

Marathon Challenge

Overview

Walking and running are two of the most accessible ways for most students to be physically active throughout the school day. They provide students with opportunities to improve their aerobic fitness, which strengthens the heart and develops overall cardiovascular



endurance. Research shows this type of cardiovascular fitness also improves overall mood and wellbeing, self-esteem and confidence. Kids who participate in walking and running programs may also get more sleep and cope more effectively with physical and emotional challenges.

Hosting a school marathon challenge may be just the spark you need to get your students and school community up and moving. You're probably thinking completing 26 miles seems like a crazy idea! But you don't have to do it alone. Team up with friends and family for this marathon challenge, and support each other along the way.

Steps for Success