

# Get Up and Go Play!

Think you're too old to go out and play? No way! This month, Get Up and Go! shows that active play isn't just something fun to do—it's good for you too! Whether you sign up with friends for a team sport, or start a new workout routine all by yourself, having fun is the name of the game.

**Ready? Let's go!**

## Inside This Month

- 2 Learning to Play
- 3 Friends Who Play Together...
- 4 Get Going for Life!
- 5 Personal Planner



## Learning to Play

Sure, little kids play all the time. But people of any age can benefit from active play. In active play, you're getting your heart pumping and your muscles moving.

Play can come in many forms. When it comes to play for exercise, most activities fall into two areas: free play and organized play. Dancing around a room without a specific routine would be free play. Playing a football game with a team is organized. Think about the kinds of play that you do. Are some organized and others more free?

Make a list of activities you think are free play and others you think are more organized. Some activities might be able to be listed in both areas.

ORGANIZED PLAY	FREE PLAY
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Are there some activities you wrote under "organized play" that can be changed a bit to fit under "free play"? Or are there "free play" activities you can organize into a sport?

### How is play healthy?

Young people should do an hour of physical activity every day, say the experts. One easy way to make that happen is by participating in more active play.



## Friends Who Play Together... ... Stay Healthy Together!

By now you probably know that, as physical education teacher Pat Rumbaugh says, "Play really is for everyone." Rumbaugh helps her students discover play as a way to get daily exercise.

One easy way for kids and teens to get more exercise is by joining up with some friends. You can meet up at a playground on the way home and take a spin on the swings, or sign up together for a competitive soccer league.

### Here are more ideas from teacher Pat Rumbaugh and her students:

- ✦ sign up for a class together
- ✦ go for a walk
- ✦ try a yoga lesson
- ✦ have a bowling party
- ✦ take a swing at the batting cages or golf driving range
- ✦ organize a dance and invite everyone you know
- ✦ start a team or intramural league to play badminton, table tennis, or ultimate Frisbee
- ✦ see if a local gym has discounts for teens



#### LEARN MORE ABOUT ACTIVE PLAY AT THESE WEB SITES:

The Strong National Museum of Play, Rochester, N.Y. [www.strongmuseum.org](http://www.strongmuseum.org)  
National Institute for Play [nifplay.org](http://nifplay.org)

## Get Going for Life!

There are a lot of ways you can have fun while getting some exercise. The best part is that you may even find an activity you'll love doing for years to come!

Physical education teacher Pat Rumbaugh in Washington, D.C. hopes her students will do just that. She takes her students for walks to the zoo, the National Cathedral, a local garden, and a nearby forest. She even tells the students it's OK to talk with friends or listen to music while everyone walks. That sure sounds like a fun gym class!

That's the whole point, Rumbaugh says. She wants her students to know that walking is a kind of exercise they can have fun doing now, and for the rest of their lives.

There are a lot of sports or activities you can start doing now and continue with for the rest of your life. This month's issue of *Current Health* mentions two: fishing and dancing. And there are plenty of other activities you might want to pick up later in life, such as surfing or marathon running. The possibilities are endless!

**Make a list of the sports and activities you like to do for exercise right now, or some activities you could start doing right now.**

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**What are some sports or exercise activities that you have never tried that you would like to try someday in the future?**

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**What are the most popular sports with teens?**  
A 2008 report said girls' top 5 sports to play were **dancing, swimming, basketball, running, and volleyball**, while boys said their top 5 were **basketball, football, soccer, running, and swimming**.

SOURCE: *Go Out and Play: Youth Sports in America*, published by the Women's Sports Foundation

## 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: Mar. 1

- hoops game
  - go for walk
  - jump rope
  - go for jog
- .....
- Played hide-and-seek outside with little cousins
- Played Dance Dance Revolution

MY PLAN:

EXTRAS:

**Opportunities to Move**  
 Look for hidden exercise in your day. Do you ever walk or ride a bike to get around? Do you run around and play with kids when you babysit? Maybe you always take the stairs instead of an elevator. Don't forget to write these efforts in your Personal Planner!



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