



MODELING HEALTHY BEHAVIORS

As a parent, teacher, guardian, or Marathon Kids running club Coach, you are an important role model for all of the kids you encounter. Here are five ways you can model healthy behaviors and support kids throughout their running club season and beyond.

Make your own physical health a priority. Achieving 30 minutes of physical activity each day provides extensive psychological and health benefits for adults. Having your child participate with you, or observing your active lifestyle, helps reinforce the message that physical activity is part of life. Learning this at a young age is vital for long-term behavior adoption.

Get enough sleep. There are numerous advantages to getting a full night of sleep. When you prioritize sleep, it is easier for your kids to follow your lead. Nine to ten hours per night for children can result in better behavior, increased information retention, better academic performance, and increased physical endurance.

Try new fruits and vegetables often. In addition to keeping your favorite fruits and vegetables readily available, it's also important to try new foods. Use your child's Marathon Kids Fuel Log to make a list of some foods that you and your child have never eaten before. Together, visit the grocery store, shop for these items, and pack lunches or make dinner together. Making this process easy and fun will help kids make better food choices when away from home, too.

Make physical activity a daily routine. Public health experts urge parents, teachers, and coaches to keep physical activity independent from punishments and rewards. This means not using physical activity as a punishment, nor as a reward. Regardless of your kids' behavior, they should still be able to attend their running club session, walk around the block, or go to soccer practice. Remember: children need 60 minutes of MVPA per day!

Drink water. Kids often forget to drink water throughout the day. Model the way by drinking water with meals and carrying a water bottle when you're away from home. In children, proper hydration builds body mass, helps prevent fatigue, and lowers stress levels.

READY TO TAKE YOUR COMMITMENT TO KIDS' HEALTH A STEP FURTHER?

Provide a scholarship for a Marathon Kid. Your gift makes it possible for a child to run with one of our clubs, to see themselves as an athlete - possibly for the first time. You make it possible for a child to run, to sweat, to get stronger, to get smarter, to live a healthy life, to develop a love of physical activity that will last a lifetime.

VISIT www.marathonkids.org/donate to give the gift of running today!