

UPSTARTS



Which runner is different?

Write on about exercise

Push-ups are _____ and pull-ups are _____.

Playing is exercise, too. When I play _____ or _____, I get good exercise. I have fun, too.

BODY WORKS

Skateboard tricks and tips

Skateboarding can be exciting, thrilling, fun and a fast way to get around.

It can be dangerous.

It's no fun to fall when you ride your skateboard. But anyone who gets on a board will fall off — it's part of learning to ride. To avoid getting seriously hurt when you do fall, here are some tips to follow:

- Make sure you have the proper size board.

Boards come in different widths. Smaller boards turn more quickly than wider boards. A smaller person will have more trouble maneuvering a larger board. If you are on a board that fits your size, you will learn to skate better in less time. You'll learn how to make the turns easier and be able to stop faster.

- Wear a helmet. It's no fun to hit your head.

- Wear wrist guards. When you fall, it's an automatic reaction to put your hands out in front of you to try to catch yourself. And what takes your weight? Your wrists. Wrist guards help cushion that fall so you don't break your wrists or arms.

- Wear knee and elbow pads. They're great for saving those spots from being hurt or cut.



- Wear long-sleeved shirts and longer pants. They cover and protect your skin a little.

- Visit a good skateboard shop to learn from the experts. These stores have people who can help you pick out a board that will fit the kind of skateboarding you do.

- The most important safety tip of all is

to never ride your skateboard in the street. If you meet a car, the car will always win.

Kids do get hurt on skateboards. Most injuries are fractures in the forearm and lower leg. Many kids get concussions and even skull fractures. Because you can't ride a skateboard on grass very well, it makes it tough to ride somewhere away from cars and people. Always ride in areas where you won't be in danger of hurting yourself or others.

Do you have a question for Detective Bodyworks? Write to me in care of the Marketing Department, Emanuel Hospital & Health Center, 2801 N. Gantenbein Ave., Portland, OR 97227.

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Wordsearch

Find these eight action words in the puzzle below.

EAT
FLY
GO
JUMP

PLAY
RIDE
RUN
WALK

W	A	L	K	A
B	R	I	D	E
J	U	M	P	C
D	N	E	L	F
G	O	E	A	T
G	F	L	Y	H

Answer:
WALK
BRIDE
JUMPC
DNELE
GOEATH
FLYH