

KIDS CHALLENGE

START LINE

MILE 1

MILE 2

MILE 4

5K

MILE 3.1

MILE 5

10K

MILE 6.2

MILE 7

MILE 10

MILE 9

MILE 8

MILE 11

MILE 12

HALF MARATHON

MILE 13.1

MILE 14

MILE 16

MILE 15

MILE 17

MILE 18

MILE 19

MILE 23

MILE 22

MILE 21

MILE 20

MILE 24

MILE 25

MILE 26

MARATHON

MILE 26.2

FINISH LINE

TRACK YOUR "MILES"!



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, mark a circle.

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3 Easy Steps to Being Healthier!

Join the Fun!
FRIDAY, SEPT. 15

1

Stretch! Stretching can help improve flexibility, and, consequently, range of motion in your joints. Better flexibility may improve your performance in physical activities or decrease your risk of injuries



Stretch shoulders, back and hips. Do both legs.



Hip and spine strengthening. Plus, it corrects your posture.



Stretches shoulders and inner thigh muscles.



Strengthens legs, and tones tummy muscles.



Stretches entire front of body, shoulders and lower back.



Helps balance, strengthen thighs, calf muscles, ankles and spine.

2

Move! The easiest way to earn a mile is to run or walk a mile, 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.

3

Make Healthy Choices!

Food: Remember these tips when trying something new:

1. Always try new foods in front of an adult in case you have an allergic reaction.
2. It can take 10-15 times trying a food before you like it. Keep on trying!
3. Don't judge foods based on what others tell you to like. Try it for yourself.
4. Ask an adult to help you make smart choices.

Water: Your body is made up of 60% water. Every part of your body depends on water.

Teeth: Brush at least twice a day with fluoride toothpaste for at least two minutes, especially first thing in the morning and before bedtime.

Guardian®

KIDS FUN RUN

- Walk or run! Choose:
1/2 mile, 1/4 mile &
Mini Dash around the bases

Plus: Every child receives a medal, t-shirt & goodie bag



HUGGIES® DIAPER DASH & TODDLER TROT

We got you, baby™

- Fun for our youngest participants
- Kids win Huggies® products

Plus: Every child receives a t-shirt & goodie bag

Both events held at
Fox Cities Stadium
2400 N. Casaloma Dr.,
Grand Chute



FREE games, activities & food for participants



www.foxcitiesmarathon.org