

Get Up and **GOAL!**



Making Goals

isn't just something soccer or hockey players do. Goals are for everyone! They can help you become healthier. You can set exercise goals, or goals to eat more good-for-you foods. The best part about setting a goal is that there are a lot of great ways to celebrate reaching it.

Ready? OK! Let's Get Up and Goal!

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Ready, Set, Goal!

There are four keys to setting and achieving goals, according to Elizabeth Verdick, co-author of *Making Every Day Count* and *See You Later, Procrastinator*. You can use the word “SPAM” to remind you of the four good-goal qualities:

SPECIFIC: It includes details about what you want.

POSITIVE: It states what you want to achieve, not something negative you want to avoid.

ACTIVE: It's something you can start working toward now.

MANAGEABLE: It can be done without too much difficulty.

How do I know it's a good goal?

Write a sentence about your goal. Look to see where the four SPAM words are.

“My goal is to work on my jump shot three afternoons each week.”

SPECIFIC: Improve my jump shot

POSITIVE: I'll feel great about working toward being a better basketball player.

ACTIVE: I'll do it three days this week.

MANAGEABLE: I can easily fit a trip to the basketball court into my schedule.

What are some ways this good goal compares to the following sentence? “I have to get better at my jump shot so I don't look so stupid on the court.”

Celebration Time!

Once you achieve your goal, don't forget to reward yourself.

Verdick says you'll know when you've achieved your goal if you have set one that is **specific**. Make a special family dinner, buy yourself something you've been saving up for—you can even make yourself a funny first-place ribbon!

“Do anything that feels like a celebration to you,” she says.

Healthy goals don't all have to be about exercise. Make a goal to eat more fruits and vegetables—aim for five servings a day, which is ideal. Want to shake a soft drink habit? Make that a goal to work toward.

Reaching the Top

A great way to work toward your goal—and know that you have reached it—is to think of a ladder, says author Elizabeth Verdick. Each rung on the ladder is a step toward your goal. Fill in the spaces above each ladder rung with steps toward a goal you'd like to reach. Don't forget to make it Specific, Positive, Active, and Manageable!

My GOAL is:

Step 4:

Step 3:

Step 2:

Step 1:

Cross the Finish Line

Running a 5-kilometer race is a great goal for many kids and teens. Would you like to make this your goal? With some work and determination, you can be ready for a 5K race in 10 weeks, according to Carol Goodrow, a teacher, author, and founding editor of KidsRunning.com. Here, she shares her Top 10 Tips for young runners.

Carol Goodrow's

Top 10 Tips for all Young Runners

- * **Always include cross-training (don't only run).** Ride a bike, swim, hike, skate, or do other activities at least once a week.
- * **Don't push yourself every day.** Make room for some days where you work out easier. Some days will be "easy days" and others "hard working days."
- * **Have some fun!** Find a 5K that has a theme or helps a good cause. Celebrate running!
- * **Drink water before and after the race.** Replenish your body by eating carbohydrates, fruit, and protein after the race.
- * **Don't start out on the front line of the event,** unless you can run a 5-minute-mile pace for the whole race.
- * **Start out easy and pick up the pace when you feel strong.**
- * **Take walking breaks if you need them.**
- * **Be proud of your race, even if your time is slow.** It's a feat to even finish an event!
- * **Be a good sport.** At the race, congratulate the person who finishes before you and after you. Shake hands or give a high five.
- * **Reflect on your running.** Write about your training and your race in a journal.



YOU CAN RUN A 5-KILOMETER RACE!

Are you new to running?

Start going on walks.

When you can walk a half-mile comfortably, start adding a little bit of jogging midway.

- Walk 1/4 mile, jog 1/8 mile, then walk another quarter mile and jog again.
- OR: Time yourself. Walk for 5 minutes, then jog 2 minutes, walk 5 minutes, then jog again.

Or are you active already?

Start jogging at your current level of comfort (whether it's 1/4 mile, 1/2 mile, or 1 mile).

- Increase your distance no more than **10 percent** each week.
- Occasionally practice skills such as running hills, short sprints, and jogging.



You'll know you're ready for a 5K when you feel comfortable going 3 miles, whether you're running (if you plan to run the race) or walking (if you plan to walk the race), Goodrow says.

DID YOU KNOW? A 5-kilometer race, or 5K, is about 3 miles long.

Personal Get Up and Go Planner

Finding time to make healthy changes can be difficult. It helps if you plan ahead. Use this planner to help you. Fill in two weeks' worth of dates as shown at right. Then list ways you can Get Up and Go each day. Check off the activities and list others as you go. Use the planner to find time to Get Up and Go and to keep track of your progress!

date: Oct. 11

- run a mile
- play Wii
- soccer game
- shoot hoops
-
- rode my bike, 60 minutes
- walked to the store and back, 20 minutes

MY PLAN:

EXTRAS:



Go, You!
Set yourself up with a personal cheering squad! It can be your friends, parents, siblings, or teachers. Just let people know what you're working toward and how they can be supportive.

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