



**UNIVERSITY OF MICHIGAN HEALTH-WEST**  
MICHIGAN MEDICINE  
**Grand Rapids Marathon**  
Foster Swift Half Marathon | Pepsi Zero Sugar Marathon Relay



Family Capital Management  
PLANNING with PURPOSE  
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## Exercise Training Log


Color in one shoe for every half mile you run or 15 minutes of physical activity. Color in an apple for a day of healthy eating and a heart for an act of kindness. Get your whole family involved!

Start date \_\_\_\_\_

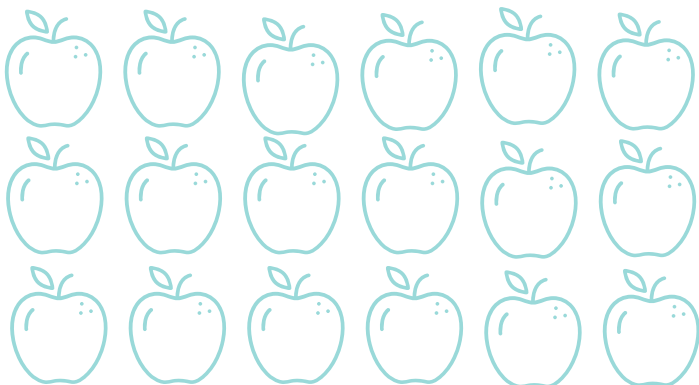
Name \_\_\_\_\_



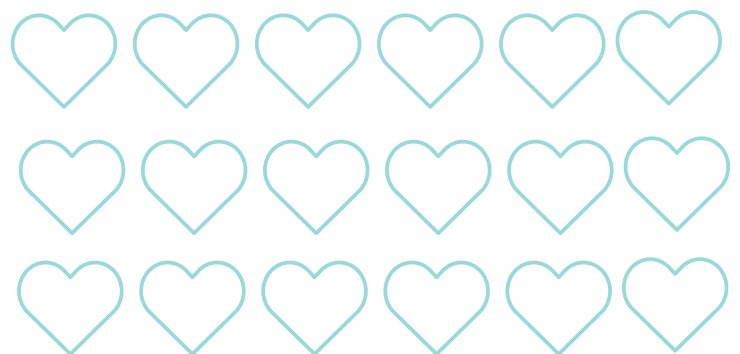
Finish date \_\_\_\_\_

 Pick up a prize at Gazelle sports when you color the starred shoes.

## Healthy Eating



## Acts of Kindness





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## Sign Up for Free Now!

Kids between the ages of 2 and 12 are invited to participate. Register for the Kids Marathon at [www.grandrapidsmarathon.com/kidsmarathon](http://www.grandrapidsmarathon.com/kidsmarathon) then run or exercise at your pace for 25 miles.

Final Run:  
Saturday,  
October 18, 2024  
at 2:30 pm

## Join us for these fun milestones along the way:

### Kickoff Run

At Millennium Park - Tuesday, August 5 at 6:30

Meet the staff and get the answers to all your questions.

### Obstacle Course

At John Ball Zoo - Tuesday, September 23 at 6:30

Run an obstacle course with your family.

### Incentive Prizes

Stop by Gazelle Sports for incentive prizes at log sheet miles 8 and 16.

### Train together



## Run the last 1.2 miles together

- On Saturday, October 18, 2025, kids run the last 1.2 miles of their marathon on the official race course of the Grand Rapids marathon.
- Registered runners receive an official race bib and T-shirt. All finishers receive a medal and certificate.

## Training Tips

Watch the website, newsletter, and Facebook for details!

### Exercise Ideas:

- Take turns jumping rope with a friend - 30 seconds each.
- Hike in the woods and look for plants and animals.
- Play tag with friends.
- Go for a family bike ride.
- Make an obstacle course with chalk and objects around your house - zig-zag, run, and jump around the course with friends.
- Roller blade with helmet and pads.

### Healthy Eating:

- Eat breakfast every day.
- Dip apple or celery in peanut butter.
- Make a colorful plate with hummus and different veggies.
- Make a smoothie with frozen fruit, cocoa powder, and milk.
- Blend watermelon with strawberries and freeze in a Popsicle mold.
- Eat nuts instead of chips.
- Replace sugary jam with smashed fruit on your PB&J sandwich.

### Acts of Kindness:

- Call a grandparent or older friend. who would like to hear your voice.
- Pick up litter in a park - wear gloves for safety.
- Plant flowers and gift them.
- Help someone care for their yard.
- Play your sibling's favorite game.
- Make and donate pet toys.
- Read aloud to someone.
- Teach a skill that you are good at.
- Volunteer at Kids Food Basket.

[grandrapidsmarathon.com/kidsmarathon](http://grandrapidsmarathon.com/kidsmarathon)