



INTRODUCING JUST RUN!®

You are invited to participate in this year's JUST RUN youth fitness program! JUST RUN was designed to combat obesity and to promote physical activity in our youth. The program focuses on nutrition, exercise, healthy lifestyle choices, and doing "JUST DEEDS", acts of good citizenship.

The primary features of the JUST RUN program include:

- **JUST RUN** – Students' mileage will be recorded and entered into the JUST RUN website and they will receive incentive awards when they reach certain mileage totals. Each student will be given a Mileage Marker when they begin the program to record mileage.
- **RUN ACROSS AMERICA or EUROPE** - Group mileage will be recorded on one of the maps showing their progress in their virtual journey.
- **JUST DEEDS** – This aspect of the program promotes good citizenship. Each student who completes 50 miles and performs 26 JUST DEEDS will receive a JUST RUN t-shirt.
- **JUST RACE** - Several goal races will be available throughout the school year. Students will train and be encouraged to participate.
- **JUST ROCK OR ROLL** - This program feature is for children with disabilities so that they, too, may accumulate mileage by walking or using a wheel chair.
- **JUST RUN WITH YOUR PARENTS** - There are program incentives for children who run with their parents in order to promote family fitness.

JUST RUN is open to children of all ages. You must provide your own transportation for your child.

We will practice every _____ from _____ p.m. We will practice at [*enter location(s) here*] _____ and at _____. We will combine running, stretching, drills, games, and discussions about healthy lifestyles. In the event of inclement weather, we will either move practice into the _____. You will need to pick your child up from practice at _____ pm. Please do not be late to pick up your child, as they will be unsupervised after _____ p.m.

For more information, please visit the website at www.justrun.org. If you have any questions, feel free to contact me _____ [*enter your name here*] at _____ [*enter phone or email here*]

LOOKING FORWARD TO HAVING YOUR FAMILY INVOLVED!

WE WILL BEGIN PRACTICE ON _____ [*enter date*]