

# Try Something!

Brand-new activities are the name of this game.

**A** great way to Get Up and Go is to try something brand-new. It can be a sport, a hobby, or an activity—anything that gets you moving.

Trying something new can also freshen things up if you feel your exercise routine is the same every day. You don't have to learn rules to a whole new sport or get a bunch of new equipment. Make it easy! Instead of taking a walk at your normal spot, go somewhere else. Or instead of riding your bike to school, scoot there on a skateboard. Or ask a friend to teach you something that he or she does for exercise, such as a dance or sport.



ILLUSTRATION BY MATTHEW LUXCH

Ever try to make up your own game? Tyrone Hutchinson II of New York did. Only his game has a twist: It's designed to be played on Mars!

Tyrone's game is similar to basketball. But because Mars has less gravity than Earth, it's played on a much bigger court and with higher baskets than you've ever seen. That's because the different gravity means players can leap farther and jump higher on Mars than on Earth. Tyrone used his imagination (and what he knew about the place the game would be played) to come up with an all-new way to get moving. You can too!

Tyrone, a sixth grader, was one of three winners in last year's Kids' Science Challenge. Each year, the contest has a sports-related challenge. Two years ago, winner Lindsay Carnes thought of a better skateboard design. "She had never been on a skateboard, but she came up with a brilliant idea," says Jim Metzner, creator of the Kids' Science Challenge.

This year's contest begins October 1. Read more about Tyrone and the Kids' Science Challenge at [www.kidsciencechallenge.com](http://www.kidsciencechallenge.com) and in the December issue of *Current Health Kids*.

## Try This Yourself

Make up your own game. It doesn't need to be played on Mars. (But you can make up an out-of-this-world game if you want!) Think about the rules, the equipment, and where it can be played. Or adapt a game you already know how to play to make it easier to play somewhere unusual. Develop a soccer game for a pool, a basketball game for a soccer field, or a cross-country course for people on skateboards or skates instead of on foot. Then get out there and try it!

ILLUSTRATIONS BY C.S. JENNINGS

Visit us at [www.weeklyreader.com/getupandgo](http://www.weeklyreader.com/getupandgo) to find ideas for new ways that you can get moving.