

Life Skills

From Fitness to Fashion



Looking your best has a lot to do with taking care of your body. The fashions you wear only complement your healthy habits of good nutrition, physical activity, and rest. This interest project takes you from personal fitness to the exciting world of fashion, and will help you develop a style of your own.

Each interest project contains activities which are organized into four different categories: Skill Builders, Technology, Service Projects, and Career Exploration. By doing these activities, you will gain insights about yourself—your strengths and weaknesses, your likes and dislikes. You will have a range of new experiences, and you will develop valuable skills and expertise in specific areas. *To earn an interest project award, you must complete at least seven activities as follows: two Skill Builders activities; one Technology activity; one Career Exploration activity; Two activities from any category that you choose.*

Skill Builders

1. With your parent's permission, do aerobic exercises—for example, cycling, swimming, skating, jumping rope, or walking—at least three times a week for at least six weeks. These exercises tone your body *and* burn fat. Gradually increase either the time of your workouts, or your repetitions, whichever applies. Keep a personal fitness log. Make sure to increase your fluid intake.

Learn how to take care of your skin. Start by eating right! (See the food pyramid in the *Cadette Girl Scout Handbook* or on the United States Department of Agriculture's Web site at <http://www.mypyramid.gov>). Determine your skin type (oily, dry, normal, or a combination), and develop a skin-care routine to fit your needs. Learn the meaning of the following skin-care terms: hypoallergenic, toner, astringent, exfoliate, mask, moisturizer, sun protection factor (SPF), anti-perspirant, deodorant. Learn what natural, organic and botanical cosmetics are.

3. Change your hairstyle. You don't need a radical cut to acquire a new look. Start with clean, conditioned hair. Try a zigzag part down the middle or side, French braids or cornrows using ribbons, beads or other ornaments. If you usually wear your hair loose, try a topknot or French twist. If wear it up, try it loose. Look through magazines for an appealing style. Keep in mind the shape of your face, whether or not you wear glasses, and how difficult the style is to maintain.

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4. Learn how to build a wardrobe. Begin with five basic pieces in your current wardrobe—jacket, skirt, pants, wardrobe’s foundation. Create 10 or 12 outfits by interchanging these pieces. Try adding an additional blouse or sweater. Build onto these pieces with shoes, belts, scarves, jewelry, and other accessories. Some people build a wardrobe around their favorite colors.

Technology

1. Discover how cosmetics are made. Learn about the ingredients, testing procedures, manufacturing techniques, and packaging involved in producing a product.
2. Learn about natural and synthetic fabrics. Select five fabrics such as silk, linen, and polyester. Learn how each fabric is created, and what types of clothes made from these fabrics suitable to wear in only certain seasons? Make a collage with illustrations of fashions in a variety of fabrics for different occasions.
3. Fashion design has entered the computer age. Find out what software is used by the fashion industries. Check with your local computer store or a fashion school for information.
4. Design a fashion or accessory item. Or invent an article of clothing or accessory that has a special function.

Service Projects

1. Direct a “toiletries” drive in your council to help women in need. Collect soaps, shampoos, combs, lotions, and deodorants. Place sets in individual bags for distribution.
2. Hold a From Fitness to Fashion Fair at a senior citizens’ center or for younger Girl Scouts in your community.
3. Find out about unfair labor practices that exploit garment workers in this and other countries. Plan and implement actions you can take to raise public awareness of this issue in your community.
4. There are alternatives to shopping in the more expensive department stores. Choices include thrift shops, consignment shops, discount stores, garage sales, and outlets. Make a directory that includes the names and addresses of several of these stores, and the bargains available. Distribute it in your community, particularly to the local library.

Career Exploration

1. Discover which schools are noted for their fashion programs. Where are they located? What are the requirements for entrance? Speak to a guidance counselor about careers in the fashion industry. Send away for brochures and program descriptions of occupations and careers in fashion, make-up, fitness, and related fields.

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2. To get ideas about careers in the fashion magazine industry, study the masthead in your favorite fashion magazine. List the careers represented there. Select a career that interests you, and learn more about it.

Interview two of the following:

- Buyer in a department store
- Fashion consultant in the merchandising division
- Tailor
- Cosmetics representative
- Hairstylist

Achieving a personal style is a matter of choosing what's right for you—for your age, your build, your complexion. It means adding your own touch: an antique pin you found at a flea market, an old sweater that just happens to match the stripe in your new skirt, a belt your sister gave you. If you have a flare for personalizing your wardrobe, explore a career or avocation as a fashion consultant. Offer to help two of your friends personalize their wardrobes with accessories.

This badge can be found in the book *Interest Projects for girls 11 - 17*, page 28. This text has been reproduced with permission from Girl Scouts of the USA—this document may not be copied or reproduced in any way.