

ApexBenefits

MONUMENTAL
KIDS
MOVEMENT

PRESENTED BY



INDIANA UNIVERSITY INDIANAPOLIS



Photo credit: Jake Rytlewski

MOTIVATOR TOOLKIT

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Photo credit: Brian A. Pfaehler

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PROGRAM OVERVIEW

Thank you for serving as a Motivator for the 2024 Monumental Kids Movement!



The Apex benefits Monumental Kids Movement is a 6+ week curriculum-based youth running program that culminates with students running in a 5K. The twice per week program focuses on educating Indianapolis youth about the benefits of exercise, proper diet, and healthy living.

Our goal is to positively influence the health and fitness of our community by increasing youth participation in the program. We rely on volunteers, like you, to bring the Monumental Kids Movement to local youth. We greatly appreciate your commitment to reducing childhood obesity and creating a more active community.

Motivators are enthusiastic encouragers! As a Monumental Kids Movement Motivator, you will actively support youth in improving their health and well-being through this exceptional program centered around the sport of running. The students will benefit greatly from the time and talent you invest in this program. You are **BEYOND MONUMENTAL**, and for that, we are **BEYOND GRATEFUL**.

We have created this toolkit to serve as a comprehensive guide for you. If you have additional questions, we encourage you to reach out to your District Contact or:

Nathan Smurdon
Senior Director | Events & Programs
Nathan@beyondmonumental.org

#BEMONUMENTAL



DID YOU KNOW



that Indiana ranks as the 7th most obese state in the country (37.8%) for adults according to the STATE of CHILDHOOD OBESITY?

This statistic is just one of many that alarm us and call us to take action.

Combatting these issues to make positive changes in the lives of youth is our WHY.

As a Motivator, you will be a part of helping to reverse these trends.

Indianapolis currently ranks 94th with respect to Health and Fitness out of the 100 Largest Metropolitan Areas in the United States.

- American College of Sports Medicine

Indiana ranks 19 out of 51 with an obesity rate of 15.2% for children ages 10-17.

-the STATE of CHILDHOOD OBESITY - helping all children grow up healthy.

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As a Motivator for the Apex Benefits Monumental Kids Movement, you commit to:

- » Serve as an ambassador for the Apex Benefits Monumental Kids Movement program.
- » Recruit, teach and motivate participating students for success.
- » Lead students through a 6-or-more-week program.
- » Hold program sessions at least twice per week for 30-45 minutes each session.
- » Follow the provided program curriculum and make adjustments as needed.
- » Distribute and collect provided forms.
- » Track daily attendance.
- » Administer the Pre- and Post-Nutrition & Mental Health Surveys and tally the results.
- » Administer the Pre- and Post-Pacer Tests and tally the results.
- » Collect registration forms for students to participate in the 5K event.
- » Request testimonials from students following the race.
- » Provide feedback on your experience with the program to help make improvements for the future.



Photo credit: Jake Rytlewski

“The Apex Benefits Monumental Kids Movement is more than just a curriculum-based running program. It is a program that promotes health and fitness in a student-centered way! Students who participate have the chance to experience something truly special.

Our students can work towards a common goal together. They can understand the importance of staying committed to a goal, maintaining a strong work ethic, and believing in themselves and all they can accomplish.

Seeing our students build positive relationships through running, walking, and fitness has made a huge impact in building our students’ overall academic and social emotional success. Through the MKM program, our students have gained confidence in themselves, while also learning the fundamental skills and knowledge to help them in their own fitness journey.

The Indianapolis Monumental Kids Movement has given our students the ability to experience a healthy lifestyle in a positive way. The feeling of accomplishment and perseverance is something that I know my students will treasure forever!”

- Julie Busch, 3rd Grade Teacher at William McKinley (IPS School 39) & Monumental Motivator

We have provided the National Standards for K-8 Physical Education here as you will find the standards referenced throughout the Apex Benefits Monumental Kids Movement curriculum.

The goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a physically literate individual:

- » Has learned the skills necessary to participate in a variety of physical activities
- » Knows the implications of and benefits from involvement in various types of physical activities
- » Participates regularly in physical activity
- » Is physically fit
- » Values physical activity and its contributions to a healthful lifestyle

Source: <https://www.shapeamerica.org/standards/pe/new-pe-standards.aspx> (2024)



Photo credit: Josh Gurnick

K-8 PHYSICAL EDUCATION STANDARDS

- » **Standard 1** - Develops a variety of motor skills.
- » **Standard 2** - Applies knowledge related to movement and fitness concepts.
- » **Standard 3** - Develops social skills through movement.
- » **Standard 4** - Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

SAMPLE WARM UP, COOL DOWN,
AND NUTRITION OVERVIEWPRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

Each lesson will begin with a short warm up and end with a short cool down.

WARM UP

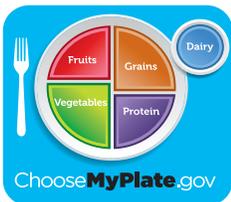
- » Have the students begin with an easy 400 meters or three-minute run/walk
- » Pick at least three of the following exercises:
 1. Jumping jacks (2X10)
 2. Squat thrusts (2X10)
 3. High knees (2X20 seconds)
 4. Heel kicks (2X20 seconds)
 5. Wind mills (2X20 seconds)
 6. Skipping (2X20 seconds)
 7. Walking knee to chest (2X20 seconds)
 8. Walking Soldier (2X20 seconds)
 9. Arm Circles - both directions (2X20 seconds)
 10. Lunges - both legs (2X10)

COOL DOWN

- » Have the students end with an easy 400 meters or three-minute run/walk
- » Finish with three to four minutes of stretching
 1. Arm across chest (hold 10-15 seconds)
 2. Arm above head (hold 10-15 seconds)
 3. Chicken Wing (hold 10-15 seconds)
 4. Toe touch (hold 10-15 seconds)
 5. Standing quad pull (hold 10-15 seconds each leg)
 6. Side lunge (hold 10-15 seconds each leg)
 7. Calf stretch (hold 10-15 seconds)
 8. Butterfly (hold 10-15 seconds)
 9. Pretzel (hold 10-15 seconds each side)

NUTRITION TIPS

Nutrition tips are also provided for each week. Please be sure to cover these with your students. For more info, visit choosemyplate.gov, [The Produce Moms](#) and [Jump IN for Healthy Kids](#).



Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, traditions, culture, and the personal decisions we make over time. All of our food and beverage choices count. Weekly nutrition tips will help teach your students about proper diet. *Tips are provided by:*

MyPlate – A program of the United States Department of Agriculture that offers ideas and tips to help people create a healthier eating style that meets individual needs to improve health.

The Produce Moms – A community of passionate fresh produce advocates with a mission to inspire everyone, especially children, to eat more fruits and vegetables.

Jump IN for Healthy Kids – Jump IN is a community-wide effort to empower kids in Central Indiana to live healthier lives!

5210 Every Day!

Follow the 5210 message to a healthier you.



- Try new fruits and vegetables multiple times.
- A meal is a family affair—have the family help plan meals.
- Frozen and canned are just as nutritious as fresh.



- Keep TV and computer out of the bedroom.
- No screen time under the age of two.
- Turn TV off during meal time.
- Plan your TV viewing ahead of time.



- Let physical activity be free, easy and fun!
- Take a family walk.
- Turn on the music and dance.
- Use the stairs.



- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand.
- Put limits on 100% juice.

For more ideas visit
blog.jumpinforhealthykids.org



www.letsgo.org

05/10 807/11

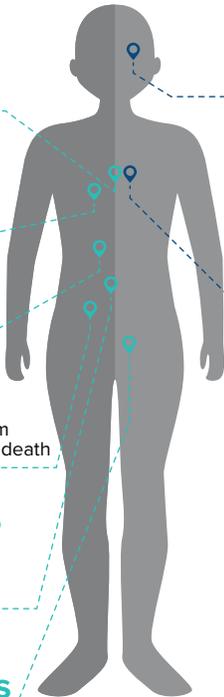
The **best** thing you can do for your body and your organs is **live a healthy and active lifestyle**. We are proud to partner with **Donate Life Indiana** to increase awareness of organ donation and the benefits of healthy living.

GET TO KNOW THE **FACTS** ABOUT DONATION AND TRANSPLANTATION

WHAT CAN BE DONATED?

ORGANS

- Heart**
Provides years of active living
- Lungs**
Allow unaided breathing
- Liver**
Restores life
- Kidneys**
Save patients from dialysis and early death
- Pancreas**
Eliminates insulin dependency for diabetics
- Small Intestines**
Aid digestion



TISSUE

- Corneas**
Restore sight
- Tendons**
Rebuild joints
- Heart Valves**
Repair cardiac defects
- Veins**
Re-establish circulation
- Skin**
Heals burn patients
- Bones**
Restore mobility after major injuries



Anyone can sign up to be a donor, Until the age of 18, permission from a parent or guardian is needed for donation to take place.



One donor can save **eight lives** and heal the lives of up to **75 people**.



More than **100,000 Americans** are waiting on a lifesaving organ transplant. That's enough fill Lucas Oil Stadium twice. Approximately 1,000 of them live in Indiana.



Every **nine minutes** someone is added to the nation's transplant waiting list – an average of **160 people** each day.

Learn more at DonateLifeIndiana.org/educators.



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Tips on Coaching Social Emotional Learning with your students:

The Collaborative for Academic, Social, and Emotional Learning (CASEL) defines SEL as the process through which students gain and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and express empathy for others, develop and maintain positive relationships, and make responsible decisions.

SEL is a proactive approach to teaching coping skills that will be needed as we face life stressors. By adding in lessons each week, we are developing skills within our students while also increasing our own SEL skills.

Each lesson ties specifically to an SEL skill. The outline below will show you which skill or skills you are teaching each week.

WEEKS 1 - 3
Self Awareness

WEEKS 4 - 6
Self Management

FINAL WEEK/WEEK 7
Relationship Skills

There will be times when a friend, colleague, family member, or even yourself needs support from a mental health professional. Navigating the mental health system can feel overwhelming, here are some places to start:

- » Contact a family physician
- » Dial 2-1-1 for Indiana resources
- » Crisis Text Line: Text HOME to 741741
- » 988indiana.org

- o **Share the pictorial continuum below with students before each session to allow them to communicate their feelings without using words. This will help you direct them properly.**





HOW TO PREPARE YOUR LESSONS

As a Motivator, you will have the flexibility to choose your own Warm Up Exercises, Games, and Cool Down stretches. Please review the following documents for help building your lessons.

- » *Sample Warm Up, Cool Down, and Nutrition Overview*
- » *Running Activities and Games*

SAMPLE WORKOUT

WARM UP

- » 3 minute run/walk
- » Lunges - both legs (2X10)
- » Heel kicks (2X20 seconds)
- » Wind mills (2X20 seconds)

ACTIVITY

- » Animal Tag
- » Complete activity for 2-6 minutes

COOL DOWN

- » 3 minute walk & 3 minutes of stretching
- » Arm across chest (hold 15 seconds each arm)
- » Arm above head (hold 15 seconds each arm)
- » Standing quad pull (hold 15 seconds each leg)
- » Toe touch (hold 15 seconds)
- » Side lunge (hold 15 seconds each leg)
- » Calf stretch (hold 15 seconds)
- » Pretzel (hold 15 seconds each side)

TRAINING GUIDE

DAY 1

Short Tempo Run

10 X RUN FOR 30 SEC / WALK FOR 30 SEC

- » The students will run for 30 seconds and then walk for 30 seconds for a total of 10 times.
- » The goal is for them to run at an even pace.
- » They do not have to walk if they do not need to.

*It is recommended to discuss one supplementary component each week.
We recommend discussing one during the first lesson and one during the second lesson.*



TRAINING GUIDE / WEEK 1

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TIPS FOR PLANNING:

- » Choose the Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan your discussions of the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

DAY 1

Pre-Testing

Start week 1 with an activity to test your current fitness. This simply sets a personal benchmark for you before starting the 6-8 week program and will allow you see how far you will have come by the final week!

Set out two marks, such as cones or anything visible. They should be 20-meters apart. This is approximately from the end zone to the 22-yard hash line of a football field if you are not able to measure exactly.

Test Objective: Run as long as possible back and forth across a 20-meter space at a specified pace which increases each minute.

- » **FitnessGram - Pacer Test**

The PACER (Progressive Aerobic Cardiovascular Endurance Run) is the default aerobic capacity test in FITNESSGRAM. It is a multistage fitness test adapted from the 20-meter shuttle run test published by Leger and Lambert (1982) and revised in 1988 (Leger et al.). The test is progressive in intensity—it is easy at the beginning and gets harder at the end. The progressive nature of the test provides a built-in warm-up and helps children pace themselves effectively. The test has also been set to music to create a valid, fun alternative to the customary distance run test for measuring aerobic capacity. (Use a 15-meter shuttle run if the gym is not long enough.)

- » **Pre-Nutrition & Physical Activity Survey**

DAY 2

Endurance Test

- » **Grades 4-8: 1-Mile Endurance Test** – Record the times of each student.
- » **Grades K-3: Modified Endurance Test** – Alternative distances for younger children are 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old. The same objective and testing procedure are used as with the mile run.



WELLNESS & NUTRITION FOCUS / WEEK 1



Wellness Focus **MENTAL HEALTH**

Mental Health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community (World Health Organization).

DID YOU KNOW?

- Mental Health affects how we think, feel, and act.
- Mental Health is different than Mental Illness.
- You play an important role in your mental health and wellbeing.
- Almost half of Indiana students have felt hopeless or sad for more than two weeks in a row. (Center for Disease Control and Prevention Youth Behavior Risk Survey)

CHECK IN

- It is important to be in tune with your emotions, feelings, and moods. In order to do this we must be intentional and provide time each day to check in with ourselves.

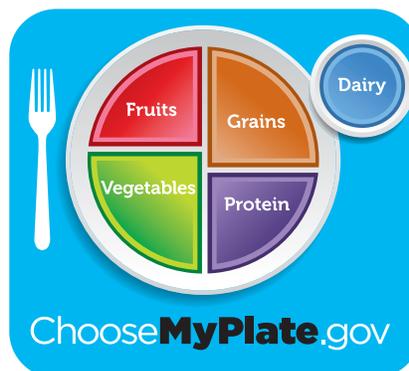


Nutrition Focus **MYPLATE**

**Eating healthy is a journey shaped by many factors.
We will use MyPlate to create a healthy eating style you can build on throughout your lifetime.**

DID YOU KNOW?

- MyPlate can help you learn how to make healthy food and beverage choices.
- Everything you eat or drink matters. The right mix can help you be healthier now and in the future.



TIPS

- **Be Smart.** Focus on variety, amount, and nutrition.
- **Start Small.** Start with small changes to build healthier eating styles.
- **Offer Support.** Support healthy eating for everyone.



TRAINING GUIDE / WEEK 2

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TIPS FOR PLANNING:

- » Choose your Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan when to discuss the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

DAY 1

Short Tempo Run

10 X RUN FOR 30 SEC / WALK FOR 30 SEC

- » The students will run for 30 seconds and then walk for 30 seconds for a total of 10 times.
- » The goal is for them to run at an even pace.
- » They do not have to walk if they do not need to.

DAY 2

Long Tempo Run

5 X RUN FOR 2:00 MIN / WALK FOR 1:00 MIN

- » The students will run for 2 minutes and then walk for 1 minute for a total of 5 times.
- » The goal is for them to run at an even pace.
- » Encourage students to run the entire time, but walking is okay if needed.



Photo credit: Josh Gurnick



WELLNESS & NUTRITION FOCUS / WEEK 2



Wellness Focus MENTAL HEALTH

Mental health exists on a continuum. It can change - move up and down the continuum depending on different circumstances - and can get better or worse.

DID YOU KNOW?

“Thriving” or “excelling” on the mental health continuum is supported by healthy habits and may result in the following positive effects:

- Getting 8-10 hours of sleep each night.
- Moving your body 60 minutes a day.
- Your emotions and moods tend to be stable (meaning you experience highs and lows but are able to come out of them).
- Succeeding in school.
- Enjoying being with friends, family and other important people.

CHECK IN

- Where are you today on the continuum? Is this where you want to be?
- You can access the mental health continuum in the motivator tools section.



Nutrition Focus FRUITS

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried and may be whole, cut-up or pureed.

DID YOU KNOW?

- People who eat more fruits and vegetables as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases.
- Most fruits are naturally low in fat, sodium, and calories.
- Fruits are sources of many essential nutrients, including potassium, dietary fiber, vitamin C and folic acid (folate).
- Vitamin C is important for growth and repair of tissues.



DAILY TARGET: 2 CUPS

- 1 cup counts as:
- 1 large banana
 - 1 cup mandarin oranges
 - 1/2 cup raisins
 - 1 cup of 100% grapefruit juice

TIPS

- **Variety.** Buy fruits that are fresh, dried, frozen, or canned (in water or 100% juice) .
- **Snacks.** Try dried fruits mixed with nuts or whole fruits like apples.
- **Convenience.** Individual containers of fruits, like peaches and applesauce, are easy to carry.
- **Fiber.** Make the most of your choices. Choose whole or cut up fruit over juice for the dietary fiber it provides.



TRAINING GUIDE / WEEK 3

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TIPS FOR PLANNING:

- » Choose your Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan when to discuss the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

DAY 1

Short Tempo Run

10 X RUN FOR 45 SEC / WALK FOR 45 SEC

- » The students will run for 45 seconds and then walk for 45 seconds for a total of 10 times.
- » The goal is for them to run at an even pace.
- » They do not have to walk if they do not need to.

DAY 2

Long Tempo Run

5 X RUN FOR 3:00 MIN / WALK FOR 1:00 MIN

- » The students will run for 3 minutes and then walk for 1 minute for a total of 5 times.
- » The goal is for them to run at an even pace.
- » Encourage students to run the entire time, but walking is okay if needed.



Photo credit: Terry Fletcher



WELLNESS & NUTRITION FOCUS / WEEK 3



Wellness Focus MENTAL HEALTH

In life, we will be faced with ups and downs and may find ourselves struggling, or in crisis on the mental health continuum.

DID YOU KNOW?

When you are “in crisis” or “struggling” on the mental health continuum you may be experiencing some of these things:

- Getting too much or too little sleep.
- Having unstable emotions (excessive sadness, anger, or exhaustion).
- Missing a lot of school.
- Experiencing a decrease in social interaction.

CHECK IN

- If you have been struggling or in crisis before, what is one thing you can do that has helped before?
- You can access the mental health continuum in the motivator tools section.



Nutrition Focus VEGETABLES

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked, fresh, frozen, canned or dried, and may be whole, cut-up or mashed.

DID YOU KNOW?

- Most vegetables are naturally low in fat and calories without added sauces and seasonings.
- Vegetables are important sources of many nutrients, which may include potassium, dietary fiber, folate, vitamin A and vitamin C.
- Vitamin A keeps eyes and skin healthy and helps protect against infections. Vitamin C helps heal cuts, wounds, and keeps teeth and gums healthy.



DAILY TARGET: 2 1/2 CUPS

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

TIPS

- **Vary Your Veggies.** Try a vegetable you’ve never tried before and test a new recipe.
- **Brighten Your Plate.** Choose vegetables that are rich in color, such as cherry tomatoes, sweet potatoes or acorn squash. They are full of vitamins and minerals.
- **Substitute Sides.** Instead of the typical fried side dish, ask for a side of vegetables or a salad with dressings on the side.



TRAINING GUIDE / WEEK 4

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TIPS FOR PLANNING:

- » Choose your Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan when to discuss the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

DAY 1

Short Tempo Run

12 X RUN FOR 45 SEC / WALK FOR 30 SEC

- » The students will run for 45 seconds and then walk for 30 seconds for a total of 12 times.
- » The goal is for them to run at an even pace.
- » They do not have to walk if they do not need to.

DAY 2

Long Tempo Run

4 X RUN FOR 5 MIN / WALK FOR 90 SEC

- » The students will run for 5 minutes and then walk for 1 minute and 30 seconds for a total of 4 times.
- » The goal is for them to run at an even pace.
- » Encourage students to run the entire time, but walking is okay if needed.



Photo credit: Terry Fletcher



WELLNESS & NUTRITION FOCUS / WEEK 4



Wellness Focus MENTAL HEALTH

Coping skills are strategies we use to manage feelings, emotions, and stress. These strategies help us wherever we may be on the mental health continuum. Deep breathing is a great coping strategy. Unlike normal breathing, taking deep breaths encourages you to slow down and pay attention to your body as you inhale and exhale.

DID YOU KNOW?

Deep breathing can help:

- Decrease stress.
- You remain calm.
- Sharpen the ability to focus and learn.
- Slow the heart rate.
- Help to control your emotions.

TEST IT OUT

- Slowly take a deep breath in through your nose and exhale through your mouth. Repeat this for 1-minute.



CHECK IN

- How did the breathing activity feel?
What was the hardest part?



Nutrition Focus PROTEIN

Proteins include meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts, and seeds. Beans and peas are also part of the vegetable group.

DID YOU KNOW?

- Proteins are vital for the health and maintenance of your body.
- Proteins function as building blocks for bones, muscles, cartilage, skin and blood. They are also building blocks for enzymes, hormones, and vitamins. Vitamin B, found in this group, serves a variety of functions in the body.



DAILY TARGET: 5 1/2 OUNCES

1 ounce counts as:

- 1/4 cup cooked beans
- 1 Tbsp peanut butter
- 1 egg

TIPS

- **Select Seafood.** Choose seafood at least twice a week.
- **Go Lean.** Choose lean cuts of meat and ground beef. Avoid foods that are high in saturated fat and cholesterol that may have health implications.
- **Save with Eggs.** Eggs can be an inexpensive protein option.



TRAINING GUIDE / WEEK 5

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TIPS FOR PLANNING:

- » Choose your Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan when to discuss the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

DAY 1

Short Tempo Run

10 X RUN FOR 1 MIN / WALK FOR 45 SEC

- » The students will run for 1 minute and then walk for 45 seconds for a total of 10 times.
- » The goal is for them to run at an even pace.
- » They do not have to walk if they do not need to.

DAY 2

Long Tempo Run

3 X RUN FOR 6 MIN / WALK FOR 2 MIN

- » The students will run for 6 minutes and then walk for 2 minutes for a total of 3 times.
- » The goal is for them to run at an even pace.
- » Encourage students to run the entire time, but walking is okay if needed.



Photo credit: Terry Fletcher



WELLNESS & NUTRITION FOCUS / WEEK 5



Wellness Focus MENTAL HEALTH

Grounding techniques help us to be present in the moment and are very beneficial if we are feeling overwhelmed, angry, extremely sad, or even tired.

DID YOU KNOW?

Grounding techniques can:

- Help prevent negative emotions.
- Help us to be present in the moment.
- Be done without other people knowing.
- Guide you to use your 5 senses to help ground your attention.

CHECK IN

- When could you use a grounding activity? At home? At school?

TEST IT OUT

Try this grounding activity to explore your five senses. It will help you gently turn your attention to the present moment and surroundings.

- Point out **five** things around you that you can see.
- Say **four** things you can feel.
- Say **three** things you hear.
- Identify **two** things you can smell.
- Say **one** thing you can taste.

Take another deep breath to end the activity and reflect on your experience.



Nutrition Focus DAIRY

All fluid milk products and many foods made from milk are considered part of the dairy group. Most dairy choices should be fat-free or low-fat.

DID YOU KNOW?

- Dairy nutrients include calcium, potassium, vitamin D, and protein. Intake is linked to improved bone health.
- Calcium is used for building bones and teeth. It is important during childhood and adolescence when bone mass is being built.
- Calcium-fortified soymilk is also part of the dairy group.



DAILY TARGET: 3 CUPS

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

TIPS

- **Go fat-free or low-fat.** Choose fat-free or low-fat milk, yogurt, or cheese. Fat and added sugars count against your limit for calories in these areas.
- **Alternate options available.** Calcium-fortified juices, cereals, breads, rice milk or almond milk, soybeans, and kale are choices for those who do not consume dairy.



TRAINING GUIDE / WEEK 6

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TIPS FOR PLANNING:

- » Choose your Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan when to discuss the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

** If Week 6 is your final week, please complete the tasks found on page 24. **

DAY 1

Short Tempo Run

12 X RUN FOR 1 MIN / WALK FOR 30 SEC

- » The students will run for 1 minute and then walk for 30 seconds for a total of 12 times.
- » The goal is for them to run at an even pace.
- » They do not have to walk if they do not need to.

DAY 2

Long Tempo Run

3 X RUN FOR 7 MIN / WALK FOR 2 MIN

- » The students will run for 7 minutes and then walk for 2 minutes for a total of 3 times.
- » The goal is for them to run at an even pace.
- » Encourage students to run the entire time, but walking is okay if needed.



Photo credit: Josh Gurnick



WELLNESS & NUTRITION FOCUS / WEEK 6



Wellness Focus MENTAL HEALTH

Gratitude means being thankful and showing your appreciation for something. Gratitude helps us open our eyes to the positive in our lives, and to see the opportunities around us.

DID YOU KNOW?

Gratitude can:

- Reduce depression.
- Increase happiness.
- Strengthen resilience.
- Increase energy.
- Increase self-esteem.

TEST IT OUT

We can practice gratitude by journaling what we are thankful for, random acts of kindness, saying please and thank you, or even by celebrating the successes of others.

CHECK IN

- Name one thing you are grateful for at home and in school.



Nutrition Focus BEVERAGES/ADDED SUGAR



Added sugars are sugars and syrups that are added to food/beverages when they are processed/prepared. Drink and eat beverages and food with less sodium, saturated fats, and added sugars.

DID YOU KNOW?

- Most of us eat and drink too many added sugars from foods such as cakes, cookies, soft drinks, syrups, etc.
- Eating at home more often may help you know exactly what you are eating. If you eat out, check and compare nutrition information.
- This group does not include natural sugars found in milk and fruits.



LIMIT ITEMS HIGH IN:

- **Sodium**, such as soups, sauces and gravies
- **Saturated fat**, which is often found in animal products
- **Added sugars**, including high-fructose corn syrup and lactose
- **Calories**, especially empty calories from soft drinks, etc.

TIPS

- **Drink Water.** Water is calorie free. Non-diet soda, energy or sports drinks and other sugar sweetened drinks contain a lot of calories from added sugars and have few nutrients.
- **Exercise Your Options.** Choose fruits over foods with added sugar, vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream, or cheese.



TRAINING GUIDE / FINAL WEEK

Below are the items to tackle this week for a strong finish!

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TIPS FOR PLANNING:

- » Choose your Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan when to discuss the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

DAY 1

Short Tempo Run

10 X RUN FOR 90 SEC / WALK FOR 30 SEC

- » The students will run for 1 minute and 30 seconds, and then walk for 30 seconds for a total of 10 times.
- » The goal is for them to run at an even pace.
- » They do not have to walk if they do not need to.

DAY 2

Long Tempo Run

2 X RUN FOR 9 MIN / WALK FOR 2 MIN 30 SEC

- » The students will run for 9 minutes and then walk for 2 minutes and 30 seconds for a total of 2 times.
- » The goal is for them to run at an even pace.
- » Encourage students to run the entire time, but walking is okay if needed.

During your final week, please also complete the following:

REVIEW THE FOLLOWING:

1. Race Procedures
2. Discuss Etiquette of Running in an Event
(please reference the *Etiquette of Running in an Event* document & Video)
3. What to wear
4. Review transportation to the event
5. Race times
6. Pre - Race Things to Know

PLEASE COMPLETE AND RETURN THE FOLLOWING:

1. FitnessGram - Post Pacer Test
2. Post - Nutrition & Physical Activity Survey
3. Post - Mental Health Survey
4. Testimonials



WELLNESS & NUTRITION FOCUS FINAL WEEK

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Wellness Focus **MENTAL HEALTH**

Positive talk or thinking can be called “affirmations.” Affirmations are positive words or statements that you think or say, and believe to be true. They help you challenge and overcome negative thoughts and help you believe in yourself.

DID YOU KNOW?

- Each day, we have about 70,000 thoughts. Of those, approximately 70% are negative.
- Positive self talk can reframe our negative thoughts and feelings.
- Positive self talk helps to increase mental and physical well-being.
- Positive self talk can reduce stress and boost confidence.

CHECK IN

- Share with a partner a daily affirmation you would like to adapt.

TEST IT OUT

There are three steps you can take to create your daily affirmation:

- **Step One.** Think about the behaviors you’d like to change in your life.
- **Step Two.** Come up with a positive and achievable statement that is the opposite of these thoughts.
- **Step Three.** Recite the affirmation several (2-3) times a day, especially when you find yourself slipping into negative self-talk or when engaging in the negative behavior.



Nutrition Focus **REVIEW**

Use MyPlate to build your healthy eating style and maintain it for a lifetime.
Start with small changes to make healthier choices you can enjoy.

- **Find your healthy eating style.** Eat a variety of foods regularly to get the nutrients and calories you need.
- **Fill your plate with healthy options.** Vegetables and fruits are full of nutrients that support good health.
- **Include whole grains.** Aim to make at least half of your grains whole grains that provide more nutrients.
- **Add lean protein.** Choose proteins such as lean beef, fish, chicken, or turkey and eggs, nuts, beans and tofu.
- **Don’t forget the dairy.** Seek out fat-free or low-fat dairy options for calcium and other essential nutrients.
- **Avoid extra fat.** Select healthier options for sauces and seasonings that are low in fat and calories.
- **Consider your drink.** Choose water or other drinks without added sugars to complement your meal.

PRE-NUTRITION, MENTAL HEALTH & PHYSICAL ACTIVITY SURVEY

Respond to each question below by circling your answer.

Please choose only one answer per question.

NAME: _____

DATE: _____

1. Please circle one for your gender:

- » Male
- » Female
- » Other
- » Prefer not to say

2. What is your ethnicity?

- » Hispanic or Latino or Spanish origins
- » Not Hispanic or Latino or Spanish origins

3. What is your race?

- » American Indian or Alaska Native
- » Black or African American
- » Native Hawaiian or Other Pacific Islander
- » Asian
- » White
- » Other
- » Multiracial

4. What grade are you in?

- » Kindergarten
- » 1st Grade
- » 2nd Grade
- » 3rd Grade
- » 4th Grade
- » 5th Grade
- » 6th Grade
- » 7th Grade
- » 8th Grade
- » Other

5. Overall how would you rate your physical health? (Circle one.)

- » Excellent ---- Average ---- Somewhat Poor ---- Poor ---- Not Sure

6. Overall how would you rate your mental health? (Circle one.)

- » Excellent ---- Average ---- Somewhat Poor ---- Poor ---- Not Sure

7. When was the last time you felt really happy?

- » Today
- » A few days ago
- » A few weeks ago
- » A few months ago
- » I do not remember

8. During the past 4 weeks, has your mental health stopped you from being able to do school work?

- » Yes
- » No
- » Not Sure

9. During the past 7 days, how often have you talked positively to yourself?

- » I talked positively to myself every day
- » I talked positively to myself at least 4 days last week
- » I talked positively to myself at least 1 day last week
- » I don't remember talking positively to myself

10. I have multiple strategies for reducing stress and improving my mental wellbeing.

- » Yes - I have strategies
- » No - I do not have strategies
- » Not Sure

11. Do you know which organ or tissue CANNOT be donated to save or heal another person?

- » Kidney
- » Brain
- » Bone
- » Liver

12. During the past 7 days, on how many days were you physically active for a total of at least 30 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- » 0 to 1 days
- » 2 to 3 days
- » 4 to 5 days
- » 5 to 7 days

13. Do you feel better after exercising?

- » Yes
- » No
- » Sometimes

14. During the past 7 days, how often did you sleep more than 8 hours?

- » I did not sleep more than 8 hours any day
- » I slept more than 8 hours 1 to 3 days
- » I slept more than 8 hours 4 to 7 days

15. During the past 7 days, how often did you eat fresh fruit? (Do not count fruit juice.)

- » 1-3 times
- » 4-7 times
- » I did not eat any fresh fruit last week

16. During the past 7 days, how often did you eat fresh vegetables?

- » 1-3 times
- » 4-7 times
- » I did not eat any fresh vegetables last week

17. During the past 7 days, how often did you eat breakfast?

- » 1-3 times
- » 4-7 times
- » I did not eat breakfast last week

18. During the past 7 days, how many times did you drink milk? (You can count milk you drank from a cup or glass, from a carton, or in your cereal.)

- » 1-3 times
- » 4-7 times
- » I did not drink milk last week

Name _____

Pacer Score Sheet Total _____

01 02 03 04 05 06 07 08 09 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30
31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50
51 52 53 54 55 56 57 58 59 60
61 62 63 64 65 66 67 68 69 70
71 72 73 74 75 76 77 78 79 80
81 82 83 84 85 86 87 88 89 90
91 92 93 94 95 96 97 98 99 100

Scorer marks a diagonal line through the number of each completed lap and a circle around the number of any missed lap (a lap not completed before the beep). After the second circle, the test is complete for that student.

Example: If miss one is recorded at lap six and miss two is recorded at lap nine, the student's score would be eight.

POST-NUTRITION, MENTAL HEALTH & PHYSICAL ACTIVITY SURVEY

Respond to each question below by circling your answer.

Please choose only one answer per question.

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NAME: _____

DATE: _____

1. Please circle one for your gender:

- » Male
- » Female
- » Other
- » Prefer not to say

2. What is your ethnicity?

- » Hispanic or Latino or Spanish origins
- » Not Hispanic or Latino or Spanish origins

3. What is your race?

- » American Indian or Alaska Native
- » Black or African American
- » Native Hawaiian or Other Pacific Islander
- » Asian
- » White
- » Other
- » Multiracial

4. What grade are you in?

- » Kindergarten
- » 1st Grade
- » 2nd Grade
- » 3rd Grade
- » 4th Grade
- » 5th Grade
- » 6th Grade
- » 7th Grade
- » 8th Grade
- » Other

Please return survey when complete.

5. How would you rate your physical health? (Circle one.)

» Excellent ---- Average ---- Somewhat Poor ---- Poor ---- Not Sure

6. How would you rate your mental health? (Circle one.)

» Excellent ---- Average ---- Somewhat Poor ---- Poor ---- Not Sure

7. When was the last time you felt really happy?

- » Today
- » A few days ago
- » A few weeks ago
- » A few months ago
- » I do not remember

8. During the past 4 weeks, has your mental health stopped you from being able to do school work?

- » Yes
- » No
- » Not Sure

9. During the past 7 days, how often have you talked positively to yourself?

- » I talked positively to myself every day
- » I talked positively to myself at least 4 days last week
- » I talked positively to myself at least 1 day last week
- » I don't remember talking positively to myself

10. I have multiple strategies for reducing stress and improving my mental wellbeing.

- » Yes - I have strategies
- » No - I do not have strategies
- » Not Sure

11. Do you know which organ or tissue CANNOT be donated to save or heal another person?

- » Kidney
- » Brain
- » Bone
- » Liver

12. During the past 7 days, on how many days were you physically active for a total of at least 30 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- » 0 to 1 days
- » 2 to 3 days
- » 4 to 5 days
- » 5 to 7 days

13. Do you feel better after exercising?

- » Yes
- » No
- » Sometimes

14. During the past 7 days, how often did you sleep more than 8 hours?

- » I did not sleep more than 8 hours any day
- » I slept more than 8 hours 1 to 3 days
- » I slept more than 8 hours 4 to 7 days

15. During the past 7 days, how often did you eat fresh fruit? (Do not count fruit juice.)

- » 1-3 times
- » 4-7 times
- » I did not eat any fresh fruit last week

16. During the past 7 days, how often did you eat fresh vegetables?

- » 1-3 times
- » 4-7 times
- » I did not eat any fresh vegetables last week

17. During the past 7 days, how often did you eat breakfast?

- » 1-3 times
- » 4-7 times
- » I did not eat breakfast last week

18. During the past 7 days, how many times did you drink milk? (You can count milk you drank from a cup or glass, from a carton, or in your cereal.)

- » 1-3 times
- » 4-7 times
- » I did not drink milk last week

19. Do you feel healthier now than when you started the run club at your school?

- » Yes
- » No

20. Have you made an effort to eat more fresh fruits and vegetables since starting the run club?

- » Yes
- » No

21. Do you want to continue running and exercising regularly even after run club has ended?

- » Yes
- » No

22. Do you want to share anything else that you learned as part of this experience?

» _____

Name _____

Pacer Score Sheet Total _____

01 02 03 04 05 06 07 08 09 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30
31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50
51 52 53 54 55 56 57 58 59 60
61 62 63 64 65 66 67 68 69 70
71 72 73 74 75 76 77 78 79 80
81 82 83 84 85 86 87 88 89 90
91 92 93 94 95 96 97 98 99 100

Scorer marks a diagonal line through the number of each completed lap and a circle around the number of any missed lap (a lap not completed before the beep). After the second circle, the test is complete for that student.

Example: If miss one is recorded at lap six and miss two is recorded at lap nine, the student's score would be eight.

Follow these guidelines to create a safe, enjoyable race experience for you and others!

PRE-RACE ETIQUETTE

- » Pin your race number (bib) on the front of your shirt/shorts where it is most visible.
- » Line up according to how fast you plan to run or walk the event.
- » Pay attention to the pre-race instructions.

RACE ETIQUETTE

- » If you drop something as the race starts, do not stop and pick it up! Wait until almost everyone has crossed the starting line and then retrieve it.
- » Do not block runners coming up behind you.
- » If you are walking in a group, stay to the back of the pack and follow the ‘no more than two side-by-side’ rule.
- » Move to the side if someone behind you says “excuse me” or “on your right/left.” The person behind you is giving you a heads up before passing.
- » If someone in front of you is wearing headphones and they are blocking you, gently touch their elbow or shoulder as you pass to alert them of your presence.
- » If you need to tie your shoe or stop for any reason, step off the course.
- » Pay attention to your surroundings. The course may or may not be closed to traffic. It is your responsibility to watch for oncoming traffic!
- » Yield the right of way to all police and emergency vehicles. Yield the course to wheelchair athletes as you can change direction or stop more quickly.
- » Don’t cheat! Don’t cut the course or run with someone else’s number.

FINISH LINE ETIQUETTE

- » Follow the instructions of the race officials at the finish.
- » Once you have crossed the finish line, keep moving forward through the chute.
- » Exit the chute and go to the designated meeting spot for your school.
- » Say thank you to the volunteers!
- » Enjoy the post-race refreshments, but be considerate.

Source: These running etiquette guidelines are courtesy of [Road Runners Club of America \(RRCA\)](#).



APEX BENEFITS MONUMENTAL KIDS MOVEMENT TESTIMONIAL

Upon completion, please return to your Motivator.

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THANK YOU FOR PARTICIPATING IN THE APEX BENEFITS MONUMENTAL KIDS MOVEMENT!

Please share your experience with us. We want to know how it made you feel to participate in the program, and what the journey from start to race day was like for you.

Name

Grade

School

IDEA STARTERS

- » What did you learn?
- » How did you feel at the beginning compared to the end?
- » How have your exercise or eating habits changed?

THANK YOU

Thank you for serving as a Motivator for the Apex Benefits Monumental Kids Movement!



Thank you for serving as a Motivator for the Apex Benefits Monumental Kids Movement. We are grateful for your willingness to serve and help educate Indianapolis youth about the benefits of exercise, proper diet, and healthy living.

On behalf of the kids and all of us at Beyond Monumental, we thank you for helping us actively support youth health and well-being through exceptional events and programs centered around the sport of running.

Volunteers like you are key to this program, and we could not do this without you. We hope you have enjoyed serving in this role and leading the running club at your school. We look forward to supporting you in this role in future years as the program continues to grow.

Be sure to submit your testimonial along with the testimonials of your students at the conclusion of the program. Your input will help us make adjustments to the program as we seek to reach more students and schools in Central Indiana.

Nathan Smurdon, Senior Director | Events & Programs

Nathan@beyondmonumental.org

WEEKLY AND DAILY SCHEDULE

Below is a suggested schedule to use as a guide for running the Monumental Kids Movement program.

WEEK 1 -

- » **Day 1:** Warm Up / Game
Pacer Test Pre-Survey
Cool Down
- » **Day 2:** Warm Up / Game
One Mile Test
Cool Down

WEEK 2 -

- » **Day 1:** Warm Up / Game
10 X Run for 30 sec/Walk for 30 sec
Cool Down
- » **Day 2:** Warm Up / Game
2 X Run for 2 min/Walk for 1 min
Cool Down

WEEK 3 -

- » **Day 1:** Warm Up / Game
10 X Run for 45 sec/Walk for 45 sec
Cool Down
- » **Day 2:** Warm Up / Game
5 X Run for 3 min/Walk for 1 min
Cool Down

WEEK 4 -

- » **Day 1:** Warm Up / Game
12 X Run for 45 sec/Walk for 30 sec
Cool Down
- » **Day 2:** Warm Up / Game
4 X Run for 5 min/ Walk for 90 sec
Cool Down

WEEK 5 -

- » **Day 1:** Warm Up / Game
10 X Run for 1:00/Walk for 45 sec
Cool Down
- » **Day 2:** Warm Up / Game
3 X Run for 6 min/Walk for 2 min
Cool Down

WEEK 6 -

- » **Day 1:** Warm Up / Game
12 X Run for 1:00/Walk for 30 sec
Cool Down
- » **Day 2:** Warm Up / Game
3 X Run for 7 min/Walk for 2 min
Cool Down

WEEK 7 -

- » **Day 1:** Warm Up / Game
12 X Run for 1:30/Walk for 30 sec
Cool Down
- » **Day 2:** Warm Up / Game
2 X Run for 9 min/Walk for 2 min30 sec
Cool Down

FINAL WEEK TASKS -

- » Pacer Test / Post-Surveys
- » 1-mile Test
- » Testimonials

SIGN YOUR STUDENT UP TO PARTICIPATE IN THE MONUMENTAL KIDS MOVEMENT

The Apex Benefits Monumental Kids Movement is a 6-week or more curriculum-based youth running program that focuses on educating Indianapolis youth about the benefits of exercise, proper diet, and healthy living. At the end of the program, qualifying students have the opportunity to participate in a culminating 5K.

ABOUT THE PROGRAM

Indiana ranks poorly when it comes to physical fitness. To help combat childhood obesity and encourage healthy, active lifestyles, Beyond Monumental has created and partnered with Apex Benefits to provide the Apex Benefits Monumental Kids Movement to benefit students in Central Indiana. Since it started in 2012, the program has expanded to reach more than 15,000 participants in 61 schools and continues to grow.



Photo credit: Jake Rytlewski

WHY YOUR STUDENT SHOULD PARTICIPATE

Your student's school has chosen to offer this program, and we hope you will consider allowing your student to participate. Below are some of the program's key features and benefits to students:

- » Get active and learn about nutrition
- » No cost to participate
- » Students with at least 75% participation earn a 5K race entry
- » Offers memorable experiences that will benefit them in many ways

JOIN THE MOVEMENT

If you'd like your student to participate in the Apex Benefits Monumental Kids Movement, please sign and return the attached pledge.

Questions may be directed to your school's designated Motivator.

MONUMENTAL KIDS MOVEMENT STUDENT AND PARENT PLEDGE

Please review, sign and return.

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The Apex Benefits Monumental Kids Movement is a 6-week plus youth running program that culminates with students running in a 5K. The twice-per-week program focuses on educating Indianapolis youth about the benefits of exercise, proper diet and healthy living. We look forward to having your student participate!

STUDENT PLEDGE

- » I will give my best effort and show good sportsmanship throughout the program.
- » I will treat all students, teachers, and parents with respect.
- » I will work hard and remember that I am here to learn and have fun.
- » I will attend at least 75% of the training sessions.
- » I will participate in the 5K at the end of the program.

Student Signature

Date

PARENT/GUARDIAN PLEDGE

- » I will encourage good sportsmanship by demonstrating positive support for all students, teachers, and parents throughout the program.
- » I will ask my student to treat other students, teachers and parents with respect.
- » I will remember that my student is here to learn and have fun.
- » I will make sure my student has 75% attendance at training sessions.
- » I will make sure my student attends the 5K at the end of the program.

Parent/Guardian Signature

Date

INSCRIBA A SU ESTUDIANTE PARA PARTICIPAR EN EL MOVIMIENTO MASIVO PARA NIÑOS

El ápice Beneficia al Movimiento Masivo para Niños (Apex Benefits Monumental Kids Movement) es un programa para jóvenes corredores basado en un currículum de seis semanas que se enfoca en educar a la juventud de Indianápolis sobre los beneficios del ejercicio, una dieta apropiada y una vida sana. Al final del programa, los estudiantes que clasificaron tienen la oportunidad de participar en un 5K.

ACERCA DEL PROGRAMA

Indiana alcanza niveles muy bajos cuando se trata de aptitud física. Para ayudar a combatir la obesidad infantil y estimular estilos de vida sanos y activos, Beyond Monumental ha creado el ápice Beneficia al Movimiento Masivo para Niños para beneficiar a los estudiantes de Indiana Central. Desde sus comienzos en 2012, el programa ha crecido hasta alcanzar más de 61 escuelas y 15000 participantes y sigue creciendo.



Photo credit: Jake Rytlewski

POR QUÉ SU ESTUDIANTE DEBERÍA PARTICIPAR

La escuela de su estudiante ha decidido ofrecer este programa y esperamos que considere permitirle a su estudiante participar. A continuación, se encuentran algunos de los aspectos claves y beneficios para los estudiantes:

- » Se volverán activos y aprenderán sobre nutrición
- » Participarán sin ningún costo
- » Los estudiantes con al menos un 75% de participación obtienen una entrada para la carrera de 5K
- » Les ofrece una experiencias memorable que los beneficiará de muchas formas

ÚNETE AL MOVIMIENTO

Si desea que su estudiante participe en el ápice beneficia al movimiento Masivo para Niños, por favor firme y devuelva el compromiso adjunto.

Las preguntas se pueden dirigir al motivador designado en su escuela.

MONUMENTAL KIDS MOVEMENT COMPROMISO DE LOS ESTUDIANTES Y PADRES

Revise, firme y devuelva.

El ápice Beneficia al Movimiento Masivo (Apex Benefits Monumental Kids Movement) es un programa juvenil de carreras de seis semanas que culmina con la carrera de los estudiantes en un 5K. El programa quincenal se centra en educar a los jóvenes de Indianápolis acerca de los beneficios del ejercicio, una dieta adecuada y una vida saludable. ¡Esperamos con ansias que su estudiante participe!

COMPROMISO DEL ESTUDIANTE

- » Haré mi mejor esfuerzo y mostraré un buen espíritu deportivo durante todo el programa.
- » Trataré con respeto a todos los estudiantes, profesores, y padres.
- » Trabajaré duro y recordaré que estoy aquí para aprender y divertirme.
- » Asistiré al menos a 75% de las sesiones de entrenamiento.
- » Participaré en los 5K al final del programa.

Firma del estudiante

Fecha

COMPROMISO DEL PADRE/TUTOR

- » Alentaré el buen espíritu deportivo al demostrar apoyo positivo para todos los estudiantes, profesores y padres durante todo el programa.
- » Le pediré a mi estudiante que trate con respeto a otros estudiantes, profesores, y padres.
- » Recordaré que mi estudiante está aquí para aprender y divertirse.
- » Me aseguraré de que mi estudiante asista al 75% de las sesiones de entrenamiento.
- » Me aseguraré de que mi estudiante asista a los 5K al final del programa.

Firma del padre/tutor

Fecha