

Get Up and Go Indoors!

Colder weather

doesn't mean you have to put your plans to Get Up and Go on hold. Even if you love to spend most of your time playing outdoor games and sports, this time of year can be a great opportunity to try something new. It can also be a time to work on skills that will help you improve in games or sports you already play. You can turn a negative—being stuck inside—into a positive!

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



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Am I Doing Enough?

No matter where you Get Up and Go, it's good to ask yourself whether or not you think you are getting a good workout. One way is to use what fitness experts call the "F.I.T.T. principle":

FREQUENCY

How often, or frequently, are you exercising?

INTENSITY

Are you exercising with a lot of energy or vigor? That's *intensity*.

TIME

How much time are you spending on exercise?

TYPE

What sort of exercise are you doing?

Most people will find this amount of exertion most comfortable.

How Hard Am I Working?

One way to know whether or not you are getting enough of a workout is to use something called a Perceived Exertion Scale. The scale helps you compare how you feel with a range of different options.

Let's say you have a basic scale of 1 to 10. It might look something like this:

- 1 "I don't feel anything."
- 2
- 3 "This is starting to feel like exercise."
- 4 "This feels a little more intense."
- 5 "I'm working hard but I can keep going."
- 6
- 7 "It's getting hard to talk right now."
- 8
- 9 "This is really very hard!"
- 10 "I have to stop!"

Ask your physical education teacher to recommend a Perceived Exertion Scale.

You don't need to be at a gym or on a treadmill to get a good workout indoors. Head to the mall! No, we don't mean to shop—instead, try mall walking. The mall is a good place to meet up with friends, it's warm, and there's a lot to see. Some shopping centers even offer official walking programs.

Waiting for Exercise

You played Dance Dance Revolution for hours last weekend—but was it exercise?

It depends. Did you play for a solid amount of time, or did you spend most of your time waiting around for your turn? If you did more waiting than moving, then there's a good chance you didn't get as much exercise as you think. Want more of a challenge? Next time, try playing with just one other person.



Turn the 'Off Season' On

For many kids and teens, winter is the season they look forward to the most because it's when they play their favorite sports and games. But for others, winter can be a bummer. No worries! There is a lot you can do to Get Up and Go no matter what time of year you like best.

Need some more ideas? Try these!

Exergames: Games such as **Wii Sports** (check out **Wii Boxing** or **Wii Tennis**) and **Dance Dance Revolution** really can give you a workout. Fitness experts are finding these games help kids burn more calories than hand-held games, and they're just as fun!

Making a Racket: **Racquetball** is just as it sounds: You use a racquet to hit a ball in an indoor court. The same goes for its close relative, the game of **squash**. And there's even a new game called **LaserSquash**, which is just as *it* sounds: You use a special racquet to hit beams of light.

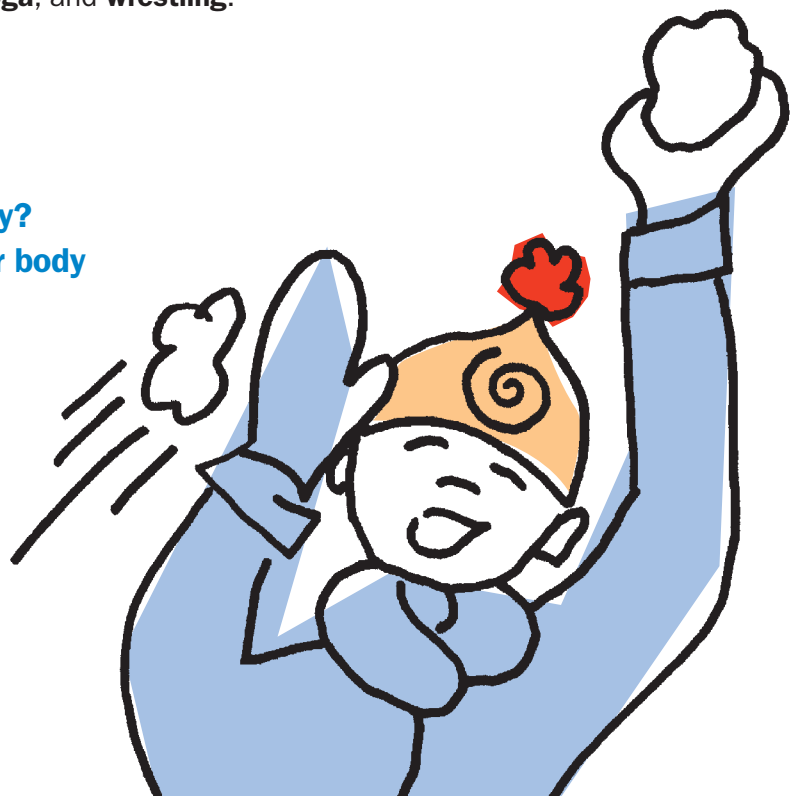
Just Like Outside (Almost): Many popular outdoor sports have inside versions as well. Like **soccer** or **track and field**? Those can be done indoors too. **Swimming** is something people do casually outdoors in the summer, but most competitive swimming is done indoors at a pool. Even **cycling** has an inside version: It's called **spinning** and is done on a bike that won't move, no matter how hard you pedal!

Classy Move: Use the winter to try something new! Look into lessons in your area. You might find you have a real knack for **karate** or are a dynamite **dancer**.

Join the Crowd: There are many team sports offered during the winter. See if you can find a **basketball** league, **cheerleading** clinic, or **volleyball** team.

Also Indoors and In Season: Don't forget about all the other individual activities and sports that are big in winter, such as **gymnastics**, **aerobics**, **yoga**, and **wrestling**.

Going out in the cold anyway?
Wear a hat! It will keep your body
from losing too much heat.



DID YOU KNOW? Wind chill tells you how cold it's going to feel outside. Try the wind chill calculator at www.nws.noaa.gov/om/windchill.

Endless Summer

Surfing is a sport that definitely can't happen without water—and lots of it. But did you know that you can work on some of the skills you'd need to catch some waves no matter where you live? You can even do it without a board. Surfing takes strength and balance, and of course, practice. And those are good skills for everyone!

CATCH SOME WAVES... AT HOME!

You can practice the beginning steps of surfing in the comfort of your home, even if it's hundreds of miles from the nearest ocean!

- **Get yourself a "board."** Try using a beach or bath towel. Lay it flat on the ground.
- **Lie down on your "board"** with your stomach down on the board and your feet at the end.
- **Practice paddling with your hands.** Use big strokes and follow through so you get the most "mileage." Paddling is also the way you get out to the waves.
- **Put your hands on the board** as if you are about to do a push-up.
- **Push your upper body up** so you can bring one leg forward, bent at the knee.
- **Bring your other leg forward, almost to your hands.** (Are you a goofy foot or natural?)
- **"Pop up."** You're standing on your board!

WANT TO LEARN MORE about the beginning steps of learning to surf? Watch free surf videos online from the experts at Florida Surf Lessons at www.expertvillage.com/video/1942_surfing-standing-part1.htm



Hang ten! Check out these Wave Words

Just like any sport, surfing has its own special terms and sayings. Here are some of them, and what they mean.

- * **a natural**—Also called a "regular." It's someone who surfs with their left foot in front.
- * **goofy foot**—someone who surfs with their right foot in front
- * **hang ten**—all ten of your toes hang off the tip of the surfboard
- * **leash**—a cord that keeps you from losing the board in the water
- * **longboard**—a long surfboard. Beginners will often start with a longboard.
- * **paddle**—lying on the board and using your arms and hands to propel you through the water
- * **rash guard**—a special shirt that protects your skin while you surf
- * **rails**—the edges of the board
- * **switchfoot**—someone who can surf easily with either foot at the front of the board

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: Nov. 1

- play Twister
- play Wii
- swim at pool
- skateboarding

Danced at school dance
Walked on Grandpa's treadmill, 15 minutes

MY PLAN:

EXTRAS:



Get Outta Here!

Want to get outside anyway? No problem if you live in an area that's warm year-round. But for those in colder climates, be sure to bundle up. Wear layers so you can be most comfortable.

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