

# Let's Go!

## Welcome to *Current Health's* 2007-2008 *Get Up and Go!* fitness program.

Whether you are new to working out or live for playing sports, this year's workouts work for everyone. Each month you'll have the chance to learn or become better at a different activity, such as running, dancing, or swimming. You'll also strengthen and stretch your muscles. You can try the workouts on your own or with friends.

Ready to get started? Do the strength and stretching moves on pages 3 and 4 together with each month's activity challenge. For the best results, perform these moves at least two to three times a week. Each month, we'll also feature new strength and stretching exercises.

By the end of the year, you'll have a complete routine that will work every part of your body!

## OK! Get up and go!

## September Workout

Page 2- Activity Challenge

Page 3- Strengthen

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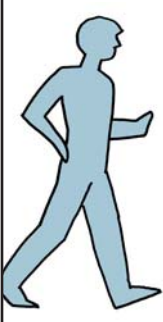

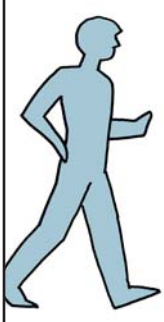

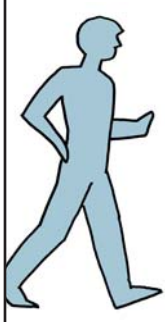
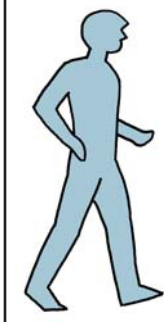
*Exercise program designed by Tiffany Glenwinkel,  
Healthy Lifestyles Director for West Valley Family YMCA, Reseda, CA*

## Activity Challenge

This month's challenge is a running-interval workout. You run at a fast pace for a short time, have a recovery period, and then return to the fast pace. This type of cardiovascular workout is great because it increases your ability to exercise at a high intensity for a longer time. So next time you're playing soccer, tag, or basketball with your friends, you'll be the one still going when everyone else is out of breath and can't run anymore.

In this challenge, you will alternate between three minutes of running and two minutes of walking. If you feel up to it, you can extend the exercise by changing the walk to a jog or adding more repetitions to increase the total from 25 minutes to 30 or 35 minutes. Running gets your heart rate up; a brisk walk or slow jog keeps your heart rate elevated, but gives your body a break from constant running. Adjust your speed to fit your needs. You might want to use music to help you pace yourself.

### Running-interval workout

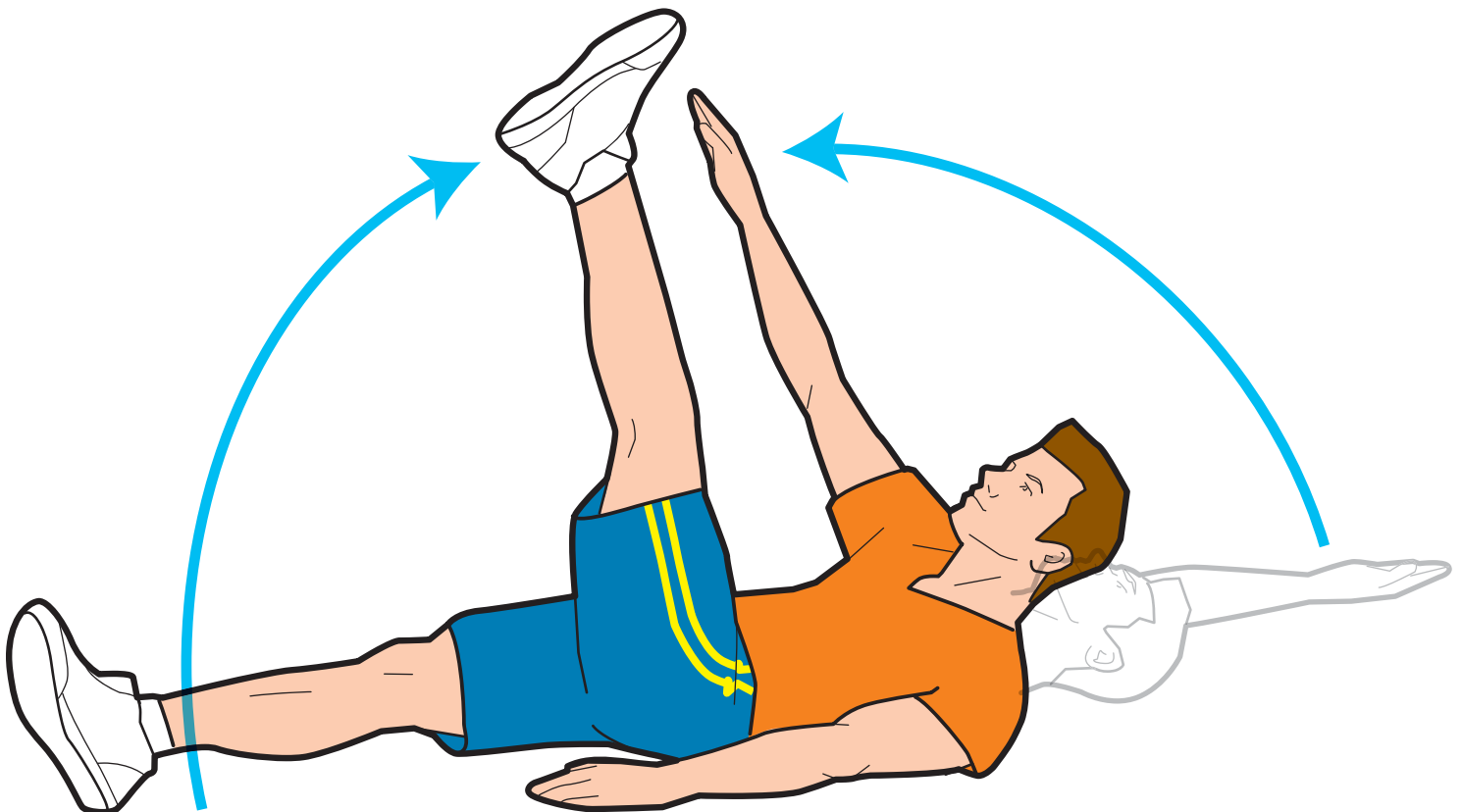
Start		Minutes						Finish
1 through 5	5 through 8	8 through 10	10 through 13	13 through 15	15 through 18	18 through 20	20 through 25	
<b>Slow jog (warm-up)</b>	<b>Easy run</b>	<b>Brisk walk</b>	<b>Easy run</b>	<b>Brisk walk</b>	<b>Easy run</b>	<b>Brisk walk</b>	<b>Easy walk (cooldown)</b>	
								
You can talk comfortably, but you are getting warm. If you have access to a track, this should be 1-1½ laps (about 1 song on your music player).	Your breathing is steady, but you can't carry on a conversation. On a track, this should be 1½-2½ laps (about ½ of a song).	Your breathing is becoming a little easier. On a track, this should be about ½-1½ laps on a track (about ½ of a song).	Your breathing is steady, but you can't carry on a conversation. On a track, this should be 1½-2½ laps (about ½ of a song).	Your breathing is becoming a little easier. On a track, this should be about ½-1½ laps on a track (about ½ of a song).	Your breathing is steady, but you can't carry on a conversation. On a track, this should be 1½-2½ laps (about ½ of a song).	Your breathing is becoming a little easier. On a track, this should be about ½-1½ laps on a track (about ½ of a song).	Your heart rate and breathing should return to normal speed. About one song.	

Your cooldown is very important! Never just stop or sit down after any exercise, especially after running or any other activity where your heart rate is raised. Your blood needs a chance to circulate normally so you don't become light-headed or faint! Be sure to walk for at least a few minutes after any cardio activity.

# Alternating Abdominal Crunches

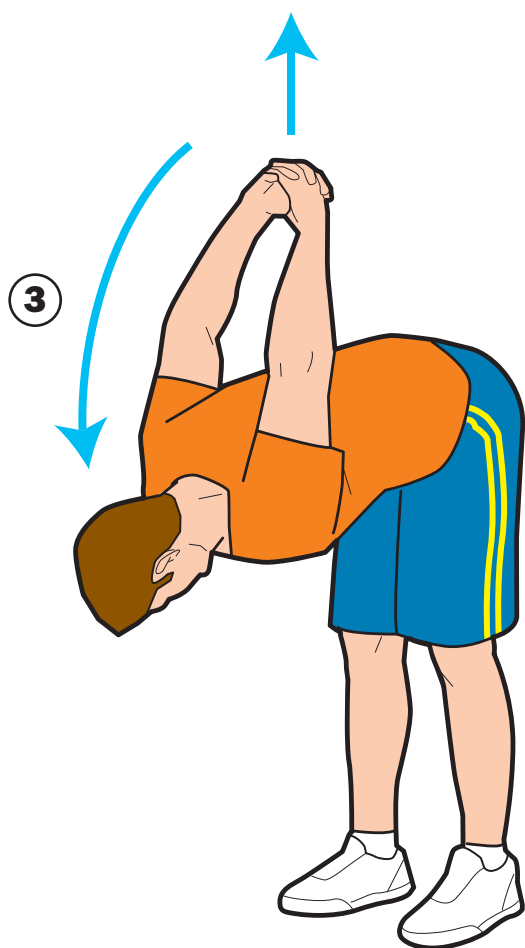
1. Lie flat on your back with your right arm over your head and your left hand down at your side.
2. Lift your left leg straight up toward the ceiling and try to touch your foot with your right hand (your right shoulder should come off the ground).
3. Breathe out as you reach for your foot, and breathe in as you lie flat (arm and leg both back to the floor).
4. Repeat.
5. Do 15 repetitions, and then switch to the left arm and right leg for 15 repetitions.

You'll know you're doing the exercise correctly when you feel your stomach muscles working hard and becoming tired. If you feel you can do more, add repetitions. Try two or three sets of 15 on each side.



# Chest and Shoulder Stretch

1. Lift your arms over your head, put your hands together, and reach for the sky. Hold for 20 seconds.
2. Relax.
3. Clasp your hands together behind your back and bend down towards the floor. Hold for 20 seconds.
4. Relax.
5. Repeat these two stretches two or three times each. Remember to take deep, even breaths while holding each stretch (this will help your muscles relax as you stretch).



## Did you know?

Carrying a backpack on the same shoulder can make you lean to one side and make your back sore. Try switching sides to even things out, or wear your backpack over both shoulders. Do shoulder and chest stretches often to revive tired muscles.

