



# KIDS CHALLENGE

Take the Community First Fox Cities Marathon Kids Challenge August 1-31, 2020.

Join the challenge and get moving and make healthy choices!

## GET MOVING!

The easiest way to earn a mile is to run or walk, but you can do any type of exercise to earn miles. **Every 15-20 minutes of continual exercise counts as a mile.** Mix up the type of exercise you do to make each part of your body strong and to make exercising more fun. Summer Activity Ideas: running, trampoline, swim, bike, skate, basketball, soccer, tag, games etc. *Remember:* Always run or walk in a safe area where adults can see you.

**PLUS!** Visit [www.foxcitiesmarathon/kidschallenge](http://www.foxcitiesmarathon/kidschallenge) to watch a video of super fun exercises led by kids just like you!



Watch Our KIDS VIDEO ONLINE for more...



## Make Healthy CHOICES!

*Remember:* You can always ask an adult to help you.

**HYDRATE:** Drink plenty of water each day to keep your body hydrated. Tip: Drink half of your body weight in ounces of water a day. Example: An 80 lb. child = 40 oz. of water.

**HEALTHY SNACK:** To keep energy levels going, steer clear of foods with lots sugars like candy bars, soda and cookies. Look for foods that contain fiber like whole-grain breads, cereals, fruit, and vegetables and combine them with protein-rich snacks. Healthy snacking doesn't have to be boring as long as you give yourself a variety of choices.

**HANDS:** When you wash your hands, you protect yourself from germs and stay healthy. Always wash your hands with soap for 20 seconds or try washing to the tune of a favorite song or the ABCs .

## Grand Prize

**\$50 SCHEELS GIFTCARD**

or **WIN 1 of 10 KIDS FUN RUN REGISTRATIONS\***

Complete the challenge, submit your tracker and upload a picture to [foxcitiesmarathon.org/kids-challenge](http://foxcitiesmarathon.org/kids-challenge) by **September 7, 2020.**

**PLUS!** Winners will be featured on the jumbotron at Wisconsin Timber Rattlers Stadium on race day Sept, 17, 2021.

*\*Must be 12 or under to win.*



**FRIDAY, SEPTEMBER 17, 2021**

**HUGGIES DIAPER DASH & TODDLER TROT**

Fun for our youngest participants • Kids have a chance to win Huggies® prizes • Every child receives a goodie bag & t-shirt

**Guardian KIDS FUN RUN**

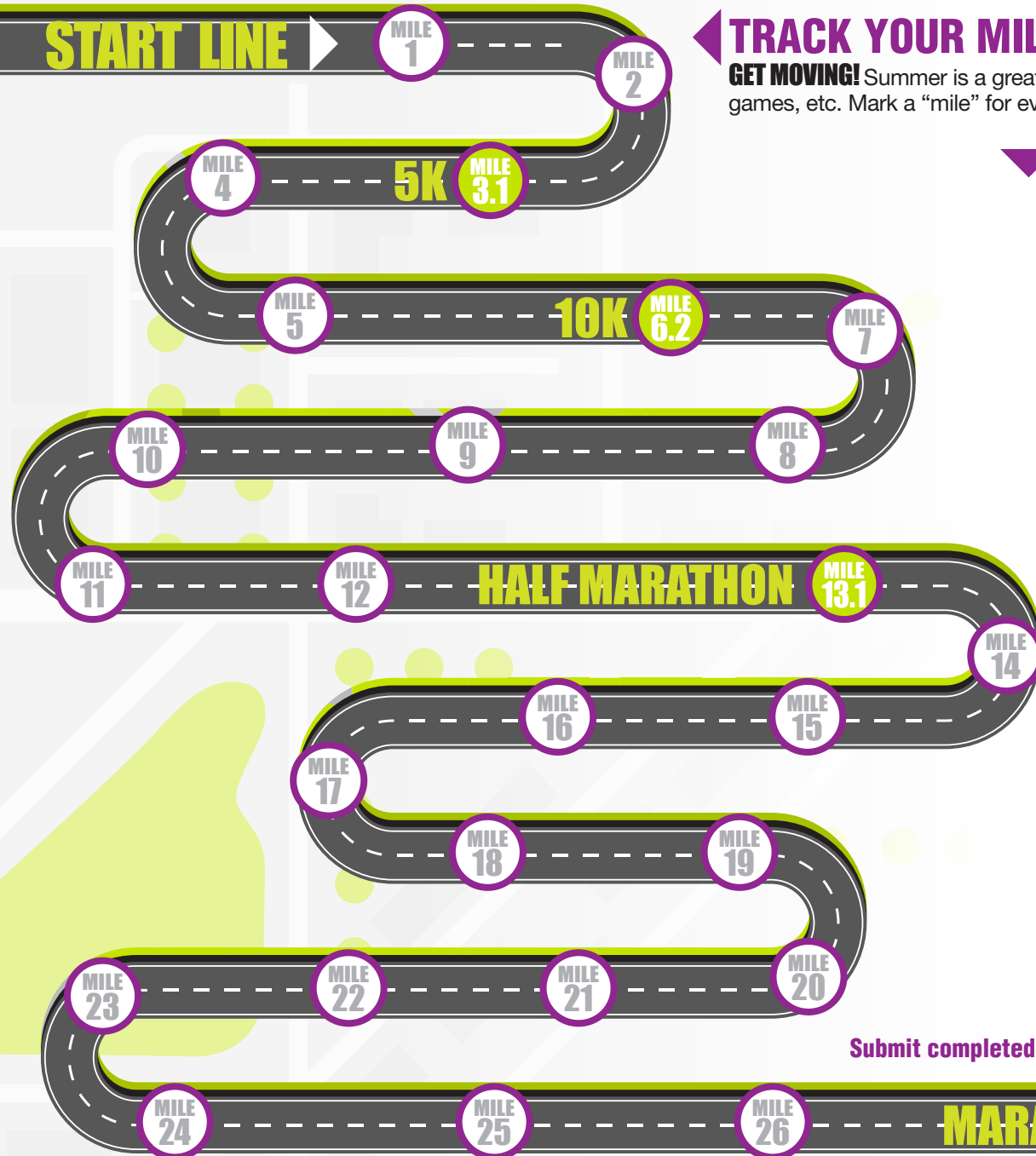
Join the fun! 1/2 mile, 1/4 mile, Mini Dash • Games, snacks & activities • Every child receives a medal, goodie bag & t-shirt

Download your chart at: [foxcitiesmarathon.org/kids-challenge](http://foxcitiesmarathon.org/kids-challenge)



# KIDS CHALLENGE

Name: \_\_\_\_\_



## TRACK YOUR MILES!

**GET MOVING!** Summer is a great time to stay active by swimming, running, biking, playing games, etc. Mark a “mile” for every 15 to 20 minutes of continuous activity or play.

## TRACK YOUR HEALTHY CHOICES!



### HYDRATE

*Skip the sweet drinks & choose water to hydrate your body.*



### HEALTHY

*Choose a snack that is healthy & nutritious.*



### HANDS

*Wash your hands often & after play to stay healthy and kill germs.*

Every day you complete all 3 healthy choice activities you can mark a circle below. Don't forget to submit completed chart and be entered to WIN!

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Submit completed chart by Sept 7th, 2020 at [foxcitiesmarathon.org/kids-challenge](http://foxcitiesmarathon.org/kids-challenge)