

## TIPS OF THE WEEK

**Using 'Tips of the Week' is a great way to share important info with KRC participants about not only running but healthy living too. Share running tips before your group runs and healthy living tips following the run.**

RUNNING TIPS	HEALTHY LIVING TIPS
<b>BASIC TIPS: WARMING UP &amp; PACING &amp; PUSHING YOURSELF</b> <p>Warm-up before running with brisk-walking, slow jogging, skipping, playing running games or doing running drills.</p> <p>Start off slower than you think to warm-up; keep it at a jog for runs longer than 2 mins; keep walking breaks to max of 90 seconds; alternate btw walking/jogging, gradually adding longer spurts of running; push yourself by running 20+ extra steps before walking.</p>	<b>SUGARY BEVERAGES – THINK YOUR DRINK!</b> <p>SO many drinks have lots of sugar, whether it's added or part of fruit concentrate used to make the drink. Drinks that are very sweet and you should limit include: chocolate milk, 100% fruit juice, vitamin &amp; flavoured water, sports drinks, pop, store-bought smoothies and iced teas. Avoid caffeinated &amp; energy drinks.</p> <p>The best drink to have when you are thirsty is <b>WATER!</b></p>
<b>SAFETY</b> <p>Run with others; avoid running in wooded areas &amp; the dark or crossing streets if possible; tell someone your route &amp; return time; wear bright clothing; if you listen to music, use only 1 ear bud &amp; keep volume low; &amp; be <b>SUN SAFE</b>: wear sunscreen, a hat &amp; sunglasses.</p>	<b>PROTECT YOUR SLEEP</b> <p>Your body &amp; brain need sleep to function well. Keep screens out of your bedroom and stop all screen time 1 hour before bedtime. Have a bedtime routine to help you get ready for sleep like having a bath, reading a book or journalling.</p>
<b>SIDE STITCHES</b> <p><b>PREVENT</b> stitches by starting off slowly, breathing deeply through mouth &amp; running tall. <b>GET RID</b> of stitches by slowing down, running tall, inhaling deeply through nose &amp; exhaling hard through mouth for 60 secs or more</p>	<b>PORTION DISTORTION</b> <p>Larger portions contribute significantly to poor and excessive nutrition. Take smaller portions of foods/drinks &amp; pause before having seconds. Try using smaller plates, bowls &amp; glasses.</p>
<b>RUNNING TECHNIQUE – HEAD-TO-TOE CHECKLIST</b> <p>Run tall, looking straight ahead; breathe deeply through mouth; swing relaxed arms front to back; don't bend at the hips, have quick, quiet feet; foot lands below body not in front; have a forward lean from the ankles.</p>	<b>HOW MUCH PHYSICAL ACTIVITY EACH DAY?</b> <p>60 min/day, preferably activity that gets your heart pumping. Try playing, biking/walking to school, walking a pet, helping with household chores, dancing to your favorite music, playing sports.</p>
<b>WHAT TO WEAR</b> <p>Comfortable, bright clothing; layers for cold weather runs; sneakers that are tied &amp; fit properly (thumbnail of space between big toe and end of shoe).</p>	<b>SEDENTARY BEHAVIOR</b> <p>Kids spend on average 9 hrs/day not moving, including in front of screens. Track &amp; limit yours, trade an hour of screen time for an hour of activity, interrupt your sedentary time with a little activity at least once/hour.</p>
<b>STRETCHING</b> <p><b>Only dynamic stretching before running, no static stretches.</b> When stretching after running, hold for 15-30 seconds, don't bounce &amp; remember to breathe.</p>	<b>HEALTHY SMOOTHIES</b> <p>Fast food/store bought smoothies tend to have lots of extra sweeteners. Make your own with frozen fruit &amp; veggies (yes green smoothies taste good), yogurt, milk or water, avocado, peanut butter, nuts</p>

	and seeds. Use water or milk as for the base, not juice.
<b>FARTLEKS</b> Great way to add some variety & improve running. After warming up, add short spurts (20-30 secs) of slightly faster running, recover with at least double time easy jog. Add 3-5 to your jog.	<b>STICK WITH WATER TO QUINCH YOUR THIRST</b> Jazz it up with slices of citrus fruit, berries, cucumber, or mint.
<b>RUNNING UPHILL/DOWNHILL</b> <b>Uphill:</b> Look partway up the hill, shorten your strides, land on balls of feet, keep back straight & pump arms hard.  <b>Downhill:</b> Lengthen strides but don't bound, land on heels with bent knees, lower arms slightly.	<b>DO YOU NEED A SPORTS DRINK?</b> Sports drinks contain a lot of sweeteners & artificial ingredients. They are designed for athletes working out very hard for more than an hour and not required for most activities shorter than an hour. If you need extra energy for long workouts, make a homemade drink mixing 1/3 of 100% fruit juice with 2/3 water and a pinch of salt.
<b>MAKE YOUR RUNS MORE FUN</b> Run with friends; find different routes; create an obstacle course; run to get places; train for a fun run; listen to music (one ear bud only); track your runs.	<b>HEALTHY FOOD IN THE HOUSE</b> Avoid having junk food in the house, go shopping with parents & pick some healthy snacks to have at home. Save junk food for only special occasions.
<b>ADD SOME RUNNING DRILLS TO YOUR TRAINING</b> Check out <a href="#">this video with Meb Keflezighi</a> for running drills you can show your participants that can be done as a warm-up or after a run. Great way to reinforce proper running form.	<b>TRY USING ACTIVE TRANSPORTATION</b> Walking or wheeling to get places is a great way to squeeze in some extra physical activity. If your destination is not too far away, try to get there using your own power. If you must be driven, ask to be let off early so you can get some extra steps in.
<b>SPEED WORK</b> Spice up & improve your running by doing intervals once/week. 5 min warm-up slow jogging. Then do repeats of 30-60 seconds, walk btw for 1 min and repeat 4-8 times. Other workout - Pyramid workout: 30 sec, 45 sec, 60 sec, 45 sec, 30 sec intervals with 1 min recovery in between. Cool-down jog for 5 mins.	<b>READ LABELS ON FOODS/DRINKS</b> Read the list of ingredients and nutrition facts table to figure out what's in the foods/drinks you are consuming. Watch for marketing tactics like 'made with 100% fruit' as it will likely contain lots of sugar.
<b>CROSS TRAINING</b> Ask participants for their ideas for different ways to be active. Some ideas are playing other sports, geocaching, hiking, scavenger hunts and playing at the park. Challenge them to try something new.	<b>BEST WAY TO REFUEL AFTER A RUN</b> Water and a piece of fruit! Other healthy snacks: Fruits, veggies & hummus, pretzels, cheese & crackers, banana, apples or celery & peanut butter.
<b>GETTING READY FOR A FUN RUN</b> Have a good breakfast (have a conversation about this) including some water; check the forecast & dress accordingly; get to the event early to pick up race kit; go to the washroom before going to the start; take part in the race warm-up; don't sprint too fast at start, like some other kids do; and have fun!	<b>LEARN TO COOK!</b> Find a tasty recipe for a healthy meal, go shopping for ingredients with your parents & prepare it together. Try to learn one new meal each month.