

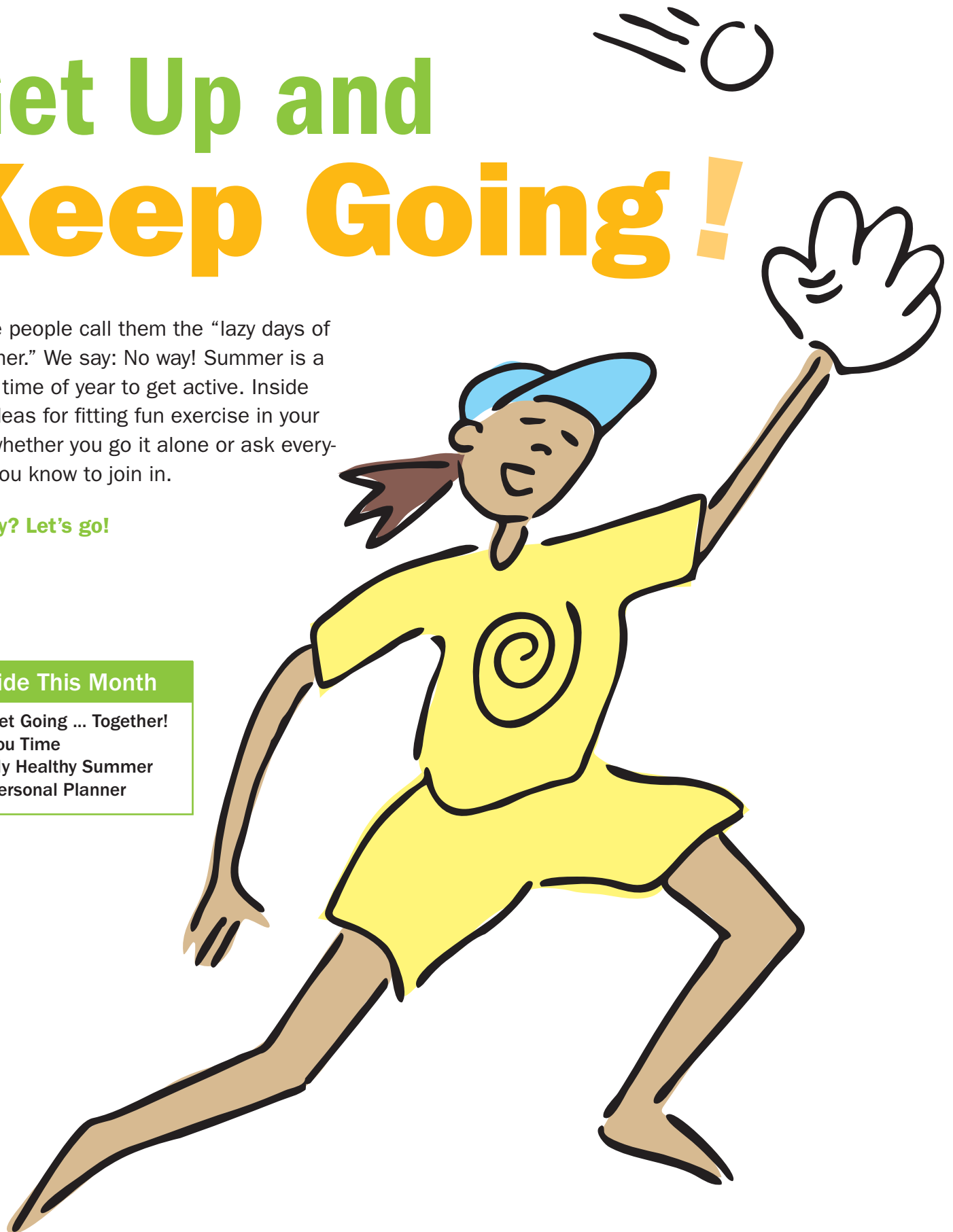
# Get Up and Keep Going!

Some people call them the “lazy days of summer.” We say: No way! Summer is a great time of year to get active. Inside are ideas for fitting fun exercise in your life, whether you go it alone or ask everyone you know to join in.

**Ready? Let's go!**

## Inside This Month

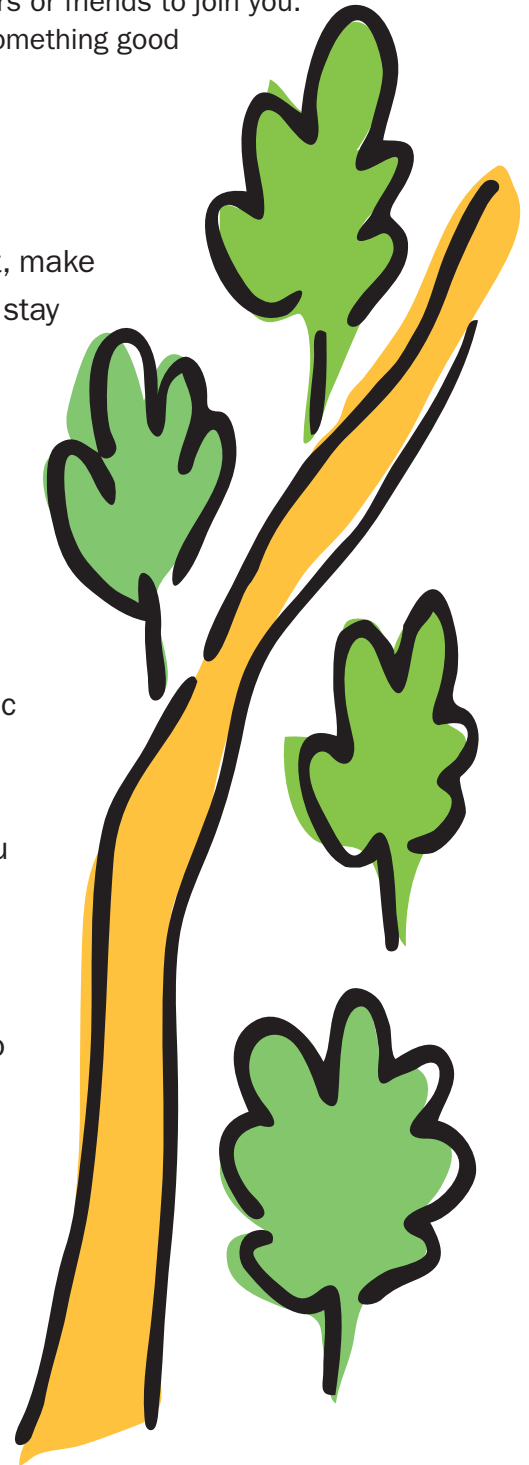
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## Get Going ... Together!

Make time to move this summer! And while you're at it, ask family members or friends to join you. It's nice to have company, and it's even nicer to know that you are doing something good for yourself at the same time.

- ★ **Get out.** Gather a group and go for a walk or a hike. Better yet, make meeting up to walk a regular thing. This can be a great way to stay in touch with friends over the summer while also fitting some physical activity in your day.
- ★ **Volunteer to be active.** Start a team to participate in a fund-raising walk or bike ride in your community. You can help a good cause while also doing something good for yourself.
- ★ **Pack a game or sport.** Don't just sit around and eat at a picnic or family reunion ... organize some active games! Volleyball, badminton, and softball are popular games without a lot of rules. Even a flying disc can become a group activity: Have you ever heard of disc golf?
- ★ **Stuck inside?** Rain and extreme heat can mess up plans for a fun day spent outside. But nasty weather doesn't have to stop you from exercising. Look into active indoor activities, such as rollerskating, exercise classes, or even laser tag. Or just spend the day swimming at an indoor pool and pretend you're on a balmy beach!



**DON'T  
FORGET!**

**Don't forget to wear sunblock! Even a short time spent outside without protection can expose you to damaging rays. Use a sunblock on exposed skin and avoid the sun during peak hours of the day.**

## Make Time for You Time

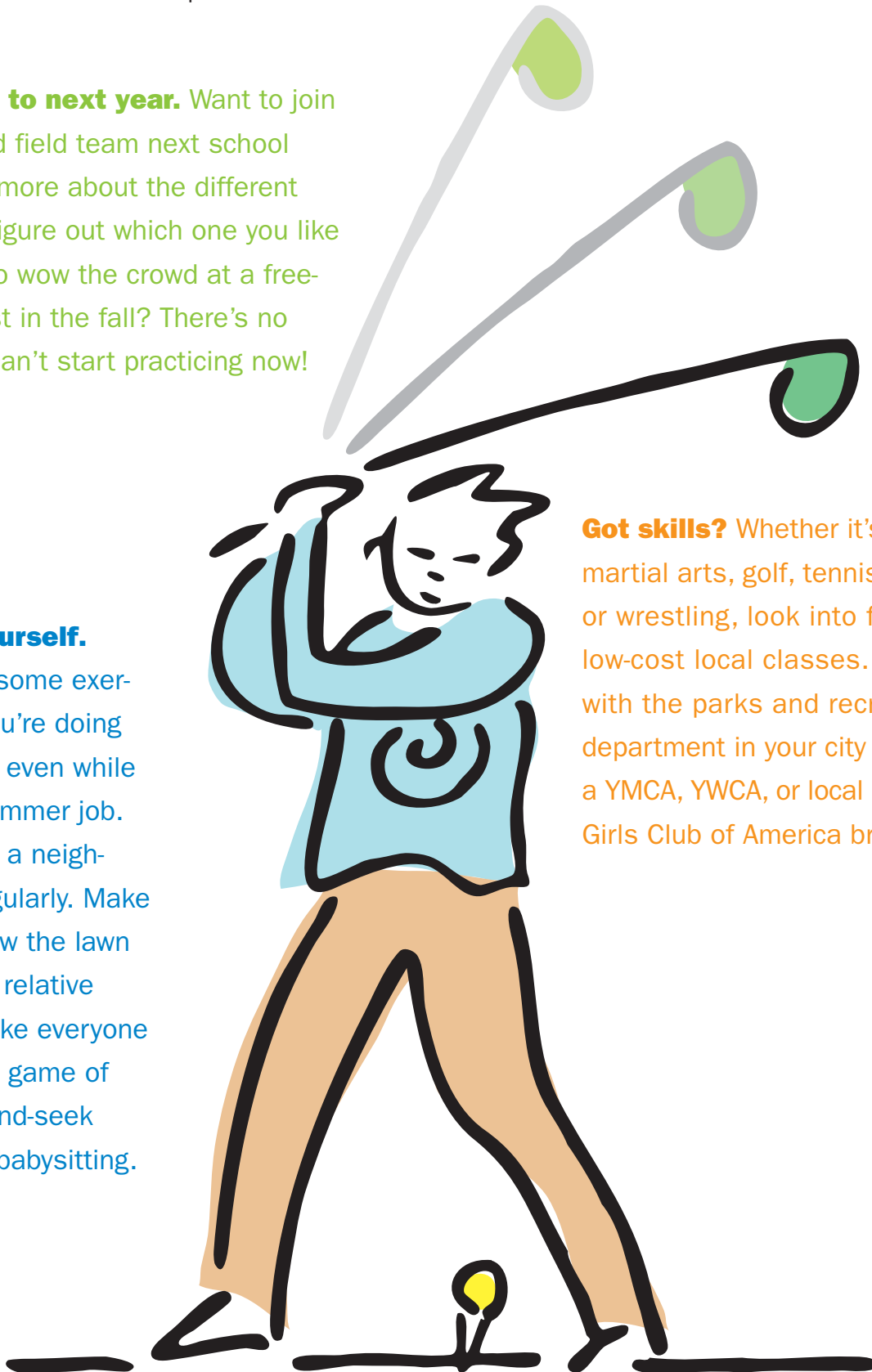
You don't need to be part of a team to make this summer your most active season yet. Try some of these ideas to Get Up and Go solo.

**Look ahead to next year.** Want to join the track and field team next school year? Learn more about the different events and figure out which one you like best. Want to wow the crowd at a free-throw contest in the fall? There's no reason you can't start practicing now!

### Surprise yourself.

You can get some exercise while you're doing other things, even while working a summer job. Offer to walk a neighbor's dog regularly. Make a plan to mow the lawn of an elderly relative weekly. Or take everyone outside for a game of tag or hide-and-seek while you're babysitting.

**Got skills?** Whether it's dance, martial arts, golf, tennis, yoga, or wrestling, look into free or low-cost local classes. Check with the parks and recreation department in your city or town, a YMCA, YWCA, or local Boys and Girls Club of America branch.



## My Healthy Summer

On the lines below, write a healthy activity, sport, or exercise you can try to do that goes along with each suggestion. List ideas from the previous pages or the Get Up and Go! pages in the *Current Health* magazine. Look back at previous months' Get Up and Go! packets. Or, just use your imagination!

Inside exercise when it's hot or rainy outside \_\_\_\_\_

A way to get exercise in (or on top of) the water \_\_\_\_\_

A way to get some exercise when relaxing with friends \_\_\_\_\_

Exercise to improve an active skill or the way I play a sport \_\_\_\_\_

A fun and fit way to enjoy the summertime outside \_\_\_\_\_

Something I learned in gym class this year that I can try on my own \_\_\_\_\_

Something new that I have never done before \_\_\_\_\_

Something else that I have never done before \_\_\_\_\_

An idea to get moving with my whole family \_\_\_\_\_

Something to do on a perfect summer day \_\_\_\_\_

MY FAVORITE WAY TO EXERCISE \_\_\_\_\_

Once your page is completely filled in, you'll have a list of many ways you can Get Up and Go this summer. Keep your list handy and try to do all the activities on your list. Better yet, add even more activities and do those too!

## 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: Apr. 1

- Shoot hoops
- walk to store
- went for swim
- Go for run

Played actively outside with little cousins  
Danced a lot at aunt's wedding

MY PLAN:

EXTRAS:



### In The Swim of Things

Heading to the seashore or pool this summer? You can make a beach day an active day. Pack a flying disc or a volleyball. Make plans to take a brisk walk. Or go for a swim—even treading water is great exercise!

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