

fitMarathon

Follow the path below to reach the finish line and complete a *fit*Marathon! Color in each number as you complete one of the healthy choices on the back of this page!



7

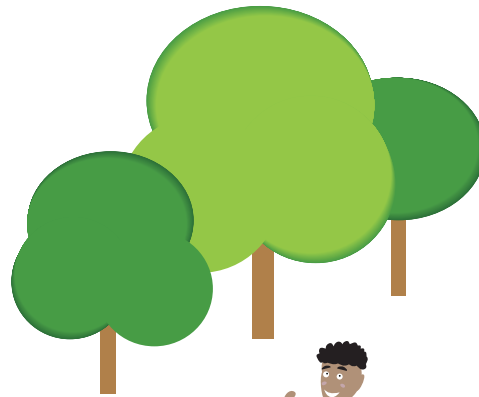
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fitMarathon

Each day, make a *fit* choice from a section below. Record it on the path on the other side of the page. Can you complete the entire marathon?

- Record your choice by coloring in one square along the path.
- Check off the choice from the list after it's completed.
- You can make several choices a day, but only record one.
- Choose from a different section each day.

MOOD

Get motivated!

- Complete a *fit* choice with a family member or friend.
- Make a list of 5 things that make you happy.
- Inspire others: Do something nice for another child!
- Check your feelings and emotions. Choose a word that describes your mood.

Check your mood and choose to recharge!

- Relax while drawing.
- Take 10 deep breaths.
- Play with a pet at home or call a friend.

Check your mood and choose to move your body!

- Dance like crazy!
- Go for a walk to get energy.
- Do some stretches or exercises.

RECHARGE

Take time to relax!

- Read a book.
- Do a puzzle.
- Create a work of art!
- Go for a walk.
- Try yoga poses or stretch your body.
- Listen to calm music.
- Use a stress ball to help you relax.

Get ready to sleep!

- Read a bedtime story.
- Take a bath or shower and brush your teeth.
- Darken your room.
- Follow a bedtime schedule.

Reduce screen time!

- Spend one hour without a screen.
- Turn off screens one hour before bedtime.
- Go screen free from your evening mealtime to bedtime!

FOOD

Skip the sugar!

- Drink only milk or water for one day.
- Check labels—find labels with less than 9 grams of sugar.

Eat a healthy meal!

- Whole grain cereal
- Whole grain bread
- Low-fat dairy
- Fresh fruit
- Vegetables
- Eggs or protein

Eat a healthy snack!

- Apples
- Oranges
- Bananas
- Grapes
- Berries
- Carrots
- Celery
- Cucumber
- Green pepper

MOVE

Move many times!

- Choose to stand instead of sit.
- Do toe raises or wall sits while waiting.
- Run around a playground or park!

Move anywhere!

- Do jumping jacks while singing the ABC's.
- Complete 20 wall pushups without stopping.
- Go for a nature walk.
- Play a sport with a friend.

Move like an animal!

- Monkey walk
- Bunny hops
- Frog jumps
- Crab walk
- Flamingo stands (10 on each leg)

JUST FOR
FUN!

- Say your ABC's backwards.
- Count backward from 100 (or 50, or 10).
- Read or listen to 5 new books (or chapters within books).
- Draw a self-portrait.
- Write a story.
- Recite tongue twisters with a friend or family member.
- Create a healthy choice of your own!

fit
SANFORD