



Activity Three:

# TRACK IT!

Name \_\_\_\_\_ Date \_\_\_\_\_

When you are trying to reach a goal or improve something, it helps to keep track of it. To help improve fitness, there are different kinds of fitness tracking tools that help. Some can be as simple as a calendar where you track how often you play sports or are active. Other tracking tools are more sophisticated.

Read about some tracking tools below. There are some words you will need to unscramble in order to keep reading.

Track and                  (ldfei) competitions have been around for a *long* time. At the Olympics in 776 BC, Coroebus of Elis won the stadium-length speed race. What did he win? An apple.

Heart rate monitors help runners and other athletes get the most of their run and workout.

The monitor shows what your                  (erhat) rate is (how many times your heart beats in one minute). It can help you figure out if you should be training harder or slowing down so you get the most out of your exercise.

Jump ropes aren't just for the sidewalk. There are competitions with speed, freestyle, and

double-             (dtchu) categories. But,                  (puminjg) rope is also a great workout. There is even a jump rope with a device that can                          (ateclacul)

the number of calories you're burning.

Soccer players can run as many as six or                  (vsene) miles in just one

             (gmae)! You can track how far you walk or run with a pedometer. Pedometers

measure the distance you have walked by counting how many                  (spste) you take.

Use the letters inside the circles to decode this message. Some letters have been added for you.

    **E**       **U**  ,     **G**    **T**     **O**    **N**  ,  
    **V**       **N**!

**Think about it.** Is there a new fitness tracking device (or a twist on one already out there) that you think should be invented? Enter it in the Move It Challenge! Visit [www.moveitchallenge.com](http://www.moveitchallenge.com).