



MOTIVATIONAL TIPS

INSTRUCTIONS: Use these motivational tips and statements to get your runners thinking and talking to each other throughout each run club session.

- **STICK TO IT:** When trying to form healthy habits, making a schedule and sticking to it is really important.
- **GET 60:** Kids need at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day.
- **FUN RUN:** Running with friends and family is not only safer, it makes working towards a goal that much more fun.
- **BRAIN FOOD:** Fitness is associated with higher test scores. A healthy lifestyle means a healthy brain.
- **WORK HARD:** Slow or fast, a mile is a mile. All that matters is that you do your best.
- **REST:** It's important to first listen to your body. Walk or rest when needed.
- **TAKE A CHANCE:** Every accomplishment starts with the decision to try.
- **THRIVE:** Physically educated and active kids are more likely to thrive academically and socially.
- **TRACK PROGRESS:** Setting a goal and keeping track of daily progress keeps runners motivated and excited.
- **MIX IT UP:** Make a list of favorite ways to be physically active; find a new thing to add to that list each month.
- **ENCOURAGE OTHERS:** Support your teammates by giving them high fives and cheering them on when they need an extra push.
- **OFFER SUPPORT:** Be a good team player. Always cheer on running club teammates as they reach their goals.
- **HYDRATE:** Remember to always drink plenty of water; it's important to keep the body hydrated.
- **SHOW APPRECIATION:** Coaches are determined to help runners meet their goals. Give them a high-five today.
- **KEEP IT FRESH:** Ask parents, friends and Coaches what's their favorite way to get physical activity. Try something new this month!
- **DANCE BREAK:** 20 minutes of dancing is the equivalent of one mile of running.
- **DIG DEEP:** When our legs start to get tired, we run with our hearts.
- **KEEP GOING:** Don't give up! Together we can do this!