

# JUST RUN®

## PROGRAM BENEFITS



- Combats the growing epidemic of youth obesity and related illnesses through on-going running and physical activity
- Provides leadership advice and support
- FREE for the children, easy to implement, turn-key, and bilingual
- Educational
  - “JUST RUN Across the United States” and “JUST RUN Across Europe” allow classes to cooperatively accumulate mileage in “virtual runs” across the United States and Europe that are tracked on the website. Hundreds of locations are web-linked on these trips, showing geographic, historical, nutritional, and fun locations.
  - Wealth of information on proper nutrition and health topics, including the JUST Taste program feature on the website.
  - Website based program develops computer skills
- Children develop a sense of pride as they increase personal mileage and contribute to the group’s total mileage as they “run across the USA and Europe.”
- Good Citizenship – Incentives are provided to students who accumulate mileage and perform acts of good citizenship or JUST DEEDS
- Measurable results
- Parental and family involvement are encouraged
- It’s fun for the kids
  - Non-competitive
  - Motivational and informative visits to schools and groups
  - Incentive shirts and awards provided
  - Goal and recommended fun races
- Website based program may be viewed at [www.justrun.org](http://www.justrun.org)