

JUST RUN!®

PROVIDING VITAL YOUTH FITNESS



The award winning JUST RUN program offers a **solution** to the alarming rise in childhood obesity and lack of physical activity.

JUST RUN® is geared towards promoting fitness and healthy lifestyle choices in K through 8th grade children. Additionally, it is educational, promotes self-esteem, and encourages good citizenship.



AWARD WINNING
13 YEARS OF
SUCCESSFUL IMPLEMENTATION

- 128,500 children
- 3,700,000 miles logged
- 310,000 Just Deeds
- 41 states



For more information

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JUST RUN[®]

PROGRAM BENEFITS



- **Combats** the growing epidemic of youth obesity and lack of physical activity in our children and youth
- Provides leadership, training, advice and support. **Easy** to implement and turn-key
- **FREE** for all schools and youth organizations in ANY LOCALE
- **Educational**
 - **“JUST RUN Across the United States”** and **“JUST RUN Across Europe”**
Classes cooperatively accumulate mileage in “virtual runs” across the United States and Europe that are tracked on the website. Hundreds of locations and web-linked to geographical, historical, and nutritional sites.
 - **JUST TASTE** – the program’s nutrition component encourages healthy eating
 - **Statistically proven results** – enhances achievement academically as well as physically
- 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.”
- **JUST DEEDS** – Incentives are provided to students who accumulate mileage and perform acts of good citizenship
- **Parental and family involvement** are encouraged
- It’s **fun** for the kids
 - Non-competitive
 - Motivational and informative
 - Incentive shirts and awards provided in designated locations
- A **solution** for financially strapped schools
- Offered as an **accredited course** by the University of the Pacific. Graduate level semester units can be earned by participating teachers.
- Website based – the complete program can be viewed at www.justrun.org.

AN AWARD WINNING PROGRAM

Awarded **NATIONAL YOUTH PROGRAM OF THE YEAR** by Running USA (National Trade organization in the Running Industry)



Honored as **Youth Fitness Contributors of the Year** by Running USA



Gold Medal from **California Governor's Council on Physical Fitness and Sports**



Recipient of a **Community Leadership Award** from the President's Council on Fitness, Sports and Nutrition



Recipient of the **Excellence in Education Award** from the Monterey County School Boards Association



In partnership with the **Alliance for a Healthier Generation** – American Heart Association, Bill Clinton Foundation



2017 END-OF-YEAR STUDENT EVALUATION RESULTS

96% of the students said that they would like to participate again the following year.

87% indicated that they would continue regular running during the summer.

75% said that their families were influenced to become more involved in running and physical activity.

85% used the JUST RUN website for information.

87% said that they are making healthier food choices.



ANALYSIS OF FITNESS SCORES:

Monterey Peninsula Unified School District
Five JUST RUN schools vs. eight non-JUST RUN schools
California Physical Fitness Test scores* for 5th grade students

PERCENT OF STUDENTS PASSING – REPRESENTATIVE YEARS

	JUST RUN Schools		Non-JUST RUN Schools	
	Before	After	Before	After
Aerobic Capacity	58.7	80.5	56.9	49.3
Flexibility	54.2	64.7	57.0	58.4
Body Composition	65.7	66.9	59.9	57.1
Trunk Extension Strength	70.0	85.5	83.2	83.6
Upper Body Strength	56.0	69.5	72.1	71.0
Abdominal Strength	74.2	76.9	84.9	81.7
4 of 6 tests passed	59.6	76.7	69.0	68.8

JUST RUN schools showed improvement in all six categories, with significant improvement in the primary elements of the program – aerobic capacity and flexibility. The non-JUST RUN schools actually showed decreases in performance in most categories

* Based on Human Kinetics Implementation of the Cooper Institute Physical Fitness Test