



Meeting Opening Ceremony

“Cub Scout Fitness”

This ceremony is intended to be conducted as an opening ceremony for a Pack Meeting. It highlights the many facets of fitness. The presentation should be conducted by the Cub Scouts of an single Den or Patrol.

Cub Scout Leader: There is more to Fitness than what you may think

Cub Scout 1: Fitness is more than simply having a strong body

Cub Scout 2: Fitness is more than eating what is right for your body

Cub Scout 3: Fitness is more than getting the amount of rest that you need each night

Cub Scout 4: Fitness is more than keeping your body healthy and clean

Cub Scout 5: Fitness is more than having a clear and open mind

Cub Scout 6: Fitness is more than keeping your mind ready to learn

Cub Scout 7: Fitness is more than practicing your Duty to God

Cub Scout 8: Fitness is more than keeping a positive outlook

All Cub Scouts: Fitness is all of these things, and is a Cub Scout way of life

Cub Scout Leader: Please join us in saluting our flag of our country which makes possible our way of life.