

Cubmaster Minute
Title: Personal Fitness

Cub Scouts, tonight we talked about fitness. Being fit isn't about being perfect; it's about taking small steps every day to be the best version of ourselves. Maybe that's playing a sport, choosing a fruit instead of a cookie, or simply taking a walk outside. When we take care of our bodies, we feel better, think more clearly, and have more energy for Scouting adventures and life. Fitness is a gift we give to ourselves, and it helps us be strong and ready to help others. Let's keep growing strong together!

Good job tonight, Scouts. And remember, have fun and do your best!