

Get Up and Get a **Fresh Start!**



A plan for a healthy new year is in your hands.

The start of a new year is a natural time to want to make changes and start fresh. The first thing many people look for is a way to exercise more. So if you've been thinking that, you're not alone. And if you hadn't even considered it, give it a try.

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

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Resolve to Have a Great Year

A lot of people make New Year's resolutions. You can too! But you don't have to officially call it a "New Year's resolution." Just think of it as something new you're doing to get—or stay—healthy and happy.

Resolutions can be as simple as deciding to take the stairs instead of the escalator when you are at the mall. Or you might resolve to do a set of sit-ups every morning before school. You can even resolve to remind yourself to have fun in gym class. The important thing is that a resolution be something that you know you can achieve.

There's no shame in having your resolution fall through. It happens to a lot of people. Just pick up where you left off. For instance, if you make a resolution to avoid soft drinks, but one day you forget and sip one anyway, all is not lost. Just start over the next day with your healthy plan.

MY RESOLUTION:

What I can start doing now:

What I can do to keep it going if things get tough:

What's the difference between a resolution and a goal? Not much, really. A *goal* might be something you work toward for the future. A *resolution* is a habit you can start doing right now. But you can make it a goal to keep your New Year's resolution going all year!

Team Up!

Looking to make exercise more fun? There's no need to go it alone. Exercising with a friend, or a whole team of friends, can help you reach your goals.

★ With a Friend

In the magazine this month, we met Melissa M., who worked out with a friend at their local Boys & Girls Club. Grab a pal and make plans to exercise regularly. Find a sport for two, such as tennis. Do you like baseball, softball, or lacrosse? Get together for a regular game of catch. Meet up for a walk, which can also give you a chance to chat. Or just exercise at the same time: Having a friend on the next treadmill will make the going easier.

★ With a Team

Team sports can be fun and a great motivator too. You can learn skills with others and then have each other for support. When the coach tells you to take an extra-long run one day, for instance, you always have your teammates to lean on. One popular team sport is soccer. Nnamdi A., who goes to the same Boys & Girls Club as Melissa, got started that way. He played soccer when he was younger. Soccer is great exercise, so when Nnamdi got to high school he was ready for other sports, such as basketball and running.

★ With an Expert

Your workout pal doesn't need to be your best friend or sibling. It can also be a trainer, teacher, or coach. Expert help was what made the difference for Nnamdi. Before he started working out with Kevin Major at the Boys & Girls Club, he was a sprinter, running short races that go very quickly. But Nnamdi wanted to run longer races. Working out with Major helped him get there. "That was a goal and I was able to achieve it," Nnamdi says.

★ With Anyone

Whoever your exercise companion is, they can help keep you going. Nnamdi says he has seen the difference when it comes to tough workouts such as pushups. If you're alone, you might do 20 and then just stop, he explains. "But when I work out with Kevin," Nnamdi says, "he pushes me."

MEET AND GREET—AND EXERCISE

Don't have another person to work out with? Look into classes to learn a sport or activity. You'll get active, learn something new, and meet new people too!



Plug In to This Circuit

Circuit training is one way the experts say you can freshen up your exercise routine while getting a great workout. You can set up different stations wherever you exercise. Here are some ideas for setting up your own circuit indoors.

1. **Select an area that is safe and free of clutter.**
2. **Set up each section.**
3. **Grab a stopwatch, or a clock with a second hand, and get going!**



Pillow Pounce

Lay pillows on a carpeted floor in a design such as an “S” shape or a big circle. Leap from pillow to pillow. This exercise can help improve your coordination and boost your heart rate.

Hot Seats

All you need is a chair. See how many times you can sit down and jump up in 30 seconds. Imagine the seat is on fire and strive to jump higher each time.

Seated Knee-Ups

Sit toward the front of a sturdy chair, holding onto the seat. Rest your feet on the floor. Sit up tall and draw your navel (belly button) in to activate the abdominal muscles (your “core”). Bring both knees up toward your abdomen. Then return to the starting position. Repeat.

Visit each of the stations for 30 seconds. Rotate through the stations as many times as you can to keep your heart rate up and strengthen your muscles.

**Set up an outdoor circuit!
Use a variety of balls, jump ropes, or hula hoops.**

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: Jan. 1

- Dance lesson
- play hockey
- Walk to store
- Go for run

Jumping jacks for 5 minutes
Walked to the lake and back for hockey game

MY PLAN:

EXTRAS:



Do The 'Write' Thing

This planning sheet can help you achieve your exercise goals. "We all need to set mini goals and try to reach them, and journaling and calendar keeping is the best way," says fitness expert Andrea Metcalfe.

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