



BE HEALTHY Mind, Body, & Spirit

YOUR CHALLENGE:

Marathon = 26.2 miles or 42.2 kilometers

Ages 6 - 10: Run/walk the equivalent of 1 marathon from October 1 - April 15.

Ages 11 - 13: Run/walk the equivalent of 2 marathons from October 1 - April 15.

Ages 14 - 18: Run/walk the equivalent of 4 marathons from October 1 - April 15.

For progress reports on Howard Van Mersbergen and the World Marathon Majors, go to www.csionline.org/be_healthy.

TIPS FOR A HEALTHY LIFE

1. Eat A Variety of Foods especially Fruits and Vegetables.

It's ok to eat cake and ice cream sometimes but your best choice is to eat a lot of different things. Then you are more likely to get all the vitamins and minerals your body needs. Try this to get your 5 servings of fruits and vegetables a day: 1/2 cup of strawberries on your cereal in the morning, 10 baby carrots and two broccolis at lunch, a cup of fruit juice and a 1/2 cup of salsa and chips for snack.

2. Drink WATER and MILK most of the time.

When you are thirsty, cold water is the best to drink. You also need a lot of calcium in your diet and milk gives you that. It is ok to have 100% juice but don't drink too many sodas or sugary drinks.

3. Listen to your Body.

When you eat make sure you know when you are full. Eating too much can make you uncomfortable and make you weigh too much. If you are full - then don't eat.

4. Limit your Screen Time.

This means don't spend too much time in front of the TV, playing video games, watching DVD's or videos, handheld computer games. It's ok to do school work at the computer but spend as much time doing active things as sitting in front of the screen.

5. BE ACTIVE.

Your one job as a kid is to have fun and figure out what activities you like best. Run, walk, bike, dance, do karate, swim, play soccer or baseball. When you find something you enjoy tell your parents to get you involved in that.

Courtesy of JUST RUN | www.justrun.org

RUNNING LOG

DAY	DISTANCE (miles/kilometers)	Month
		TIME (min)
1		
2		
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