One Mile at a Time
Marathon Club
2014-2015

SAVING
THE WORLD
One Mile at a Time!

Clinton Parkway | Lawrence Hy-Vee | 785-832-0044
6th Street | Lawrence Hy-Vee | 785-832-9449
Dear Participant,

Thank you for your interest and participation in the Hy-Vee One Mile at a Time Marathon Club. You have made a commitment to achieve the long-term goal of walking or running the distance of a full marathon, 26.2 miles, one mile at a time. Finishing a marathon is not an easy task. It takes commitment on your part; but it is also fun, rewarding, and will help you realize that you can accomplish anything.

If you are planning to participate in the Hy-Vee 1 Mile Kids Run at the Dr. Bob Run, you are already on your way. This will count as your first mile and you can continue to log 25.2 more miles on your own. If you did not participate in the Hy-Vee kick-off, you can start your mileage anytime. We hope that the sense of accomplishment you feel when you cross that finish line will inspire a lifetime full of great fitness and healthy nutritional habits.

If you have a marathon club at your school, those miles count and can be recorded on the training log provided.

Since we can all use a little encouragement along the way, Hy-Vee is here to help. Once you’ve completed 5 miles, bring your log sheet into either Lawrence Hy-Vee store pharmacy for a stamp and a reward. Continue logging each mile until all 26.2 have been completed. Then in April 2015, you will be invited to a finale party to celebrate your great accomplishment!

Special thanks to the Dr. Bob Run and the University of Kansas Center for Physical Activity and Weight Management in taking an interest in this program and helping us expand our efforts by encouraging healthy lifestyles ‘one mile at a time’ in the Lawrence community.

If you have any questions along the way please feel free to contact:

Kylene Etzel: ketzel@hy-vee.com Hy-Vee Dietitian
Mary Jo Mason: mmason@hy-vee.com Hy-Vee Dietitian

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What is the Hy-Vee One Mile at a Time marathon?
The One Mile At A Time Marathon is a fitness challenge for any kid in grades K-6 to complete a marathon distance of 26.2 miles by walking or running one mile at a time. It is intended to encourage lifelong healthy habits by being offered as a free,”on-your-own” activity that families can complete together.

How do I complete my miles?
This is a self-directed, family and community activity. From September 20th, 2014, you will have approximately 29 weeks to complete 26.2 miles, so you’ll need to be able to complete approximately one mile per week. You can go on family walks, run with a family member, friend, or participate in a school marathon club, a school-sponsored program (if available), or community fun runs. Every mile counts toward your total.

How do I keep track of my miles?
In the back of this packet you’ll find a training log to keep track of your miles. When you walk or run a mile, have your parent, guardian, teacher or supervisor sign or initial next to the mile(s) completed.

What happens after I finish 5 miles?
After you’ve completed 5 miles, bring your log sheet to either Lawrence Hy-Vee pharmacy for a stamp and a reward.

Some friends missed the kickoff event. Is it too late for them to start?
No. You can start anytime. Just tell them to pick up a packet from either Lawrence Hy-Vee pharmacy and they are ready to begin their 26.2 mile journey.

What if I don’t complete all 26.2 miles in time?
Completing a marathon is not easy. It takes a physical, mental, and lifestyle commitment. If you can’t get all 26.2 miles done, that’s ok. You will still be able to participate in the finale celebration taking place in April 2015. Be watching for more details to come!

Why do the Hy-Vee One Mile at a Time marathon?
The Hy-Vee One Mile at a Time Marathon will promote healthy exercise habits, a sense of commitment, goal setting, and accomplishment, and better nutrition, all in a non-competitive way that will lead to sustainable fitness habits.
Dear Parent/Guardian,

We are pleased to welcome you and your child to the Hy-Vee One Mile at a Time Marathon Club and commend you for being part of such a great commitment! By taking on this challenge, your child is pledging to make a daily effort to be more physically active. To help them achieve this goal, balanced nutrition will be important. Exercise and nutrition go hand-in-hand. By fueling their bodies with the nutrient-rich foods, we can ensure that they are equipped to perform physical activity and grow stronger.

Through the Hy-Vee One Mile at a Time Marathon Club, your family will have the opportunity to learn about the benefits of physical activity and good nutrition. To add to this valuable learning experience, I encourage you to involve your child in the grocery shopping, selecting of snacks, and the making of family meals.

As your Lawrence Hy-Vee dietitians, we will be along every step of the way to offer support and ideas for helping your child stay on “track” to meeting their goals. Each month, you will receive a newsletter focused on making balanced nutrition a part of daily living. It will offer information on staying motivated and moving forward, as well as making the right food choices for meals and snacks. Fun tips and recipes will also be included.

Please refer to the following pages for basic meal and snack ideas, as well as, information about NuVal to help assist you and your family in grocery shopping. Through a collaborative effort, we can ensure that your child achieves the proper nutrition as they work towards completing their 26.2 mile goal.

If you have a question or are in need of ideas or recipes, just let us know! We are available throughout the week at your Lawrence Hy-Vee stores or can be reached at any time via email.

Again, welcome to the Hy-Vee One Mile at a Time Marathon Club. We look forward to assisting you and your family in this exciting journey.

Your Lawrence Hy-Vee Dietitians,
Kylene Etzel, RD, LD
ketzel@hy-vee.com
Mary Jo Mason, RD, LD
mmason@hy-vee.com

10 tips for healthier meals

1. make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. add lean protein.
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3. include whole grains.
Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4. don’t forget the dairy.
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5. avoid extra fat.
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. take your time.
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7. use a smaller plate.
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8. take control of your food.
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9. try new foods.
Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10. satisfy your sweet tooth in a healthy way.
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.
Hy-Vee One Mile at a Time Marathon Club
Training Tips for a Successful Finish

Measure your mile course.
If you can't do it by car, here are some tips:

• Four laps around a track is a mile.
• A mile is approximately 2,000 steps on a pedometer. For kids, it's probably a bit more, because your strides are shorter.
• Approximately 10 standard city blocks equals a mile.
• It takes about 20 or 25 minutes for a kid to walk a mile.
• It takes about 12 minutes for kids to run a mile.
• Check out Lawrence Parks and Recreation website for parks and trails.
  www.lawrenceks.org/lprd/parks

Eat Right
Eating nutritious meals and snacks will fuel your body better to have enough energy to walk or run each day. Follow the MyPlate to build healthy and balanced meal and snacks. Visit www.choosemyplate.gov for more information. And don't forget to use NuVal when shopping at your local Hy-Vee!

Get Plenty of Sleep
Your body heals and reenergizes when you sleep. Make sure you get plenty of rest to rejuvenate yourself for your next miles.

Take It Slowly At First
If you haven't walked or run a mile before, take a few days to get it done your first week. Go a quarter mile the first day, then work up to a half mile, in no time you'll be able to go a full mile.

Make Sure You Have Good Footwear
Be kind to your feet and make sure that you have lots of support in your shoes. Marathoners don't race in flip-flops; you shouldn't either.

Stay Hydrated
Make sure you drink water even if you don't feel thirsty. Walking or running uses water in your body, even in cold weather. It's easy for us to remember to drink after exercise in the summer because we're hot and thirsty, but in the colder months we forget. Have a glass of water after you come in from your mile.

Have Fun
Enjoy being outside and getting fresh air. Notice something in your neighborhood that you haven't noticed before. Make trees or other landmarks your turn around point and notice how it changes during the seasons.

1. Find a safe place to walk or run one mile at a time.

2. Walk or run 26.2 miles by April 2015. Check off each mile marker below after you complete a mile by getting a parent, teacher, or supervising adult to initial for each mile that you ran.

3. Every time you complete five miles, bring this training log to either Lawrence Hy-Vee pharmacy. We will acknowledge each 5 mile accomplishment with a stamp and a special reward!
where there’s a helpful smile in every aisle.