

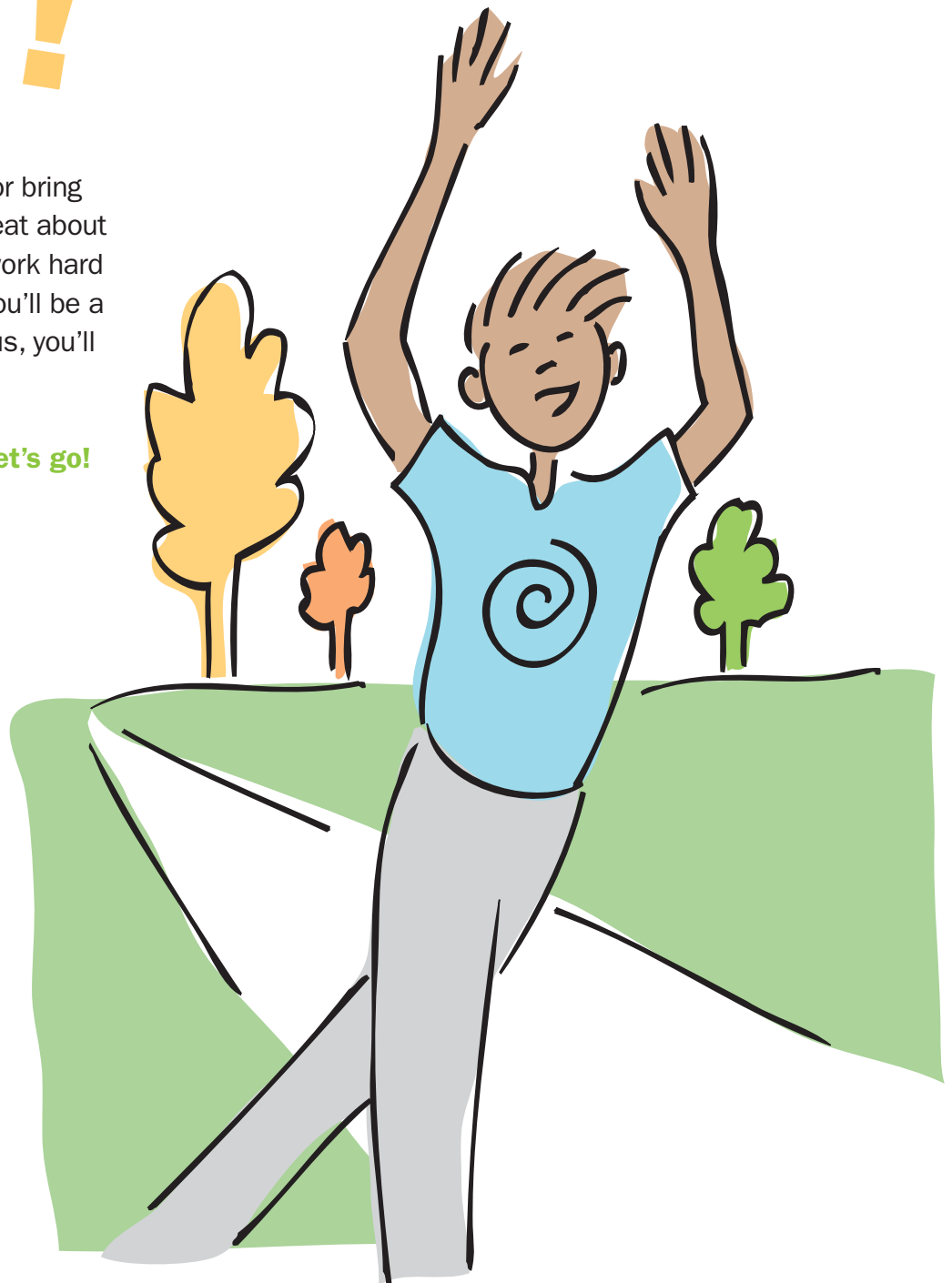
Your Personal Best!

You don't have to win a race or bring home a gold medal to feel great about what you accomplish. If you work hard and try your best, you know you'll be a champion no matter what! Plus, you'll get healthy along the way.

What are you waiting for? Let's go!

Inside This Month

- 2 It's All You
- 3 Tri Your Best
- 4 Get in the Swim!
- 5 Activity Log



It's All You

Achieving your “personal best” is a great way to get (and stay!) excited about any exercise.

There are many ways to measure your personal best when it comes to being active. One way is to use a heart rate monitor.

You may have learned to use a heart rate monitor in physical education class. These devices measure how hard your heart is working to pump blood to all the parts of your active body. Some schools even use students' heart rate information to calculate grades for PE class!

But you don't need a heart rate monitor to measure your heart rate. Feel for your pulse along the side of your wrist, just below the base of your thumb. Lightly place the tips of the index and middle fingers of your other hand on that spot. Watch the second hand on a clock, or ask someone to time you. Count the number of beats you feel in 10 seconds. Multiply that number by 6. The answer is your heart rate—the number of times your heart beats in one minute.



MORE WAYS TO REACH YOUR PERSONAL BEST

- ★ **Find a one-mile trail** (or determine how many times around a track equals one mile). Try jogging the whole way without stopping or walking, even if you feel you are jogging slowly. Pat yourself on the back when you finish!
- ★ **Grab a jump rope** and count how many times you can jump without getting tired (or tangled!). Tomorrow, try and beat that number.
- ★ **Shoot some hoops!** See if you can make more than one free throw in a row. How many can you do? Is that the most you've ever done?

★ **Write your own idea here!**

Get the Digits

Ask your PE teacher, a parent, or your doctor to help you calculate a healthy heart rate for you to be at while exercising.

Tri Your Best

Triathlons are a fun way to get active.

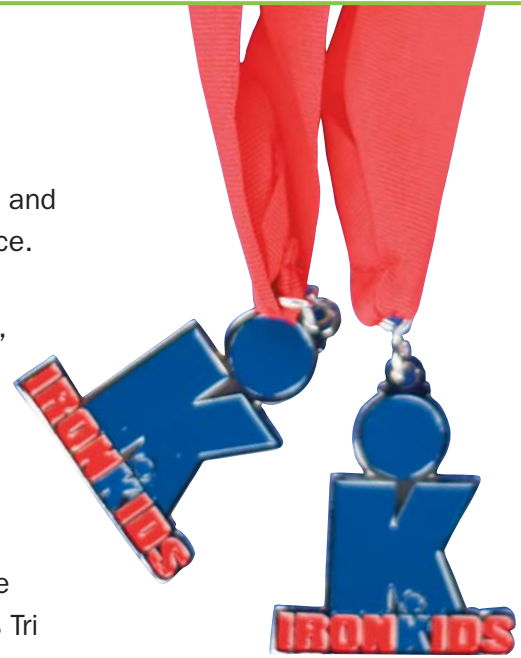
A triathlon is a race that involves three sports: swimming, cycling, and running. Participants do all three activities in the course of the race.

That's one way to keep your exercise routine from getting boring!

No wonder the sport has been growing. "People have asked me, 'What's so special about triathlons?'" says Michelle Payette, the director of IronKids, a triathlon series for kids and teens. One reason might be because how you do in a triathlon is all up to you. "When the kids get to the finish line," Payette says, "they did it 100 percent on their own."

Teen triathlete Hunter Luss, 16, of Maryland, is helping get more people active. Hunter is planning a national event called America's Tri For Health on Labor Day, which is Monday, Sept. 6. People from coast to coast will be swimming, paddling, floating, biking, spinning, running, walking, and rolling their way to better health. Learn more and sign up on Hunter's Web site at www.americastriforhealth.com.

Triathlons can also give you fun ideas for exercising as a family. If you're interested in doing a triathlon, for instance, but your parents aren't as interested in running as you are, your mom or dad can ride a bike alongside you as you run, Payette says. That way they support you and make sure you are safe. You could also try the reverse: If your mom or dad enjoys running, grab your bike and ride along as they run!



Talk About It
What are three other games, sports, or activities you can combine to make up your own triathlon? Get creative!



Did You Know?
Cyclist Lance Armstrong started off as a triathlete. He did the IronKids triathlon when he was 13. Later he focused on his bike skills—and the rest is history!

These "IronKids" swam, biked, and ran their way to fitness in a triathlon in Avon, Colo. last September.

Get in the Swim!

Swimming is one of the three sports that make up a triathlon.

Have you ever noticed that it is difficult to walk in a pool? That's because the water offers resistance to your body. It's similar to working out with weights. You have to work a little harder to do things than if you were on the ground. On the other hand, exercising in the water can also be easier on the body's joints. Water exercise is often recommended for people recovering from injury or surgery.

Swimming is a great way to have fun and get active in the water. Many communities, clubs, and schools have indoor pools open year-round, so you probably won't have to wait until summer to dive in. Here are some ideas for making the pool (or lake, river, or ocean) your favorite place to Get Up and Go!

Make Your Move

There are many ways to move when you're swimming. Different strokes will propel you across the pool at different speeds and using different muscles. Strokes include the breaststroke, butterfly stroke, and backstroke.

Do A Little Dance

Water aerobics or water dancing are more ways to get exercise in a pool. Put together a routine that gets your blood pumping and your body moving. Or team up with a friend or two and create your own synchronized swimming routine—that's when you do the same moves at the same time.

Synchronized swimming is also a part of the Summer Olympics.

Score!

Ever hear of water polo? It's a team sport that's played in the Summer Olympics. It's similar to the game handball.

Learn how water polo is played at www.usawaterpolo.org/Resources/UnderstandingTheGame.aspx



Learn more about the different water sports coming up during the next Summer Games at www.london2012.com/games/olympic-sports.

Not sure how to swim? You can learn! Swimming's not only fun, but it can also be a safety skill. Find swim classes near you and learn more at www.makeasplash.org.

Personal Get Up and Go Activity Log

Fill in the days of the week and the date for the week as shown in the sample. In each day's log, write down each activity you did and the amount of time you exercised for. Then, at the bottom of each day's square, write down the total number of minutes you spent exercising. Experts say kids and teens need at least 60 minutes of exercise most days of the week. (Try to aim for even more!)

date: Feb. 1

- Played basketball
- 1 hour
- Walked to school
- 30 minutes
- Jump Rope for Heart
- 1 hour
- Did 50 curlsups: a personal best!

Track Yourself!

Make a special three-ring binder or folder with prongs to keep track of your progress. Punch holes in each week's planner and file it in your binder. Decorate your binder or folder with photos and sayings to help keep you motivated. The binder will also help you look back at how far you have come, and celebrate all your hard work!



My Exercise Goal:

(write something you hope to get out of your Get Up and Go plan. You don't need to tell anyone else! This is just for you.)

date:	date:	date:	date:	date:	date:
.....
.....
.....
.....
.....
.....