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Fun in the Summertime!

It's the month of May and time to think about summer! This can be a challenging time with kids at home and "nothing to do". Do you have a plan to keep them physically active and off of the couch and off of video games all day? If not, Nebraska Extension has a program that may be of interest. Marathon Kids is a virtual program that your whole family can sign up for. Yes, marathon does conjure up the idea of running, but if you are not a runner, hold on we have other things that add up to miles! You can count 20 minutes of physical activity as a mile of running and of course mile for mile for running. The more miles you get the more you may be eligible for some fabulous prizes!

This program is a national program so the tracking is very easy. Here are the steps to register:

Step 1: Sign Up Your Runners <https://go.unl.edu/marathonkidsrunner>

Step 2: Join Our Facebook <https://www.facebook.com/groups/246540729850268/>

Step 3: Track Your Miles Online (You will receive information on how to do this upon registering your runners)

Step 4: Complete Marathons and Win Prizes!

The best, you will have a plan in place to keep your kids and your whole family physically active this summer!

The Facebook page will be giving you tips and tricks on how to keep moving this summer. We will have activities and families will be sharing what they are doing to keep logging miles. We also have resources at <https://food.unl.edu/marathonkids> . This site will have physical activity ideas along with healthy recipes to fuel your body with healthy nutrients.

What are you waiting for? Get registered and get moving! If you have any questions at all please reach out to me at ranae.aspen@unl.edu or you may call our office at 308-236-1235. I hope to "see"

some of you and your achievements on our Marathon Kids virtual Facebook page. Have a healthy and happy summer!