



I _____ WILL:

- Commit to daily physical activity - and stick with it!
- Commit to living the Scout Oath and Law Daily.
- Set realistic goals to encourage fitness and healthy eating habits for a lifetime.
- Commit to choose to refuse drugs, underage drinking and tobacco.

Today's youth are at risk for many unhealthy influences. As a community, we need to meet the challenge head on to help our young people make right choices, right now. There are four areas of concern that deliberately impact the health of young people:

1. Underage Drinking
2. Underage Tobacco Use
3. Childhood/Youth Obesity/Physical Fitness
4. Drug Abuse

The Boy Scouts of America has long been a proponent of health living for our youth. As a matter of fact, the BSA is known for its promotion of out-of-doors programs / healthy living, advancement and merit badge programs where we place an emphasis on mental and physical fitness. The BSA is in a unique position to affect change among young people.