

# Miles, Meals + Math

**A 7-day challenge to encourage physical activity, healthy eating, and math skills for kids ages 4 to 13**

## Tips for Participants and Parents

### MILES

During each day of the challenge, you must run/walk  $\frac{1}{2}$  mile. Here are some running tips for beginners:

- ✦ Always ask your parent or guardian if it's OK to go out for a run or walk.
- ✦ It's always recommended for new runners to check out with a physician, especially if you have the following conditions: breathing problems, overweight, heart problems, chronic fatigue, and if you have no running background whatsoever.
- ✦ It's A-OK to incorporate walking into your running routine. You can slowly and steadily build up your pace, and reduce your risk of injuries.
- ✦ Listen to your body! Muscle pains and tiredness can be normal running pains. However, beware if you start to feel dizzy or experience pain in your chest, legs, or back – in this case, stop running immediately and start walking or resting. If the pain continues, check with your physician.
- ✦ Warm up and cool down! Warm up with stretching. Cool down by running slowly and walking. Finish with a stretch.

Source: [www.runaddicts.net](http://www.runaddicts.net)

### MEALS

During each day of the challenge, you must eat one different fruit and one different vegetable.

#### Examples of fruits:

- Apple
- Avocado
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapes
- Fig
- Honeydew
- Kiwi
- Mango
- Orange
- Pear
- Pineapple
- Peach
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tomato

#### Examples of vegetables:

- Bell peppers
- Black eyed peas
- Brussels Sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Collard greens
- Celery
- Green beans
- Jalapeño peppers
- Lettuce
- Onions
- Peas
- Potatoes
- Pumpkin
- Radish
- Snow peas
- Spinach
- Squash
- Sweet potatoes

### MATH

At the end of the challenge, you must calculate your total time and your average time for running/walking a  $\frac{1}{2}$  mile each day. It's OK to ask a parent or friend to help with this part! To find the total time, add the time it took you to run/walk  $\frac{1}{2}$  each day. To find the average time, divide the total time by the number of days (7).

**Questions?  
Call The Brick!  
(434) 799-5957**