

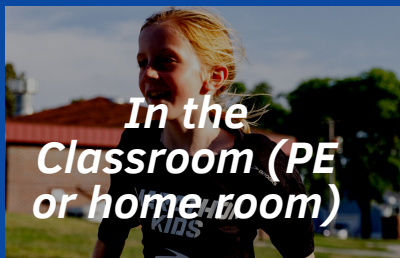
N NEBRASKA EXTENSION **MARATHON KIDS**



BRING MARATHON KIDS TO YOUR CLASSROOM

Marathon Kids is a national running program designed to increase youth's physical activity levels and confidence through running or active minutes.

Teachers love that Marathon Kids is easy to implement, it is low maintenance, and keeps students active and focused on their goals. This is a great program to help you reach state and national health standards. Additionally, the digital platform allows for contactless tracking of miles.



*In the
Classroom (PE
or home room)*



*After or Before
School
Program*



*Recess or
active break
time*



Research Based Benefits

Marathon kids is a research based physical activity program that has vast benefits for the classroom and beyond



Easy to Use & Implement

Marathon kids is easy to implement, low maintenance, and keeps youth active and focused on their goals.



Extension Support & Assistance

Nebraska Extension will be with you every step of the way! You will have support and assistance whenever you need it!

READY TO RUN?
email us at
nemarathonkids@unl.edu

or visit our website by
scanning the QR code.

