

Check out the basics on our Physical Therapy patch program for scouts from 6th – 12th grade. Subscribe or attend an information session to get a copy of our patch program.

# Physical Therapy Patch Program

Explore the Magic of Motion  
LLC

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## Physical Therapy: The Magic of Motion

**B**eing physically active isn't just for athletes, it's for everyone! Exercise is important to your body's health. Like any machine if you don't use it, the parts get rusty. Choosing to exercise will help you sleep better, stress less and keep your body healthy and strong. In this badge, find out how activity helps your body and learn how to incorporate exercise in your life.

### Steps

1. Know how physical activity helps the body heal and stay healthy
2. Find out how exercise can improve your life
3. Learn how to create your own exercise program
4. Investigate what types of equipment you can use and how
5. Explore professions that use physical activity

### Purpose

When I've completed this patch program, I'll know how to be physically active and the role exercise plays in healing the body and keeping me healthy.



## Physical Therapy: Healing Through Motion

**I**magine a world where you could not do anything by yourself. Things like walking, dancing at a party with friends or even going to the kitchen would be hard! Physical Therapy is a profession that improves a person's ability to move on their own. Learn how Physical Therapy helps treat various medical conditions that may affect you or your friends and family. Discover how some skills therapists learn can be used in your life. Take what you've learned and find a way to promote good health through physical activity to people in your community.

### Steps

1. Discover the right amount of physical activity
2. Explore how losing the ability to move can impact your life
3. Investigate how Physical Therapists help improve the quality of life
4. Learn skills that can help you take care of and prevent injuries
5. Get the word out on physical activity's impact on good health

### Purpose

When I've completed this patch program, I'll know how physical therapy improves the quality of life for many people and how I can promote good health.



## **Physical Therapy: Healing People, Changing Lives**

As a Girl Scout it is our mission to help people at all times. So why not find a career that combines your love of service with something else you enjoy? Whether interested in working with athletes, children, actors on Broadway, the elderly, in women's health or in the hospital, the opportunities are endless in the career of Physical Therapy! Become familiar with the profession of Physical Therapy and discover what it takes to become a Physical Therapist.

### **Steps**

1. Discover yourself
2. Investigate what it's like to be a Physical Therapist
3. Learn about the skills and equipment Physical Therapists use
4. Explore the various settings you can find a Physical Therapist in
5. Find out how to pursue a career in Physical Therapy

### **Purpose**

When I've completed this patch program, I'll know how to pursue a career in Physical Therapy and the different opportunities it offers me to impact the lives of others.