



# Marathon

The *fit*Marathon challenges students of all ages to make healthy choices in the four factors of well-being: MOOD, RECHARGE, FOOD, and MOVE.

## Get started:

1. Decide upon a timeline for your *fit*Marathon. Four to six weeks are recommended.
2. Introduce students to the four parts of *fit*. Go to [www.fit4schools.sanfordfit.org](http://www.fit4schools.sanfordfit.org) and select "Topic 1: Be a *fit* Kid." You may continue with additional topics throughout your marathon.
3. Provide each student a tracking sheet to record their healthy choices.
4. Record *fit* choices on the marathon tracker.

- Begin the *fit*Marathon by setting a goal to make at least one *fit* choice each day for the next 26 days. Record setting this goal as the first choice on Mile 1, and color the square purple.
- While a child can make many, many healthy choices each day, they may only record one per day on their tracker. Perhaps it is the one choice they are the most proud of, or the one choice they worked the hardest to achieve.
- A key is provided so that students can color each mile marker to match one of the four parts of *fit*. Challenge your students to create a colorful pattern!
- Blanks are provided at the bottom of the page so that your class can customize activity choices. Have a class discussion about *fit* choices, and let your students come up with their own ideas.

5. Encourage students and their families to go to [www.sanfordfit.org](http://www.sanfordfit.org) to learn about the many healthy lifestyle choices they can make each day.
6. Upon completion, recognize students for their hard work and persistence. Suggestions:

- Recognize students' accomplishments through your school's morning announcements, bulletin board, and/or website.
- Write a personal congratulatory note.
- Hold an awards ceremony. Invite students to share what propelled them forward and/or describe how they overcame any obstacles.
- Make low-cost items such as bookmarks, wristbands, ribbons, or medals.

**Being *fit* is having the right mindset and enough energy to be able to choose healthy foods and to be active!**