HEALTH & FITNESS FLAG CEREMONY

SCOUT 1: A scout is healthy. This means we take care of our body by eating good healthy foods and getting the proper amount of sleep.

SCOUT 2: A scout is fit. We pledge to keep ourselves physically strong. This means we are active and play outside. We hike, ride bikes, and play sports and games with our friends and neighbors. Sitting in front of a television all afternoon is not for us.

SCOUT 3: A scout is clean. We wash our hands, brush our teeth and bathe regularly. We take care of our clothes to make sure they are neat and we look our best.

SCOUT 4: A scout is preparing to be a leader. We know that strong leaders is what makes this country strong, and we want to grow up to help our country stay strong. We learn about leadership and citizenship in scouting, and as we grow in these skills our country stays healthy and strong.

SCOUT 5: Let us all stand and honor our country by repeating the Pledge of Allegiance to the flag that represents our nation. Please rise and repeat after me.

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