



PALA+
activity+nutrition

Program Overview



SCOUTStrong™ PALA



BOY SCOUTS OF AMERICA®

WHAT IS “PALA”?

- PALA stands for the Presidential Active Lifestyle Award, a program of the President’s Council on Fitness, Sports and Nutrition (PCFSN).
- PALA is designed to motivate participants to be physically active on a regular basis by allowing them to participate in activities they enjoy, as well as improving their eating habits. Earning a PALA is definitely doable by *anyone* at *any* fitness level.

What is the SCOUTStrong™ PALA challenge?


In 2011, the Boy Scouts of America aligned with the PCFSN with the shared goal of together promoting good health for America’s youth. The SCOUTStrong™ PALA Challenge, a Scout-specific PALA challenge, is one of the results of this alliance.

Who Can Participate in the SCOUTStrong™ PALA Challenge?

This challenge is for anyone, from students to seniors, but it’s geared towards everyone associated with Scouting:

- | | |
|--|---|
| <input type="checkbox"/> Cub Scouts | <input type="checkbox"/> Friends of Scouting |
| <input type="checkbox"/> Boy Scouts and Varsity Scouts | <input type="checkbox"/> Venturers and Sea Scouts |
| <input type="checkbox"/> BSA parents | <input type="checkbox"/> BSA volunteers |
| <input type="checkbox"/> Local council staff | <input type="checkbox"/> National Council staff |
| <input type="checkbox"/> Board members | <input type="checkbox"/> BSA alumni |

Not in Scouting? Don’t worry. You can participate, too.



How Does the SCOUTStrong™ PALA Challenge Work?

- To earn the SCOUTStrong™ PALA Challenge award, a participant is required to meet a daily activity goal of 30 minutes per day for adults and 60 minutes a day for kids under 18 for at least five days a week, for a total of six weeks. Participants can take up to eight weeks to complete the program.
- The participants pick their activities and strive to reach their goals, logging their physical activity along the way.
- More than 100 indoor and outdoor activities count toward the daily requirement, including walking, running, aerobics, gardening, and canoeing, as long as major muscle groups are engaged at a moderate to vigorous activity level.
- Also, each week the participants will focus on a healthy eating goal. Each week participants should add a new goal while continuing with their previous goals.

Make ½ your plate fruits and vegetables.	Choose lean sources of protein.
Consume more whole grains.	Consume less salt.
Choose low- or no-fat dairy.	Eat more seafood.
Drink water instead of sugary drinks.	Eat smaller portions.

Starting the SCOUTStrong™ PALA Challenge will help participants:

- Commit to daily physical activity—and stick with it.
- Commit to making healthier food choices—one goal at a time.
- Set realistic goals to encourage fitness and healthy eating habits for a lifetime.
- Track their progress with either a paper Personal Activity Log (PDF) or by accessing the Online Activity Tracker after creating an individual account.

How do I get started with the SCOUTStrong™ PALA Challenge?

Participants can enroll and track their progress either online with a free Online Activity Tracker or on a paper Active Lifestyle Activity Log.

ONLINE:

- Begin by visiting **www.scouting.org/SCOUTStrongPALA**.
- Use the appropriate dropdown menu to pick the state that the council/organization he or she wants to be affiliated with is located in.
- Use the appropriate dropdown menu to pick the council/organization with which he or she wants to be affiliated.
- Click **START YOUR PALA CHALLENGE**.
- The participant should now be at the PALA page of the affiliated council/organization. They should click **CREATE AN ACCOUNT**.
- Complete the required fields and click **REGISTER**.
- Participants will now arrive on their activity tracker home page, which they will see each time they log into their account. From this screen, they can track their activities, join a group, see their award progress, and adjust their account preferences.
- Upon completion of the six-week program, participants will receive a congratulatory email from the President's Challenge. Participants should print and submit this email to their Scout leader.

ON PAPER:

- Participants will need to have a SCOUTStrong™ PALA Activity Log. These can be downloaded for free at www.scouting.org/SCOUTStrongPALA.
- Track daily activity using the SCOUTStrong™ PALA Activity Log.
- Upon completion of the six-week program, participants should self-certify the results on their Active Lifestyle Activity Log and submit it to their Scout leader.

What Will Participants Who Complete the SCOUTStrong™ PALA Challenge Earn?

- Participants may purchase a joint BSA/PALA SCOUTStrong™ PALA Challenge award patch, displayed below. These are currently available in Scout shops, as well as on www.scoutstuff.org. (Product number 614207)
- Participants may download for free a Joint BSA/PALA SCOUTStrong™ PALA Challenge achievement certificate at: www.scouting.org/SCOUTStrongPALA.
- Participants may purchase a President's Challenge PALA patch, an achievement certificate, and other products by visiting www.presidentschallenge.org/challenge/active/ and clicking on **SHOP**.



For more information

About SCOUTStrong™:

www.scouting.org/SCOUTStrongPALA

Email contact: SCOUTStrongADMIN@scouting.org

List of SCOUTStrong™ PALA Challenge activities:

www.presidentschallenge.org/challenge/activities.shtml

About PALA:

www.presidentschallenge.org/challenge/active

About the President's Challenge:

www.presidentschallenge.org/about/

About the PCFSN:

www.fitness.gov/about-us/



Prepared. For Life.™