

# cubs

## Howdy Cubs! Health Challenge Wales Badge for Cub Scouts

Health Challenge Wales is about helping people live healthier lives. We need your help in our mission to get people healthy.

Health Challenge Wales has 6 main goals:

- Helping people not to start smoking or to quit
- Helping people eat better and do more exercise
- Helping people to avoid accidents and injuries
- Helping people to avoid drug and alcohol misuse
- Helping people to avoid infections
- Helping people to be happy.

Cubs in Cardiff and the Vale of Glamorgan are being invited to earn a Health Challenge Wales Badge.

# Helo Gybiau!

## Her Iechyd Cymru Bathodyn ar gyfer Cybiau

Mae Her Iechyd Cymru yn ceisio helpu pobl i fyw bywydau mwy iach. Mae angen eich help arnom i annog pobl i fod yn iach.

Mae gan Her Iechyd Cymru 6 phrif nod:

- Helpu pobl i beidio â dechrau smygu neu i roi'r gorau i smygu
- Helpu pobl i fwyta'n fwy iach a gwneud mwy o ymarfer corff
- Helpu pobl i osgoi damweiniau ac anafiadau
- Helpu pobl i osgoi camddefnyddio cyffuriau ac alcohol
- Helpu pobl i osgoi heintiau
- Helpu pobl i fod yn hapus

Mae gwahoddiad i Gybiau yng Nghaerdydd a Bro Morgannwg geisio ennill Bathodyn Her Iechyd Cymru.

**I gael gwybod sut i ennill eich bathodyn, gofynnwch i'ch arweinydd sgowtiaid am daflen**

**To find out how to earn your badge ask your scout leader for a leaflet**



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government