

Resources

Many books are available on good nutrition and exercise. Check your local bookstore or library. Another good source is your family physician.

The World Wide Web is full of information about health, nutrition, and exercise. But a word of caution: **Check with your adult partner or your doctor about the accuracy of the information you find.**

The President's Challenge

The President's Challenge is a physical fitness awards program of the President's Challenge on Physical Fitness and Sports (PCPFS). The program is for youth ages 6 through 17, including youth with special needs.

- The Presidential Physical Fitness Award (PPFA) recognizes an outstanding level of physical fitness.
- The National Physical Fitness Award (NPFA) is awarded for achieving a basic yet challenging level of physical fitness.

For information, contact:

President's Council on Physical Fitness and Sports

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Washington, DC 20201

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Web site: <http://www.indiana.edu/~preschal>

Finding Your Target Heart Rate

First, subtract your age from 220. Multiply the answer by 0.70 (70 percent). The result gives you a safe heart rate for exercising.

Example: If you're 10 years old, subtract 10 from 220. Answer: 210. Now multiply this by 0.70. Answer: 147. This means that a safe heartbeat for you, during exercise, is around 147 beats a minute.

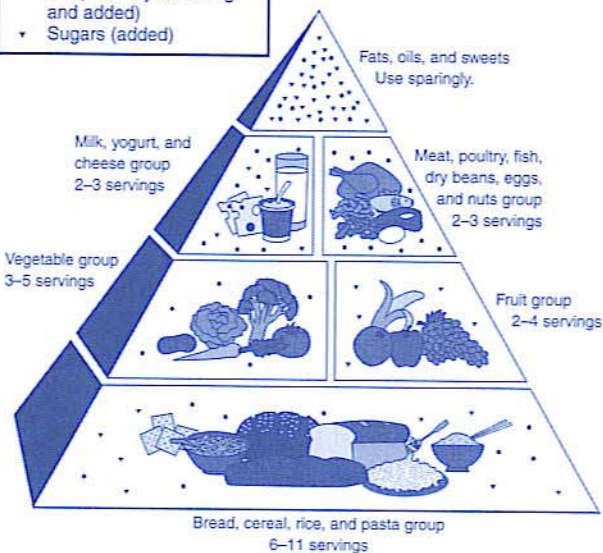
How do you check the number of times your heart is beating in a minute? Find the pulse in your wrist. Count the number of pulses in six seconds and multiply that number by 10. That gives you the number of pulses per minute. If it's around 147, you're doing OK. If it's higher than 147, slow down. A good rule of thumb: If you can't talk while you're exercising, you're exercising too hard.

Food Guide Pyramid

Key

These symbols show fats, oils, and added sugars in foods.

- Fat (naturally occurring and added)
- ▼ Sugars (added)



Source: U.S. Department of Agriculture and the U.S. Department of Health and Human Services

Four-Step Exercise Plan

1. Start with a warm-up period of stretching exercises—about 10 minutes.
2. Move into your main exercise period—from 20 to 30 minutes.
3. Check your heart rate every five minutes or so.
4. Finish with a cool-down exercise—about five minutes.

