

It's Time!

Get Up and Go! is here to help you get started with an exercise program.

In this month's Get Up and Go! packet, we look at each of the steps toward having a more active lifestyle. Print out this packet, fill it in, and keep it handy to remind yourself of your goals and how you are doing. Check back in a few weeks and see how far you have come and then give yourself a big pat on the back!

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Getting Started

There are five key steps to starting a new physical activity, sport, or exercise plan, according to Get Up and Go! adviser Debi Pillarella. She is a certified personal trainer and youth fitness spokesperson for the American Council on Exercise. Let's look more closely at each step.

Step 1. Check your fitness status.

Before you get started, Pillarella says, give yourself a quick fitness checkup. There's no right or wrong answer, and you don't need to tell anyone how you did. Just keep the information so you can check back in a few weeks and see how you have improved.



TODAY'S DATE: _____

How long does it take me to walk (or run) 1 mile? _____ walk run (circle one)

How many push-ups can I do in one minute? _____

How many curl-ups? (also called crunches or sit-ups) _____

Sitting on the ground with legs extended in front of me,
how far forward can I reach without bending my knees?
(Can I reach to my knees? to my ankles? past my toes?) _____

What is the measurement around my waist at the level of my belly button? _____ inches

Be sure and check with your parents or your doctor before starting any new exercise plan, just to make sure you don't hurt yourself.

Getting Going

Step 2. Make a plan.

Think about what you want to get out of your exercise plan. What is your goal? Would you like to enter a road race? learn a new sport? lose a little weight, or gain strength? Specific goals will help you figure out which exercise to do.

My Exercise Goal:

(You don't need to tell anyone else what your goal is! This is just for you.)

Making a goal is easiest when you think it out. In fact, making a goal is a SMART thing to do! Use the word "SMART" to help you think through the steps toward your exercise goal.

Specific. That means you include details about what you want.
Example: "I want to run in the two-mile Halloween road race."

A SPECIFIC DETAIL ABOUT MY GOAL:

Manageable. That means the work toward your goal is do-able.
"I can go for a run after school on Mondays, Wednesdays, and Fridays."

HOW I WILL MANAGE WORKING ON MY GOAL:

Active. You can start working toward it right now.
"I know I am healthy enough to start running regularly."

SOMETHING I CAN ACTIVELY DO NOW TO REACH MY GOAL:

Realistic. Your goal is something you have all the tools to be able to do. "I finished second in the mile run last week at school, and I just got new running sneakers."

THESE ARE TOOLS I NEED TO REACH MY GOAL:

Timely. You have a timeline for reaching your goal, and you will know when you get there.

"I will be able to run two miles comfortably by Oct. 31."

HOW I WILL KNOW I HAVE REACHED MY GOAL:

Step 3. Gather what you need.

- Comfortable, sturdy, properly fitting sneakers.
- Easy-to-move-in clothes. Watch out for baggy clothes, which could trip you up, or accessories that could get in your way while you exercise.
- A bottle of water. Make sure you stay hydrated!
- Going out to exercise alone? Be sure to let someone know where you are headed. Make sure you have some form of identification with you, as well as a cell phone.
- Better yet, bring along a friend or family member. They'll thank you for helping them get healthy too!



Step 4. Get up and go!

Get started! Don't forget to keep a log of your activity. It will help you manage your time and help you keep track of how much you are doing. Try our log on page 5 of this packet.

Keep It Up!

Step 5. Check Yourself

How are you doing? After four to six weeks, ask yourself the questions in Step 1 again and fill out this chart:



TODAY'S DATE: _____

How long does it take me to walk (or run) 1 mile? _____ walk run (circle one)

How many push-ups can I do in one minute? _____

How many curl-ups? (also called crunches or sit-ups) _____

Sitting on the ground with legs extended in front of me,
how far forward can I reach without bending my knees?
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What is the measurement around my waist at the level of my belly button? _____ inches



What did you find? Do you think you need to increase your activity level? Is your program just right? Either way, this might be a good time to try a new activity, add a new activity to what you have been doing, or change up your program completely.



Talk About It ...

How can writing down your goal and your plan be helpful? What are some ways that this goal-setting process can help you in other areas of your life?

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: Sept. 1

Softball game

• 2 hours

Went for a swim

• 45 minutes

Played tag with

little cousins

• 30 minutes

Yoga with mom

• 1 hour

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: _____

(You don't need to tell anyone else what your goal is! This is just for you.)

date:	date:	date:	date:	date:	date:
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