



I'm a Marathon Kid

This year, I'm doing something amazing at school. I'm tracking my physical activity to see how many miles I can conquer this year! I set my own goals and we track our progress as we walk or run the distance of four marathons, 104.8 miles, or more. One mile at a time, little by little, I will go farther than I ever dreamed possible.

Did you know that I need 60 minutes of heart pumping exercise everyday? That's right, moving my body daily not only helps my heart, bones and muscles grow stronger, but it can improve my concentration, relieve stress, and boost my self-esteem.

It's very important that I create lifelong healthy habits that keep me physically active. By participating in Marathon Kids and having positive adults model the way, I'm more likely to still exercise as an adult.

With your support, I will be more active and thrive!

-Your Marathon Kid

P.S. Be sure to follow @MarathonKids on social media.

MARATHON KIDS

