

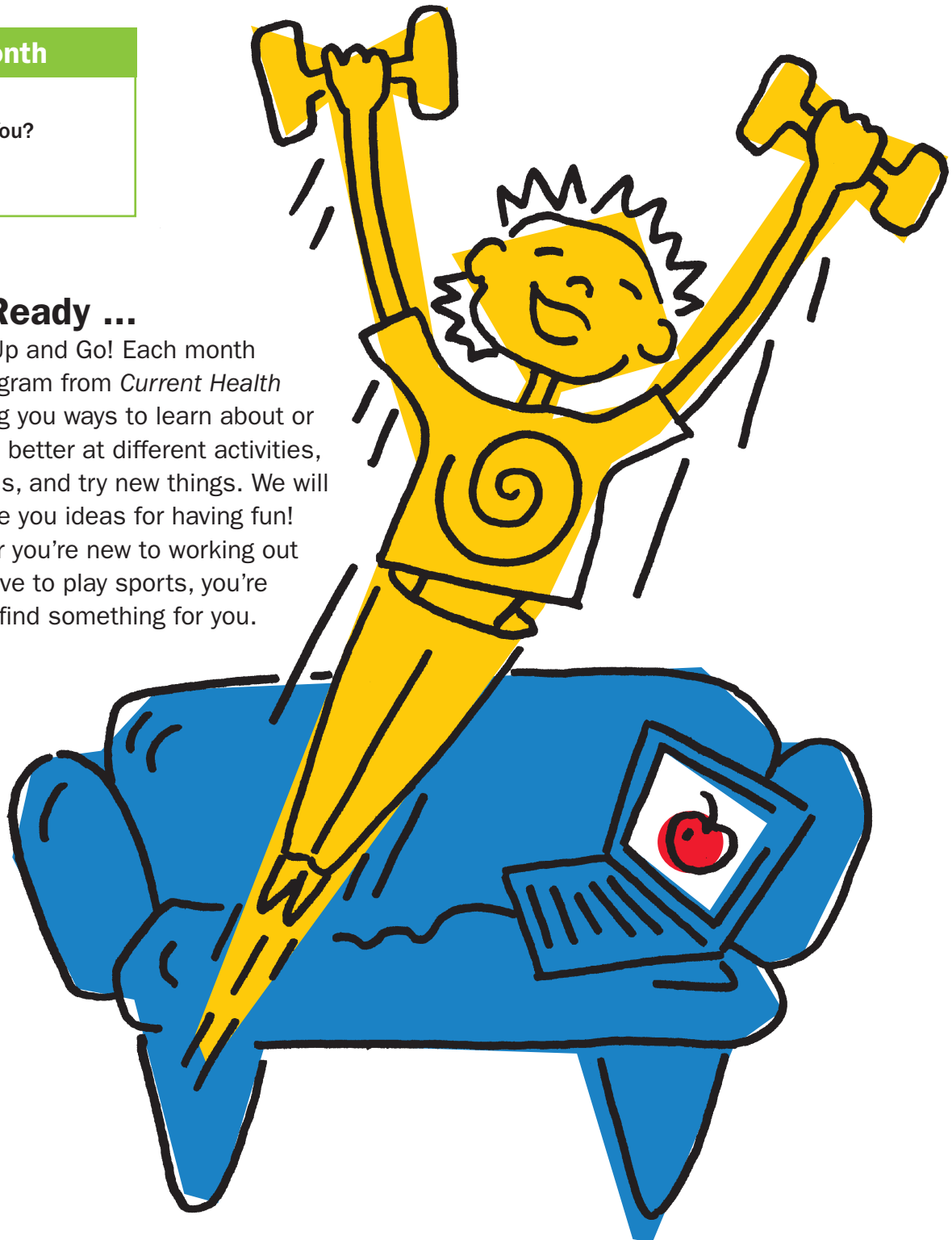
Get It Started!

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Get Ready ...

to Get Up and Go! Each month this program from *Current Health* will bring you ways to learn about or become better at different activities, set goals, and try new things. We will also give you ideas for having fun! Whether you're new to working out or you live to play sports, you're sure to find something for you.



What to Expect

Want a sneak peek into what Get Up and Go will offer you this year? Here are some of the questions we'll help you answer:

- **What is your Get Up and Go goal?** Do you want to get stronger? be more flexible? play your favorite sport better? just have fun? You can do some or all of these things!
- **Where can you Get Up and Go?** There are a lot of places and people you can turn to for help.
- **What can you do to Get Up and Go?** We'll help you find activities you enjoy, whether they are games or sports you already love to do or fun ways to move that are brand-new to you. Here's an example.



Just looking for an active way to have fun?

If you like to spend time outside, look into letterboxing. Letterboxing combines hiking and treasure hunting, and is a great way to get your whole family going. People hide a small plastic box with a journal and a rubber stamp inside in parks or along hiking trails. Then they share clues online for how to find the box. When you go letterboxing, bring a journal and stamp of your own. When you find a letterbox, stamp your journal and the journal in the box, and put the box back so others can find it. Learn more at www.letterboxing.org.

Talk with your parents and your doctor or school nurse before you start exercising. Some people have health concerns that may affect what exercise they choose or how often they exercise.



Find Your Exercise

Take our quiz online—there's no wrong answer!

You can learn what kinds of activities and sports might be fun ways for you to Get Up and Go. Our online quiz at www.weeklyreader.com/getupandgo will help you pair your personality with activities. Want to learn more? The chart on the next page shows all the possibilities.

What's Best for You?

Not sure what your exercise personality is? We're here to help. You can take the quiz on our Web site at www.weeklyreader.com/getupandgo to find out which of the 16 combinations below is most like you. Or if you already know your exercise type, check this chart for activity ideas. You might find a new favorite.

	Group Unstructured	Group Structured	Solo Unstructured	Solo Structured
Casual Competitive	<ul style="list-style-type: none"> intramural sports (kickball, flag football, and badminton) softball leagues 	<ul style="list-style-type: none"> table tennis Wiffle ball 	<ul style="list-style-type: none"> road racing (running or cycling) rock climbing orienteering letterboxing 	<ul style="list-style-type: none"> weight training running
Casual Recreational	<ul style="list-style-type: none"> playground games tossing a Frisbee hiking with friends 	<ul style="list-style-type: none"> aerobics classes spinning classes yoga calisthenics 	<ul style="list-style-type: none"> walking cycling dancing gardening hiking trail running 	<ul style="list-style-type: none"> strength training/body sculpting video/DVD workouts elliptical machines or stair climbers Pilates running laps ice-skating
Skilled Competitive	<ul style="list-style-type: none"> team sports, such as basketball, hockey, and rugby tennis racquetball 	<ul style="list-style-type: none"> competitive cheerleading ice-skating teams pairs/competitive dancing (swing, salsa, ballroom, Bollywood-style) relay races (running, swimming) 	<ul style="list-style-type: none"> tennis golf tetherball handball racquetball ice-skating in-line skating surfing skiing skateboarding 	<ul style="list-style-type: none"> diving track and field gymnastics competitive ice-skating swimming (individual races)
Skilled Recreational	<ul style="list-style-type: none"> dance classes (ballet, jazz, Irish, African, modern) martial arts 	<ul style="list-style-type: none"> sports cheerleading aqua aerobics synchronized swimming 	<ul style="list-style-type: none"> dancing trail running cycling circuit training 	<ul style="list-style-type: none"> swimming sports drills (serving, batting, dribbling)

Take the Pledge!

The first step in getting healthier and feeling great is making a pledge to stick with your goal. Need a boost? Take the pledge below to remind yourself that you want to make this your healthiest year yet. Fill the pledge sheet in, cut it out, and post it where you can see it.

Take the pledge to

Get Up and Go!



I, _____,
(Write your name here.)

take the pledge to **Get Up and Go** and get active to improve my health.

By taking the Get Up and Go pledge, I pledge that I will

- 🌀 try to make regular exercise a part of my life.
- 🌀 make healthy eating choices.
- 🌀 feel good about myself.
- 🌀 encourage others to do the same.
- 🌀 celebrate my success!

Here are some ways I can Get Up and Go!

(Sign your name here.)

(Write today's date here.)

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: Sept. 19

- swimming
- run a mile
- baseball
- jump rope
-
- mowed the lawn,
30 minutes
- walked to
Grandma's house,
40 minutes

MY PLAN:

EXTRAS:

This Snack Gets an A

Need a boost? Pick up an apple instead of a high-sugar snack. Apples are great when you're on the go—they come with their own packaging!



<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	date: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	date: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	date: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	date: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	date: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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