

Get Moving



Lisa Greathouse

Get Moving



Lisa Greathouse

Consultant

Gina Montefusco, RN
Children's Hospital Los Angeles
Los Angeles, California

Publishing Credits

Dona Herweck Rice, *Editor-in-Chief*
Lee Aucoin, *Creative Director*
Don Tran, *Print Production Manager*
Timothy J. Bradley, *Illustration Manager*
Chris McIntyre, M.A.Ed., *Editorial Director*
James Anderson, M.S.Ed., *Editor*
Stephanie Reid, *Photo Editor*
Rachelle Cracchiolo, M.S.Ed., *Publisher*

Image Credits

Cover Christophe Rolland/Shutterstock; p.1 Christophe Rolland/Shutterstock; p.4(top) Hallgerd/Shutterstock; p.4(bottom) Studio 10ne/Shutterstock; p.5(top) Anatomical Design/Shutterstock; p.5(bottom) Shutterstock; p.6 USDA; p.7(top) Olivier Douliery/MCT/Newscom; p.7(bottom left) Ruslan Nabiye/Shutterstock; p.7(bottom right) Nayashkova Olga/Shutterstock; p.8-p(top) Glenda M. Powers/Shutterstock; p.8(bottom) Brian Toro/iStockphoto; p.9 kristian sekulic/iStockphoto; p.10 Sebastian Kaulitzki/iStockphoto; p.10-11(background) Jack Puccio/iStockphoto; p.11(top) Mark Cowan/Newscom; p.11(bottom) Aberenyi/Dreamstime; p.12 Photolibrary; p.13 INSAGO/Shutterstock; p.14 Fukuoka Irina/Shutterstock; p.15 Photolibrary; p.16 Benis Arapovic/Shutterstock; p.17(top left) Christopher Futcher/iStockphoto; p.17(top right) Cory Thomn/iStockphoto; p.17(bottom) Daniel Laflor/iStockphoto; p.18 Steve Debenport/iStockphoto; p.19(top) Sean Locke/iStockphoto; p.19(bottom) NIELSEN73/iStockphoto; p.20 Jing Chen/Shutterstock; p.21 Andreas Meyer/Shutterstock, Sean Nel/Shutterstock; p.22 SergiyN/Shutterstock; p.23 red_frog/iStockphoto; p.24(behind) Juriah Mosin/Shutterstock; p.24 Sebastian Kaulitzki/Shutterstock; p.25(background) Nelson Marques/Shutterstock; p.25(left) Shutterstock; p.25(right) LeventeGyori/Shutterstock; p.26 Jaren Jai Wicklund/Shutterstock; p.27(top) Michael Krinke Photography/iStockphoto; p.27(bottom) R. Gino Santa Maria/Shutterstock; p.29(all) Timothy J. Bradley; p.32(top) Joyce N. Boghosian; p.32(bottom) Screwy/Shutterstock; Back cover Jing Chen/Shutterstock

Teacher Created Materials

5301 Oceanus Drive
Huntington Beach, CA 92649-1030
<http://www.tcmpub.com>

ISBN 978-1-4333-3089-6

Copyright © 2012 by Teacher Created Materials, Inc.
BP 5028

Table of Contents

Be the Best You Can Be!	4
Getting Fit	6
Getting Started	12
The Benefits of Being Fit	21
Set Your Goal!	26
Appendices	28
Lab: Check Your Pulse.....	28
Glossary.....	30
Index.....	31
The First Lady’s Challenge	32