



UNIVERSITY OF MICHIGAN HEALTH-WEST
MICHIGAN MEDICINE

Grand Rapids Marathon

Foster Swift Half Marathon | Pepsi Zero Sugar Marathon Relay

GRAND RAPIDS KIDS MARATHON



Family Capital Management
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Exercise Training Log

Color in one shoe for every half mile you run or 15 minutes of physical activity. Color in an apple for a day of healthy eating and a heart for an act of kindness. Get your whole family involved!

Start date _____

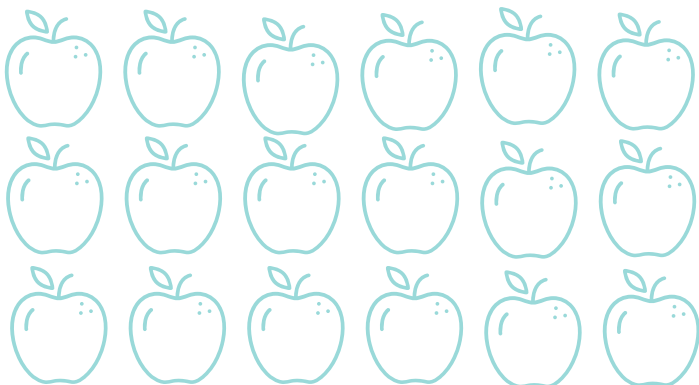
Name _____



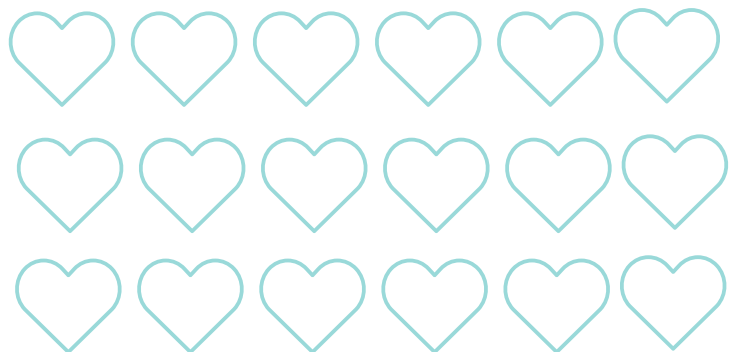
Finish date _____

Pick up a prize at Gazelle sports when you color the starred shoes.

Healthy Eating



Acts of Kindness





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Sign up for free!

Kids between the ages of 2 and 12 are invited to participate. Register for the Kids Marathon at www.grandrapidsmarathon.com/kidsmarathon then run or exercise at your pace for 25 miles.

Final Run:
Saturday,
October 15,
2022

Join us for these fun milestones along the way:

Kickoff Run

At Millennium Park - Tuesday, August 2 at 6:30

Meet the staff and get the answers to all your questions.

Obstacle Course

At John Ball Zoo - Tuesday, September 20 at 6:30

Meet the staff and run an obstacle course with your family.

Incentive Prizes

Stop by Gazelle Sports for incentive prizes at log sheet miles 8 and 16.

Train together



Run the last 1.2 miles together

On Saturday, October 15, 2022, run the last 1.2 miles of your marathon on the official race course of the Grand Rapids marathon.

Registered runners receive an official race bib and T-shirt. All finishers receive a medal and certificate. Watch the website, newsletter, and Facebook for details!

Training Tips

Sign up for the newsletter to get tips and information.

Exercise Ideas:

- Take turns jumping rope with a friend - 30 seconds each.
- Hike in the woods and look for plants and animals.
- Play tag with friends.
- Go for a family bike ride.
- Make an obstacle course with chalk and objects around your house - zig-zag, run, and jump around the course with friends.
- Roller blade with helmet and pads.

Healthy Eating:

- Eat breakfast every day.
- Dip apple or celery in peanut butter.
- Make a colorful plate with hummus and different veggies.
- Make a smoothie with frozen fruit, cocoa powder, and milk.
- Blend watermelon with strawberries and freeze in a Popsicle mold.
- Eat nuts instead of chips.
- Replace sugary jam with smashed fruit on your PB&J sandwich.

Acts of Kindness:

- Call a grandparent or older friend. who would like to hear your voice.
- Pick up litter in a park - wear gloves for safety.
- Plant flowers and gift them.
- Help someone care for their yard.
- Play your sibling's favorite game.
- Make and donate pet toys.
- Read aloud to someone.
- Teach a skill that you are good at.
- Volunteer at Kids Food Basket.

grandrapidsmarathon.com/kidsmarathon