirements of the Presidential Active Lifestyle Award.

- I was physically active for at least five days each week, and I met my healthy eating goals.
- I have performed my healthy eating and physical activities for at least six weeks.

Participant signature _____

Supervising adult's signature (if applicable) _____

Note: Submit this paper log to your Scout leader, or keep for your own records. Please do not submit to the President's Challenge office.

WEEK 1	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Select a goal this week 			

WEEK 2	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal. 			

WEEK 3	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal. 			

WEEK 4	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal. 			

WEEK 5	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal. 			

WEEK 6	Day	Physical Activities	No. of minutes or pedometer steps
	Mon		
	Tue		
	Wed		
	Thu		
	Fri		
	Sat		
	Sun		
Healthy Eating—Circle and continue with last week's goal, and add a new goal. 			

Healthy Eating Goals

I filled my plate with fruits and vegetables.	I chose lean sources of protein.
At least half of the grains that I consumed were whole grains.	I compared sodium in foods such as soup and frozen meals and chose foods with less sodium.
I chose fat-free or low-fat (1 percent) milk, yogurt, or cheese.	I ate seafood this week.
I drank water instead of sugary drinks.	I ate smaller portions.

Instructions: Use this log to track your progress. Once completed, you should self-certify the results at the top of this log and submit to your Scout leader.



SCOUTSTRONG™ PALA CHALLENGE

This Certificate of Achievement is awarded to

By earning the Presidential Active Lifestyle Award (PALA), you have shown extraordinary commitment to keeping yourself physically strong through regular physical activity and the pursuit of a healthy lifestyle.
Congratulations!

Date

Local Leader, Boy Scouts of America

Michael Surbaugh
Chief Scout Executive, Boy Scouts of America



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