

2011 KIDS L2R (LOVE-TO-RUN PROGRAM)



April

S	M	T	W	T	F	S
					1 April Fool's Share your funny pranks at mealtime.	2
3	4 Set one healthy goal for the week.	5 .5 Miles	6	7 .5 Miles	8 Take a break from the computer after 20 minutes.	9
10	11	12 .5 Miles	13 Kids need at least one hour of activity a day...	14 1 Mile	15	16 Make a short after dinner walk a daily habit.
17 Add 1 TBS of Peanut Butter to your day for protein.	18	19 1 Mile	20	21 1.5 Miles	22 Jumping rope is a good heart healthy activity.	23
24	25 Fresh squeezed orange juice is loaded with vitamin C and no extra sugar!	26 2 Miles	27	28 2 Miles	29	30 Discounted Registration Deadline..

May

S	M	T	W	T	F	S
1	2 Pick a family favorite activity to enjoy.	3 2.5 Miles	4 Plant a fruit or vegetable plant.	5 2.5 Miles	6	7
8 Race Week	9	10 3 Miles	11	12 2 Miles	13	14 CELLCOM 5K !!!