

From Fitness To Fashion

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.**
- 2. Learn how to take care of your skin. Start by eating right! *See the food pyramid in the *Cadette Girl Scout Handbook**. Determine your skin type (oily, dry, normal, or combination), and develop a skin-care routine to fit your needs. Follow it for at least two weeks. Learn the meaning of the following skin-care terms: hypoallergenic, toner, astringent, exfoliate, mask, moisturizer, sun protection factor (SPF), antiperspirant, 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 you wear it up, try it loose. Add a headband or barrettes. 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.**
- 4. Learn how to build a wardrobe. Begin with five basic pieces in your current wardrobe - jacket, skirt, pants, dress or jumper, blouse. This is your 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.**
- 5. Develop a project on fashions in history. Select a period in history, such as eighteenth-century America, the Victorian period, or the 1920s. Learn what styles were popular during that time. Or trace one item, such as hats, shoes, or bathing suits, and show how styles have changed over the years. Or develop your project on the fashions and cosmetics of another culture. Plan a presentation on your topic.**
- 6. With today's emphasis on natural products, you might try making your own cosmetics. Look through beauty guides, magazines, and books for recipes on how to make facial cleansers, masks, skin moisturizers, skin conditioners, shampoos, and hair conditioners. Some of the ingredients will come from your own kitchen; others you**

may have to buy. Compile a "cosmetic resources" scrapbook for common beauty problems, and list your resources and recipes. With the permission of a parent or guardian, try some of the recipes.

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 it is used for. Are 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.**
- 5. Collect several different fashion magazines or different issues of the same magazine to review. Collect enough to draw some conclusions about them. What kind of stories are highlighted? Describe the model(s) on the covers. Is there much diversity with regard to age, race, and physical features? Would the average girl relate to these models? Formulate your conclusions and present them to your group.**

Service Projects

- 1. 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.**
- 2. Direct a "toiletries" drive in your council to help women in need. Collect soaps, shampoos, combs, lotions, and deodorants. Place sets in individual decorated bags for distribution.**
- 3. Host a fashion show for teens as a troop money-earning project. Include "models" with special needs, if possible. Consider extending the fashion show concept to include skin-care, hair, and wardrobe tips.**

- 4. Hold a From Fitness to Fashion Fair at a senior citizens' center or for younger Girl Scouts in your community.**
- 5. Find out about unfair labor practices that exploit garment workers in this and other counties. Plan and implement actions you can take to raise public awareness of this issue in your community.**

Career Exploration

- 1. 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.**
- 2. 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.**
- 3. Interview two of the following:**
 - Buyer in a department store.**
 - Fashion consultant in the merchandising division.**
 - Tailor**
 - Cosmetics representative.**
 - Hairstylist.**
- 4. 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 won 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.**