

Nebraska Extension Marathon Kids

Influencing Health - Body and Mind



Nebraska Extension Marathon Kids Team

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Mission and Goal

Nebraska Extension:

Helping Nebraskans enhance their lives through research-based education.



UNL Nutrition Education Program: (SNAP-Ed, EFNEP, and other grant funded initiatives)

To help families and communities on a limited budget make healthier food choices and choose physically active lifestyles through individual knowledge and behavior interventions, and policy, system, and environmental strategies.



Physical Activity and Mental Health

Endorphins

Belonging

Mindfulness

Intrinsic Motivation



Why Marathon Kids?





Telephone # Exercises

1

10 Jumping
Jacks

2

10 High
Knees

3

10 Lunges
(5 each leg)

4

10 Squats

5

15 Forward
Arm Circles

6

10 Butt Kicks

7

10 Toe
Touches

8

15 Backward
Arm Circles

9

15 Squats

0

15 Jumping
Jacks



Nebraska Extension

***MARATHON
KIDS***

HOW DOES IT WORK?

Implementation

Multiple models for schools to use.



Running club

(before or after school in-person)



Classroom Implementation

(homeroom teacher during the school day)



Full-school participation

(integrated throughout the school day during PE, classroom, recess, and/or parents submitting miles)



Online Virtual Club

(parents submitting mileage from home)

Resources

LESSON NAME: WE ARE A TEAM



Marathon Kids Pillar:
Goal Setting

COACH OBJECTIVE:

- Define goal setting.
- Share the club goal.
- Teach kids that their effort helps them personally, as well as their class, grade and the club overall!

PARTICIPANT OBJECTIVE:

- To understand they are a part of a club working together towards one big goal.

RUNNING TIP:

RUN TALL. Keep the body lengthened and upright. Avoid hunched posture or exaggerated leaning.

NATIONAL STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Marathon Kids Pillar: Goal Setting

This season I set a goal for our club to run (enter the end date). Now, ___ miles seem conquer this little by little. We have ___ (enter this goal). We, as a group, will work towards see our miles start to add up! What does?

Vocabulary Word:

Goal Setting - the process of deciding what

- Why is it important to set goals? Setting and keeps you motivated.
- Does anyone have an example of a time t or Coach shares.
- How do you think it will feel when we reach our goal?
- Let's list things that will help us reach our goal so we know what we are working towards participate, visually track our miles so we one another, have fun.)

Motivational Tip: STICK TO IT. When trying goals to watch your progress slowly add up some smaller goals that will help us work t mileage club goal.

Some examples of small club goals are:
By the end of the month, we will have completed 1 mile every week for us to their best, and maybe each person will contribute

We are a team! I will be keeping track of you to add up over time. But each of you are all So your personal miles help your class and example of an individual's miles contribution

Everyone participating is a part of this club with us will help our club reach the goal!

Life Application: How has or could goal-setting help your life? Be sure to share a personal example.

SEL: Self-Awareness. Did you know that small doses of success helps build self confidence recognize your personal strengths and develop and you help our club reach our goal.

Coach Tip: Use the [Track Club Goal and](#) your school/club mileage goal. Click "Resource Library."

LESSON NAME: WE'VE GOT TO TRACK IT!



Marathon Kids Pillar:
Tracking

COACH OBJECTIVE:

Discuss the importance of tracking miles and minutes of activity and how that is connected to conquering goals. Review the club data with participants.

PARTICIPANT OBJECTIVE:

Understand how tracking one's progress is connected to reaching goals.

RUNNING TIP:

EYES AHEAD. Eyes should look forward and head should be parallel to the ground when running.

NATIONAL STANDARD 3:

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Marathon Kids Pillar: Tracking

Each time we scan your ID card, or we count 1 of physical activity, we are keeping track of our progress. What does 'tracking your progress' mean?

Vocabulary Word:

Tracking Progress - to keep a record of your work

Why is it important to track our progress (our How is tracking our progress connected to our

We track to measure and recognize that our n that your hard work is paying off. When you see is to measure or track your success towards r start to see that your goals are attainable and the next one.

Remember we are all working towards our club miles help your class and grade level mileage

Motivational Tip:

TAKE A CHANCE. Every accomplishment starts with the decision to try. Each time you participate make the decision to try. If we all try our best

Life Application:

What other things in your life can you track? How that help you be successful? Be sure to give an example.

SEL:

Self-Management. Motivation comes from recognizing that your personal efforts can pay off. Optional: Teach kids how to view their own progress stay up-to-date on their personal progress

Coach Tip:

Set reminders and a cadence for yourself to post and update the data you are posting. Keeping participants to drive community and engagement.

LESSON NAME: I FEEL GOOD, OH I FEEL SO GOOD!



Marathon Kids Pillar:
Modeling the Way and
Social Support

COACH OBJECTIVE:

Teach the benefits of physical activity-physically, mentally and emotionally.

PARTICIPANT OBJECTIVE:

Learn that being physically active helps keep their body healthy and improves how they feel.

RUNNING TIP:

LEAN. Bend at the ankles, not at the waist, when running

NATIONAL STANDARD 5:

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Marathon Kids Pillar: Modeling the Way and Social Support

Each time we participate you have adults like me and your peers, those around you, supporting you and cheering you on. Having people encourage you makes you feel good. But there's something else going on inside of you when you are active.

Does anyone know what endorphins are?

Vocabulary Word:

Endorphins - chemicals your body releases when you exercise that make you feel good.

When you exercise, your body releases these chemicals in your brain and it makes you feel good. So, when you are tired, upset, or want to feel better, do something active.

Getting active helps improve our mood, gives us energy, helps to keep our bodies healthy, increases our focus, and can help us when we don't feel our best.

What is cool about being physically active is there are so many ways to be active. Each person can find something they enjoy doing. Name something you like to do to stay active.

Motivational Tip:

ENCOURAGE OTHERS: Support your teammates by giving them high fives and cheering them on when they need an extra push.

Life Application:

Being physically active can be hard at times. What are some of the ways you push yourself when running gets tough? Or playing the sport you love gets tough?

SEL:

Self-Awareness- Today we talked about how exercise makes you feel good and helps improve your mood; by learning and talking about the benefits you are becoming more aware that movement has the power to change how you feel. Name some feelings you experience when you are active?

Coach Tip:

What you say and do matters! Provide a positive, fun environment for your participants-play music, create a team cheer, and celebrate often are so ways to keep the experience fun!

15 Lesson Topics

Year-Round Support

Nebraska Extension **MARATHON KIDS**

Virtual Family Running Program

JOIN US AS WE RUN, JOG, WALK (OR EVEN SKIP) A MARATHON!

Step 1: Join our Facebook Group

Nebraska Extension Marathon Kids

Step 2: Track your mileage

Step 3: Get out and be active

Step 4: Interact with us on social media

<https://food.unl.edu/marathonkids>



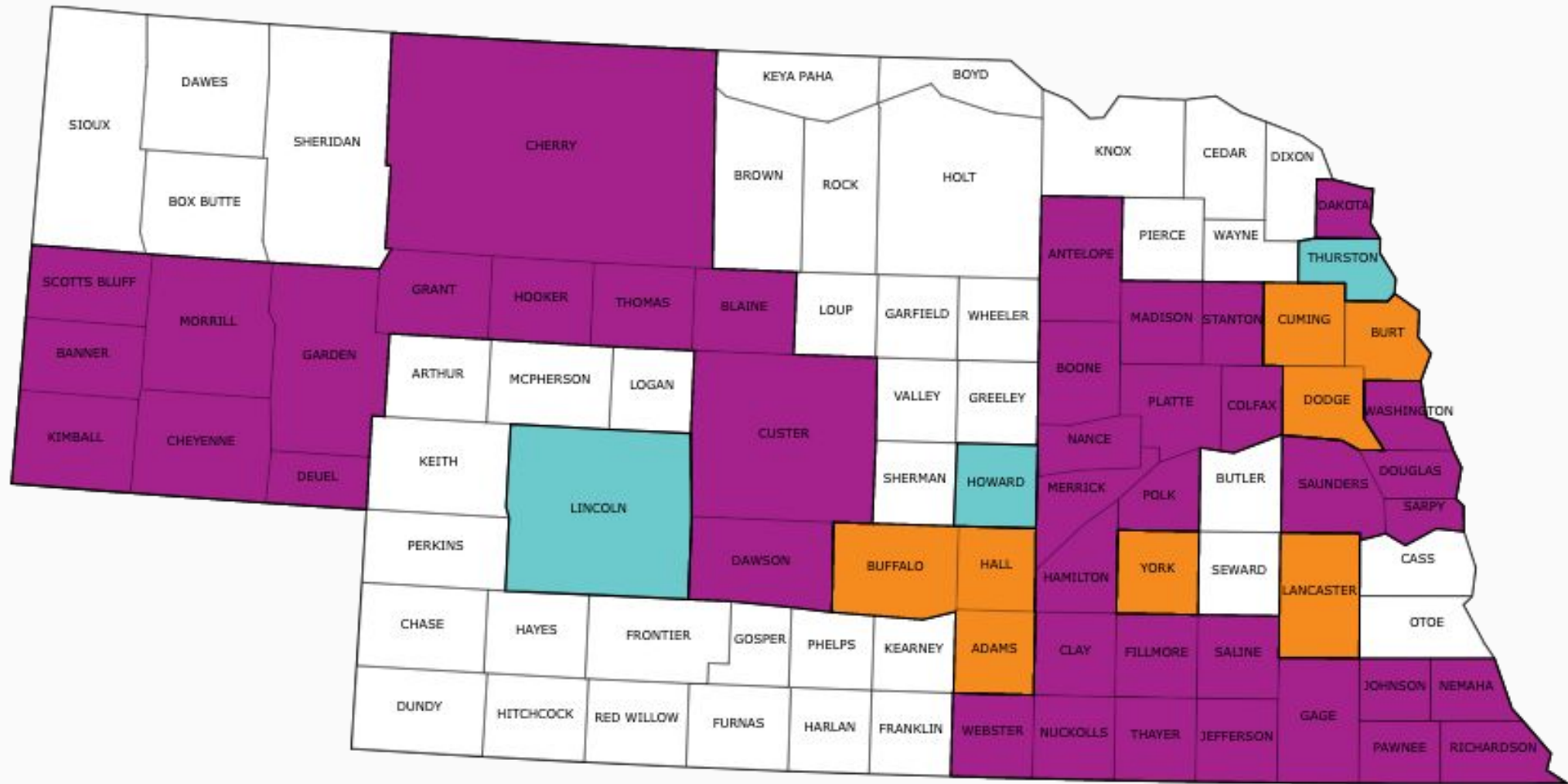
For more information visit:
<https://food.unl.edu/marathonkids>



**MARATHON
KIDS**

N EXTENSION

Nebraska Extension Marathon Kids Coaches



NEMK Coach Training Interest Survey





This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP).

This institution is an equal opportunity provider.





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