

# NEBRASKA EXTENSION MARATHON KIDS



## WHAT IS MARATHON KIDS?

Marathon Kids is a national running program designed to increase the physical activity levels and confidence of youth through running or active minutes.

## WHAT TEACHERS LOVE ABOUT MARATHON KIDS:

Teachers love that Marathon Kids is easy to implement, it is low maintenance, and keeps students active and focused on their goals. This is a great program to help you reach state and national health standards. Additionally, the digital platform allows for contactless tracking of miles.



## RESEARCH-BASED CLASSROOM BENEFITS:

- Better concentration & memory
- Enhanced academic performance
- Improved classroom behavior
- Cardiovascular scores improve
- Better able to cope with stress
- Self-esteem & self-confidence boost

## HOW DOES IT WORK?

Youth set their goals and track their progress on a journey to complete a marathon(s) one lap at a time, one day at a time, and before they know it, they've gone farther than they ever dreamed.

Marathon Kids is for all ages, at any fitness level.



## MAKING THIS PROGRAM WORK FOR YOU:

- In-person or virtual
- Use for mask or brain breaks
- In school (PE, classroom-based)
- Out of school (after/before school program)

## HOW TO GET STARTED:

Go to [food.unl.edu/marathon-kids](https://food.unl.edu/marathon-kids) to learn more information.

Contact Mariah Newmyer ([mariah.newmyer@unl.edu](mailto:mariah.newmyer@unl.edu)).



# READY, SET, GO!