



# Get Up and Go:



A Safe Routes to School (SRTS) Series by the City of Garfield, in partnership with *The Record's* Newspaper In Education program.

## Activity #1

SRTS is a joint effort by schools, parents, communities and governments to improve the health of kids by enabling and encouraging them to walk or bike to school when appropriate.

### On the Move

How do you get to school? On the board make a list of all the ways students get to school. Make two columns, one for the positives and one for the negatives, next to the list you created on the board.

Way to Get to School	Positives	Negatives

- As a class discuss the list using these questions:
- ➔ Which methods are good for the environment?
  - ➔ Which methods are good for your health?
  - ➔ How do you think your parents got to school?
  - ➔ Fewer kids walk to school today than 40 years ago. Why do you think that is?
  - ➔ How can you improve the negatives on the list?

Look through the newspaper and find pictures that show the benefits to walking or biking to school. Cut them out and make a collage.

**Teachers!** If you would like to receive complimentary classroom copies of the newspaper during the **Get Up and Go** series, please contact us at **201-646-4713/4384** or email your order request to **NIE@northjersey.com**.

### Safety Zone

- 😊 Always tell an adult where you are going.
- 😊 Always carry identification with you.
- 😊 Do not cut through unlit areas (alleys, woods, etc.).
- 😊 Always have a travel route planned.
- 😊 Wear reflective, light colored-clothing at night.
- 😊 Check the weather before you leave.
- 😊 Pay attention to your surroundings.
- 😊 Do not talk to strangers.



### EN Facts

In 1969, 48% of students walked or biked to school. In 2001, fewer than 16% of students between the ages of 5 and 15 walked or biked to or from school. (National Center for Safe Routes to School)

**Navigation System**  
[www.saferoutesinfo.org](http://www.saferoutesinfo.org)  
[www.Garfieldnj.org](http://www.Garfieldnj.org)  
[www.americanheart.org](http://www.americanheart.org)



### Calculation Corner

When you do healthy exercise, you should keep your heart rate in a **Target Heart Rate Zone**. Here is how to calculate your Zone.

220 - (Your Age) \_\_\_\_\_ = (Your maximum heart rate in beats per minute) \_\_\_\_\_

Now you have the maximum heart rate for your heart. Use that number to get your Zone.

Your maximum heart rate \_\_\_\_\_ X .6 = \_\_\_\_\_ the lowest heart rate in your Zone.

Your maximum heart rate \_\_\_\_\_ X .8 = \_\_\_\_\_ the highest heart rate in your Zone.

Your **Target Heart Rate Zone** is between \_\_\_\_\_ and \_\_\_\_\_.

What is your heart rate when you are resting? (try counting your heart beats in a minute)

Is your resting heart rate below the lowest number in your **Target Heart Rate Zone**?

After exercising for 2 - 3 minutes, count your heart beats in a minute. Is your active heart rate between the numbers of your **Target Heart Rate Zone**?

For more information log on to [www.Garfieldnj.org](http://www.Garfieldnj.org)

**Quick short cut**  
Counting the heart beats in 1 minute can be hard. Try counting the beats in 6 seconds and multiplying by 10.



Complimentary classroom copies provided through the sponsorship of:



Some content of this series was provided by the **YMCA of Garfield** and **Bike New York**.