

totally on your own," Payette says.

You Can Do This

Reaching a goal you've set is another way to know you've done your best. Sometimes, goals take years to reach. But that can make achieving them even sweeter.

That's what happened for Hunter Lussi, who lives in Maryland. He entered his first kids triathlon at just 6 years old. But Hunter didn't get really interested in the sport until later, when he watched his parents finish their first Ironman races (those races, for adults, are longer than the ones for children). "I said to myself, 'One day I want to do these things,'" Hunter recalls.

It took a few years, but he's doing it! Hunter, now 16, has finished several triathlons. He swims year-round, runs, and bikes. Hunter loves doing active sports for fun, such as water-skiing and playing paintball with friends. He even has a plan to help other people exercise and get healthy (see "Tri' for Better Health").

Work It

Your heart knows when you're working your hardest. You can tell just how hard you are working, too, by wearing a heart rate monitor. More schools are using the devices in physical education classes. Heart rate monitors can tell you when you ought to put in more effort. They can also help you learn to pace yourself so that you don't exercise too intensely, especially at the beginning of a workout. Want to try a heart rate monitor? Keep an eye out for an inexpensive one, or look online for more information about the way they work.

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urges. "The big thing is that you tried."

'Tri' for Better Health

HUNTER LUSSI WANTS YOU TO DO A TRIATHLON.

Actually, the Maryland teen wants everybody to do a triathlon. He'd like people to start training now to join in America's Fitness Tri on September 6. On that day, people from coast to coast will be swimming, paddling, floating, biking, spinning, running, walking, and doing their way to better health.

Hunter's plan is for as many people as possible to sign up on his Web site, www.americastriforhealth.com, to participate in a triathlon on Labor Day. "You don't have to do all three events; you can do just one," he says. "You can swim, and get your mom to run, and you can get your friend or someone to ride the bike." Forming your own triathlon relay team makes the event more fun, Hunter explains.

For America's Fitness Tri, the distances each person will swim, bike, or run are much shorter than those in an Ironman race. Hunter says he wants it to be easy and fun for everyone. And you can do your share at a neighborhood pool, at a local park, or in your own backyard. "It doesn't cost anything, and you don't have to go anywhere," Hunter says.

What are you waiting for? It's not too early to find some fitness friends and get started. Only seven months to



COURTESY OF HUNTER LUSSI