

Doctors  
Nova Scotia



# KIDS' RUN CLUB



RUNNER'S HANDBOOK ⚡

What will  
keep me  
**HYDRATED,**  
**HEALTHY** and  
**ENERGIZED?**

# THINK



*your* **DRINK**

- \* Although caffeinated beverages are believed to provide quick bursts of energy, they also pose a risk to your health. **Water is the best way to stay hydrated, healthy and energized.**

**THINK YOUR DRINK** and make healthy choices.





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YOUTH RUN

For doctors. For health. For you.  
**Doctors**  
Nova Scotia

Doctors  
Nova Scotia



# WE KNOW YOU GOT'ER. SO GET OUT AND GIV'ER.



**Victoria Day Weekend**

[BlueNoseMarathon.com](http://BlueNoseMarathon.com)



 Scotiabank®

**BLUE  
NOSE  
MARATHON**





**⚡ WELCOME**

## \* **WELCOME TO DOCTORS NOVA SCOTIA KIDS' RUN CLUB!**

In 2004-05 we started the Kids' Run Club with 3,500 runners and 58 schools. Since then we've grown to 18,000 kids from 270 schools across the province. We're very excited to have you join us and hope that you have a lot of fun!

The goal of Kids' Run Club is to give you a chance to be active and to learn about healthy lifestyles.

The cool thing about the Kids' Run Club is, it doesn't matter if you've run

before or if you can't run very far. This club will teach you about how to pace yourself and push yourself so that you're guaranteed to have success.

Running can be a lot of fun and will help you get and stay healthy. Even kids with physical challenges like asthma can participate. If you have a medical condition that may affect your ability to run, please ask your parent to tell your teacher/coach about it, especially if you'll need medication when running.

**CONGRATULATIONS AND HAVE FUN!**



Coach Barry  
and his kids

---

# CLUB PROFILE

## KIDS' RUN CLUB AT ÉCOLE BURTON ETTINGER SCHOOL

**MORE THAN A RUN CLUB, IT'S A COMMUNITY!**

- 125 kids
- 11 years
- 8 a.m. start time
- Run 1, 2, 3 kms, **2X** a week
- Kids run **all year!**
- KRC participants are in **grades primary to six**
- Everyone goes to the Doctors Nova Scotia Youth Run at the Scotia-bank **Blue Nose Marathon!**
- It's a KRC community -- Students, staff, parents and **grandparents run in the club**
- **Celebrate KRC with the entire school** at monthly assembly



THESE  
SNEAKERS ARE  
READY TO RUN.



ARE YOU?



Doctors Nova Scotia Youth Run

*part of*



THIS JUNE IN SYDNEY, NOVA SCOTIA  
Register at [www.CapeBretonFiddlersRun.com](http://www.CapeBretonFiddlersRun.com)

For doctors. For health. For you.  
**Doctors**  
Nova Scotia



# BE ACTIVE



DID YOU  
KNOW?

## WHY BE ACTIVE?

- Less than 1 in 10 Canadian kids **ARE ACTIVE ENOUGH**. Are you one of them?
- Nova Scotia has one of the **HIGHEST RATES OF OVERWEIGHT PEOPLE** in the country.
- Most kids spend about **7 HOURS** a day **IN FRONT OF VIDEOGAMES, COMPUTERS AND TV**.
- Today's kids may not live to be as old as their parents, unless they **START LIVING MORE HEALTHILY NOW**.



# BENEFITS OF PHYSICAL ACTIVITY

Being active everyday can improve your health by:

- making you **STRONGER**
- strengthening **YOUR HEART**
- **FIGHTING OFF ILLNESS** and disease
- making you **STAND TALL**, have good balance and be more flexible
- helping you **GROW**
- helping you **ACHIEVE A HEALTHY WEIGHT**
- providing chances to **MEET NEW FRIENDS**
- improving your **SELF-ESTEEM**
- **RELIEVING STRESS** and helping you relax

## FUNDAMENTAL MOVEMENT SKILLS

Did you know you need to **learn** how to move?

Being active when you're young is important not just to develop strong, healthy bodies, but to teach your body how to do things like run, jump, and throw. Just as you need to learn about the letters of the alphabet before learning to read a book, you need to learn how to balance on one foot, jump off one foot and land on the other and kick a ball before playing soccer. That's why Doctors Nova Scotia wants you to be active every day, in a whole bunch of ways! For more information about Fundamental Movement Skills, check out [www.activeforlife.com](http://www.activeforlife.com)

PHYSICAL ACTIVITY MAY HELP YOU LIVE LONGER!

## STAND WHEN YOU CAN!

Canadian kids spend about 65% of their day not moving. You need to limit your down time, so **stand when you can!**

- *Stand while talking on the phone or doing homework*
- *Stand up and move around during tv commercials*
- *Speak to your teacher about standing in class*
- *Stand up and move around once per hour whenever you can*

---

## HOW ACTIVE DO YOU NEED TO BE?

Doctors want you to be active for **90 minutes\*** every day.

This includes 30 minutes of **vigorous activity** that gets your heart pumping. You don't have to do all 90 minutes at once. Add up all the activity you do from the time you wake up until you go to bed.

Once you add the running you'll be doing in Kids' Run Club you'll have no problem reaching 90 minutes every day.

10 minutes walking to school

+ 15 minutes playing tag at recess

+ 45 minutes playing outside after school

+ 20 minutes riding your bike

---

= **90** MINUTES

\* Kids need at least 60 minutes of physical activity every day just to grow and develop properly. Your challenge is to try to be active for 90 minutes or more!

# HELPING YOUR FAMILY BE HEALTHY

>>> Did you know that as a kid you can help the rest of your family to live healthier? It's true. Before kids took charge, few people recycled. Kids educated their parents on how to look after the environment. Now most families recycle and compost. It's your turn to teach your family how to take care of their bodies.

Try these ways to make healthy living part of your everyday lives:

- **GET THE WHOLE FAMILY OUTSIDE**—we tend to be more active outside
- Suggest that you park the car and **WALK OR BIKE TO SCHOOL**, the store or the park
- Challenge your parents, brothers or sisters to **TRAIN FOR A FUN RUN** or 5K and do it together
- For birthdays and special occasions **ASK FOR GIFTS THAT MAKE YOU ACTIVE**
- **CREATE GAMES** where everyone must be moving
- **REPLACE TV AND VIDEO GAMES** with an hour of active family time
- During TV commercials, **TRY TO DO SOMETHING ACTIVE** like jumping jacks, skipping or running the stairs
- **EAT MEALS AT THE TABLE** with your family
- Learn how to **READ NUTRITION LABELS** see page 36
- **GO GROCERY SHOPPING** with your parents and pick out some healthy foods together
- Help plan the week's menu in advance to **AVOID LAST MINUTE "FAST" FOOD**
- Stick with **WATER**, as your main drink when thirsty
- Get your whole family to do the **HEALTHY LIVING CHALLENGE** on page 34



## OTHER WAYS TO BE ACTIVE

Need some ideas for ways to be active? Here you go:

play active games

jump rope / skip

hike

rollerblade

swim

dance

skate

build a fort

bike

play at the playground

have scavenger hunts

play soccer

play basketball

do martial arts

walk or bike to school



used with permission  
from the NCHPAD



**BY PARTICIPATING IN THE**

**Kids' Run Club you'll realize how good physical activity makes you feel. Hopefully this will encourage you to be active in several ways every day.**

# ⚡ GET READY TO RUN



## SAFETY TIPS

Staying safe while running is really important so here are some tips to help keep you safe:

- **BE AWARE** of what's going on around you
- **RUN WITH A FRIEND** if possible
- **TELL SOMEONE** where you're running and how long you'll be gone
- **RUN ON SIDEWALKS** or grass
- When on the road, **RUN FACING THE TRAFFIC** and stay in single file
- **NEVER RUN** through wooded areas **ALONE**
- **WEAR BRIGHT, REFLECTIVE CLOTHING**, especially at dusk or in the dark
- When crossing streets at intersections, **MAKE SURE CARS HAVE STOPPED** and walk, rather than run, across the street
- If you wear headphones, **KEEP THE VOLUME LOW** and use only one ear-piece
- Take a **WALKIE-TALKIE OR A CELL PHONE** if you have one
- **BE SUN SAFE.** Use sunscreen & lip balm (SPF30+), wear a hat & sunglasses and keep shoulders covered



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# WHAT TO WEAR WHEN RUNNING

## CLOTHING

You don't need special running clothes to participate in Kids' Run Club. Here's all you need to know about running clothing:

- Wear something comfortable that isn't too tight or too loose
- Dress to stay cool in the heat and warm in the cold
- Dress in layers
- Don't overdress, under dress by a little and you'll be just right
- Have a change of clothes and footwear at school for wet weather days



## SHOES

Although proper running shoes are best for running, any kind of sneaker will do for this program. Here's all you need to know about running shoes:

- Use sneakers, not boots, sandals or shoes with raised heels
- Make sure they fit properly (a thumbnail's space between big toe and end of shoe)
- Tie your shoes properly - not too tight, not too loose
- Wear socks that will not fall down, wrinkle and cause blisters
- To dry wet shoes, stuff them with newspaper and leave them in a warm place



# RUNNING TECHNIQUE

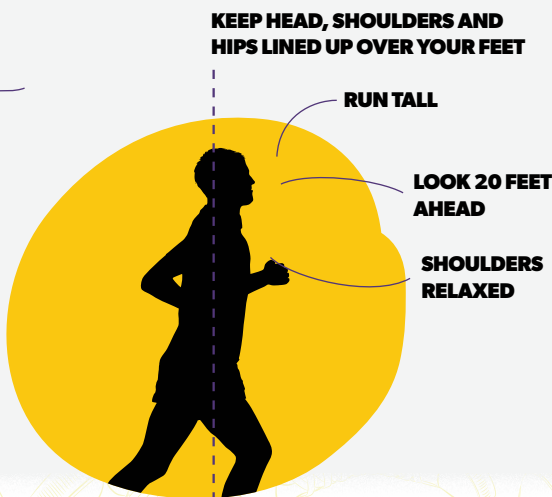


## HEAD-TO-TOE RUNNING FORM CHECKLIST

Using proper running technique can help you run better and avoid injury. Go through this head-to-toe checklist several times while you run.

### HEAD & SHOULDERS

- Stay upright and “run tall”
- Look about 20 feet ahead of you
- Keep head, shoulders and hips lined up over your feet
- Keep your shoulders relaxed not bunched up towards your ears

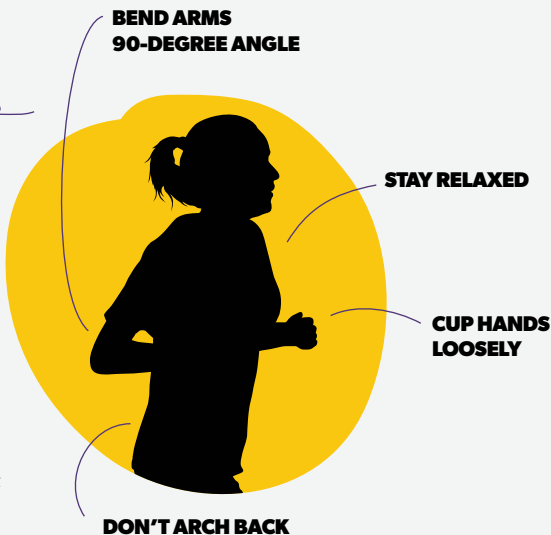


## WHERE SHOULD YOUR FOOT LAND:

Good running form includes having your foot land below your body, not in front. Most new runners overstride and reach in front of their bodies landing on their heels. If you start taking quicker steps, your foot will land more under your body and result in your landing on the ball of your foot and rolling off your toes.

## TRUNK & ARMS

- Stay relaxed without being sloppy
- Don't arch your back
- Bend your arms at a 90-degree angle and swing them from front to back, not side to side
- Keep your hands cupped loosely, not in a fist
- Don't bend forward at your waist

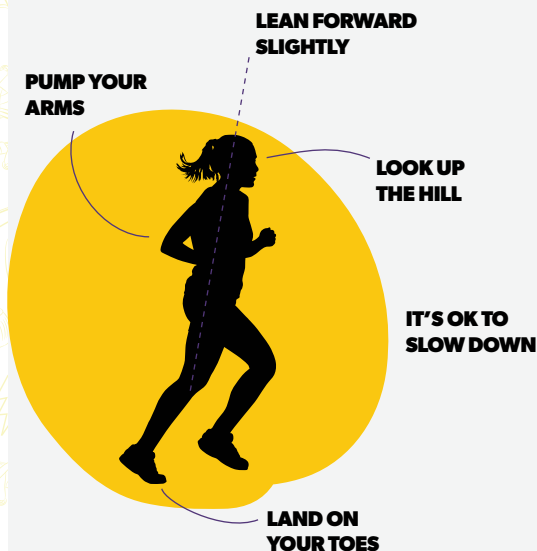


## LEGS & FEET



- Don't bounce - think of going forward not up
- Run quietly without pounding or slapping the ground as you run
- Take quick steps, about 180 per minute (count each step in 30 seconds and multiply by two)

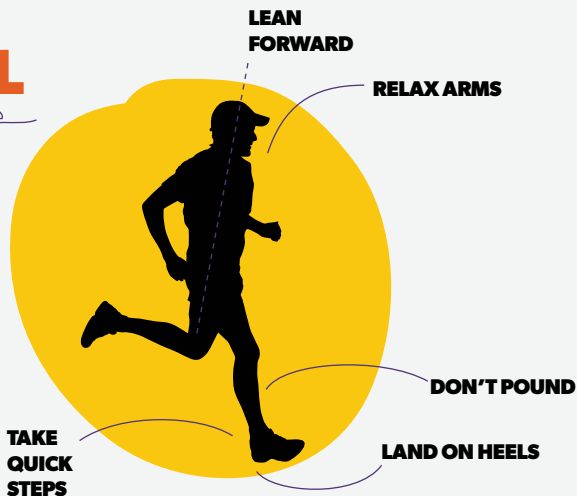
## RUNNING UPHILL



- Lean forward slightly without hunching over
- Keep your back straight
- Pump your arms hard
- Shorten your steps slightly
- Look part way up the hill, not at your feet
- Land on your toes or balls of your feet rather than your heels
- It's ok to slow down a bit, especially on steep hills

## RUNNING DOWNHILL

- Lean forward slightly
- Run quietly, no pounding!
- Let your arms relax and lower a bit
- Land on your heels keeping your knees bent
- Take quick short steps



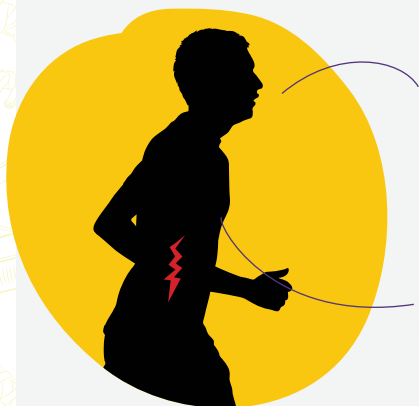


**BREATHE  
THROUGH  
YOUR MOUTH**

**BREATHE  
DEEPLY**

## BREATHING

- Your body needs oxygen to run so breathe in and out through your mouth
- Expect to breathe heavily when you run
- If you're breathing so hard you can't talk, you are running too fast
- Expect to breathe more heavily when going up hills or against the wind



**BREATHE IN  
THROUGH  
YOUR NOSE -  
OUT THROUGH  
YOUR MOUTH**

**BREATHE  
DEEPLY**

## GETTING RID OF A SIDE-STITCH

*(A SHARP PAIN IN YOUR SIDE, NOT A TUMMY-ACHE FROM RUNNING AFTER EATING)*

- Slow down a bit but keep running
- Breathe in through your nose and blow out hard through your mouth for 30 seconds or until the stitch goes away
- If you feel the stitch coming back, repeat
- If this doesn't work, you may want to walk and continue with nose-mouth breathing until the stitch goes away. Start running again slowly once the pain has gone away.



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# RUNNING WITH ASTHMA

>>>As long as your asthma is under control, staying active is important for keeping your lungs and body healthy. If you have asthma and are taking part in the Doctors Nova Scotia Kids' Run Club, keep the following tips in mind:

Having asthma doesn't mean you can't participate in activities like running.

- Get your **DOCTOR'S ADVICE** about treating your asthma when running
- Have your parent **TELL YOUR RUNNING COACH** about your asthma and what you need to do in order to run comfortably
- If your doctor has told you to **USE A PUFFER** make sure you have it on run days
- If cold air makes your asthma worse, **TRY WEARING A SCARF** to cover your nose and mouth. If this doesn't help, you may need to avoid running when it's cold
- **DO AN EASY WARM-UP** of brisk walking or slow jogging for 5 to 10 minutes
- **TAKE A WALKING BREAK** if your breathing becomes very heavy and don't start running again until it feels under control
- **LISTEN TO YOUR BODY.** A little heavy breathing when running is normal for everyone. You'll need to learn the difference between normal "heavy breathing" and the kind of breathing that is caused by your asthma

For more information about asthma, speak to your doctor or visit:

[www.ns.lung.ca](http://www.ns.lung.ca) or [www.asthmakids.ca](http://www.asthmakids.ca)

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# THE SECRETS TO BEING A BETTER RUNNER...

## PACING AND PUSHING YOURSELF

The biggest **mistakes** most new runners make are running **too fast** and **giving up** too soon. The goal for Kids' Run Club is for you to run a final run of 2.1, 4.2 or 5 kilometres. If you run too fast, you'll probably have to take lots of walking breaks. If you don't learn to push yourself, it will be hard to improve.

### THE RIGHT PACE:

- Warm up by walking or jogging (slow running)
- Once warmed up, don't go too fast. Stay at a jog, even if it feels too slow
- If you feel like walking, try slowing down your running pace instead
- Don't try to run with someone who is faster than you

### WALKING BREAKS:

- Before taking a walking break, push yourself a little by running for an extra 30 seconds or steps
- Keep walking breaks short (30-90 seconds)
- Walk at a fast pace, not slow
- Find a pattern to alternate running and walking like: run for three minutes, walk for one; run between four telephone poles, walk between two; run two blocks, walk one

## HELPFUL TIPS

- Try to run 3 times a week (runs with your school group and at home)
- Keep track of your runs in the log at the back of this handbook
- Run with others when possible
- Don't increase the distance of your runs by more than half a kilometre each week
- Don't eat or drink a lot before running as you'll probably get a stomachache
- Make sure to drink water before and after you run
- Carrying water with you is only necessary when running for more than 45 minutes or in hot temperatures

# ⚡ TIME TO TRAIN

## LET'S GET RUNNING!

The Kids' Run Club will help you prepare to run **2.1, 4.2 or 5 kilometres** by the day of your final run. Each distance has its own training program.

### 2.1 KMS PROGRAM

Run#	Distance (kms)
1	1
2	1
3	1
4	1
5	1.5
6	1.5
7	1.5
8	1.5
9	2
10	2
11	2
12	2
13	1
14	2.1 Fun Run!

### 4.2 KMS PROGRAM

Run#	Distance (kms)
1	2
2	2
3	2.5
4	2.5
5	2.5
6	3
7	3
8	3
9	3.5
10	3.5
11	3.5
12	4
13	3
14	4.2 Fun Run!

## 5 KMS PROGRAM

Run#	Distance (kms)
------	----------------

1	2
---	---

2	2
---	---

3	2
---	---

4	2.5
---	-----

5	2.5
---	-----

6	2.5
---	-----

7	3
---	---

8	3
---	---

9	3
---	---

10	3.5
----	-----

11	3.5
----	-----

12	3.5
----	-----

13	4
----	---

14	4
----	---

15	4
----	---

16	4.5
----	-----

17	4.5
----	-----

18	4.5
----	-----

19	5
----	---

20	3.5
----	-----

21	5 Fun Run!
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IF YOU  
FINISH THE  
4.2 KMS PRO-  
GRAM YOU'LL  
HAVE RUN A  
VIRTUAL  
MARATHON  
(42.2 KMS)  
WHEN YOU ARE  
DONE!

---

# SPICE UP YOUR TRAINING

Doing the same kind of run over and over can get a little boring. To add some variety to your training and help improve your power and speed, try some of these ideas:

## FARTLEKS OR PICK-UPS

These are short spurts of faster running in the middle of a normal run. Adding a few of these is a great way to improve your running while keeping it interesting. Once you've warmed up, add a short spurt of faster running (one block, 100-300 metres or 30-60 seconds). The speed should be slightly faster than your normal jogging pace but not an all-out sprint. Go back to your normal jogging pace for a few minutes then do another fartlek. Add a few fartleks to your run, but not so many that you're really tired.

## HILL WORKOUT

Running hills is a regular part of most running programs and will improve your strength and power.

Find a hill that is 50-100 metres long that isn't too steep but harder to run up than flat ground. Do a 10 minute **warm-up** of slow jogging on a flat surface, followed by stretching before the workout.

- Do 5 to 8 repeats of running up the hill and walking or jogging back down
- Run at about 75% effort, not a full sprint
- You should finish this workout feeling like you could do a couple more repeats
- Finish off with a five-minute **cool-down** jog or walk followed by stretching
- Check out the running technique section for tips on running up and down hills



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## INTERVAL WORKOUT

This type of workout will help improve your power and speed when running.\*

- Find a track or field and measure 100, 200 and 400 metres
- Use a watch if you have one
- Do the same **warm-up** and **cool-down** you did for the hill workout
- Do only one workout per session
- Run at about 75% of your full speed
- Reduce your speed as the distance increases
- As with the hill workout, you should finish feeling like you could do a couple more repeats

### INTERVAL WORKOUT #1 - Easy

- 200 m x 3 (1 minute walking break between each 200)
- 2 minute break (Keep moving during these breaks)
- 100 m x 4 (1 minute break between each 100)

### INTERVAL WORKOUT #2 - Easy

- 200 m x 2 (1 minute walking break between each 200)
- 2 minute break (Keep moving)
- 100 m x 6 (1 minute walking break between each 100)

### INTERVAL WORKOUT #3 – A bit harder

- 400 m x 2 (1-2 minute walking break between each 400)
- 2 minute break (Keep moving)
- 200 m x 2 (1 minute walking break between each 200)
- 2 minute break (Keep moving)
- 100 m x 4 (1 minute walking break between each 100)

### INTERVAL WORKOUT #4 – A bit harder

- 200 m x 5 (1 minute walking break between each 200)
- 2 minute break (Keep moving)
- 100 m x 6 (1 minute walking break between each 100)

**{ 1 METRE = 1 BIG STEP**

**DON'T  
FORGET TO  
COOL DOWN  
WITH A  
5-MINUTE  
JOG AND  
STRETCHING.**

\*younger participants can use running games and relay races to practice different speeds of running.

---

# STRETCHING

Stretching is an important part of your running routine.

Stretching helps prevent injuries, stiffness and leaves your muscles relaxed. You should stretch once your muscles are warm, not before exercising when your muscles are cold.

The stretches listed in this handbook are related to running but there are lots more stretches you can do. Ask your gym teacher or running coach to show you more if you're interested.

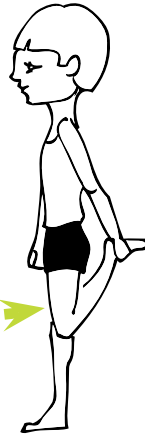


KEEP THE  
FOLLOWING TIPS  
IN MIND WHEN  
STRETCHING

- **DON'T BOUNCE**
- **BREATHE** and stay relaxed
- Hold all stretches for **15-30 SECONDS**
- **REPEAT** all stretches two or three times
- **SHAKE LEGS** out between stretches
- **STRETCHING SHOULDN'T HURT**, but you should feel your muscles pulling then relaxing
- **DON'T STRETCH AN INJURED MUSCLE** unless a medical professional has told you to
- **STRETCH BOTH SIDES** of your body evenly

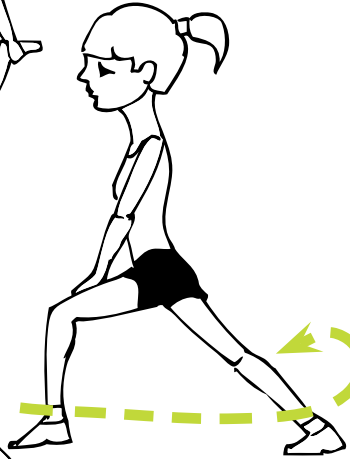
### QUADRICEPS (the front of your thigh)

- Hold something for balance (a wall or partner's shoulder)
- Bend left leg and hold with left hand
- Keep right leg slightly bent
- Keep knees together
- Stand up straight
- Gently press left hip forward
- You should feel the stretch in your left thigh and hip
- Repeat the stretch with right leg



### CALVES (the back of your lower leg)

- Take a big step forward
- Keep both feet pointed forward
- Bend front leg forward without letting knee go past toes
- Keep the heel of your back foot on the ground
- Keep upper body straight, don't lean forward
- You should feel the stretch in the calf of your back leg
- Switch legs and repeat



### HAMSTRINGS (the back of your thighs)

- Sit on the floor with one leg out straight and the other tucked in towards your body
- Keep back straight and lean towards the foot that is extended
- Switch legs and repeat



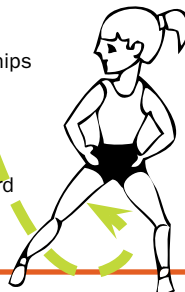
### INNER THIGHS (seated stretch)

- Sit on the ground with feet pulled up towards you, knees out to the side
- Place hands on ankles and elbows on knees
- Keep back straight and bend forward, pressing knees gently with elbows



### INNER THIGHS (standing stretch)

- Stand with feet spread fairly wide, hands on hips
- Keep feet pointed forward
- Bend left knee, bringing your weight over to that side
- Keep right leg straight with knee facing forward
- Switch sides and repeat





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# INJURY PREVENTION AND TREATMENT

## INJURY PREVENTION

Getting injured while running can be a real drag so try to prevent getting hurt by following these tips:

- **ALWAYS WARM UP** before running by walking or jogging slowly
- **TRY TO IMPROVE** your running technique
- Wear **SNEAKERS THAT FIT** properly and are tied
- **AVOID THE TERRIBLE TOOS** - doing too much, too soon, too fast
- Increase your running distance and speed **GRADUALLY**
- **BE CAREFUL** when running on uneven ground to avoid spraining an ankle
- **STRETCH** after every run

---

## INJURY TREATMENT

When you begin running, you may have some aches and pains. Part of this may be your body getting used to running. You'll be able to deal with these issues by stretching, staying active and continuing with your running. Other aches and pains, especially ones that are sharp and don't go away, may need more attention, possibly from your doctor.

Most common running injuries like muscle strains and sprained ankles can be treated at home with your parent's help. Treat these injuries using the R.I.C.E. method:

---

# R

**REST:** Take a few days off from running or any activity that hurts

# I

**ICE:** For the first 48 hours after the injury, ice the sore area for 15 to 20 minutes, three or four times a day. Use a bag of frozen peas, corn or crushed ice. To protect your skin from the cold, place a thin cloth under the ice

# C

**COMPRESSION:** Have an adult apply a wrap to the area to prevent swelling. It should be snug but not so tight that the area becomes cold or falls asleep

# E

**ELEVATE:** Keep the injured area up on a pillow (elevated above your heart) as much as possible to prevent further swelling

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>>> If you get a sharp pain while running, slow down or walk for a while to see if the pain goes away. If it doesn't go away, tell your parent or coach about it. It's important to see your doctor if you have pain that won't go away, especially if it hasn't improved after using the R.I.C.E. method.

# ⚡ HEALTHY LIVING

## NUTRITION IDEAS

If you want a strong, healthy body, you've got to give it good fuel. Everything you eat and drink make up your diet.

### 10 TIPS *for healthy eating*

1. Eat three meals a day, including breakfast
2. Use Canada's Food Guide to learn about healthy foods
3. Learn how to read food labels and ingredient lists
4. Drink lots of water throughout the day
5. Include at least one vegetable or fruit with each meal and snack
6. Limit sugary drinks like pop, sports drinks, chocolate milk and fruit juice.
7. Take smaller amounts of food, eat slowly and stop eating when you're full
8. Avoid foods and drinks high in sugar, fat, salt and artificial ingredients
9. Pack healthy snacks and lunches for school or outings
10. Write down everything you eat and drink for a day to see how healthy your diet is



### GO WITH H<sub>2</sub>O!

Drinking water regularly is important for staying healthy. Whether you're out running or sitting in class, your body needs water. Over 60% of your body is made up of water, so be sure to drink lots of it.

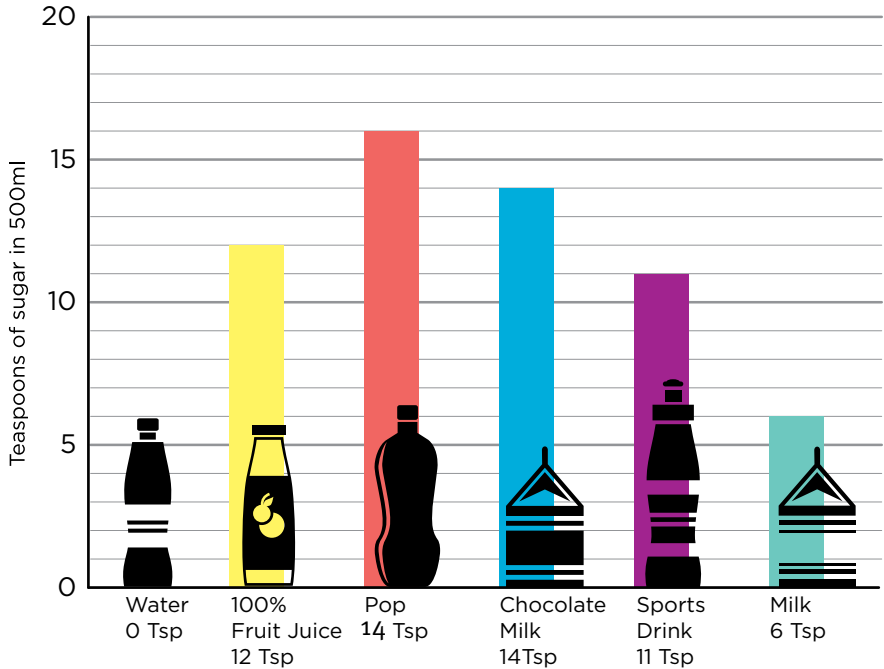


## TRY THESE HEALTHY SNACKS

- Cut up fruits and veggies
- Cheese and crackers
- Carrots and humus
- Pretzels
- Popcorn
- Yogurt
- Nuts and seeds
- Rice cakes



## GO WITH H2O!





# THE FOUR FOOD GROUPS

based on Canada's Food Guide

	4-8 years	9-13 years	14-18 years		Tips
<b>Vegetables and Fruit</b>	5	6	girl 7	boy 8	Have a fruit or veggie with every meal or snack
<b>Grain Products</b>	4	6	6	7	Choose whole grain products
<b>Milk and Alternatives</b>	2	3-4	3-4	3-4	Stick with lower fat milk products like skim or 1%
<b>Meat and Alternatives</b>	1	1-2	2	3	Stick with lean meats and try to have fish at least twice a week

Getting what you need from these four groups and limiting foods and drinks that aren't included will ensure your body has the vitamins, minerals and nutrients it needs to be healthy. Eating well will also reduce your risk of disease, obesity and make you feel and look better.

So we know there are 4 food groups in Canada's Food Guide, but what's in those groups and how much do you need to be healthy?

### Examples and Serving size

1/2 cup veggies,  
fruit or 100%  
vegetable or  
fruit juice



1 slice of bread, 1/2 bagel,  
1/2 cup pasta or rice or  
3/4 cup hot  
cereal



1 cup milk,  
3/4 cup yogurt or  
3 1/2 inch cubes of  
cheese



1/2 cup fish, poultry or meat  
(about the size of a deck of  
cards), 2 Tablespoons pea-  
nut butter, 2 eggs or 1/4 cup  
shelled nuts or seeds



To learn more about healthy eating or to get your own copy of Canada's Food Guide visit [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) or google Canada's Food Guide.

# HEALTHY LIVING

Leading a healthy life isn't as hard as you think.

HERE'S A CHANCE TO GIVE IT A TRY.

1

## PHYSICAL ACTIVITY

>> Colour in one bar for every 10 minutes of activity you do



My favourite activity

DAY 2



My favourite activity

2

## HEALTHY EATING

>> Choose healthy foods and drinks often.

Today I ate/drank

*(something healthy)*

instead of

*(something unhealthy)*

Today I ate/drank

*(something healthy)*

instead of

*(something unhealthy)*

3

## SCREEN TIME

>> Reduce your screen time by at least one hour.

I reduced my screen time by 1 hour today



What I did instead:

I reduced my screen time by 1 hour today



What I did instead:

# NG CHALLENGE

Your goal is to get 90 minutes of physical activity, replace an unhealthy food or drink with something healthy and spend at least 1 hour less in front of a screen everyday for five days. Encourage your family to take on the Challenge with you. Plan a family event like going bowling or for a hike to celebrate having completed the Challenge.

## DAY 3



My favourite activity

Today I ate/drank

*(something healthy)*

instead of

*(something unhealthy)*

I reduced my screen time by 1 hour today



What I did instead:

## DAY 4



My favourite activity

Today I ate/drank

*(something healthy)*

instead of

*(something unhealthy)*

I reduced my screen time by 1 hour today



What I did instead:

## DAY 5



My favourite activity

Today I ate/drank

*(something healthy)*

instead of

*(something unhealthy)*

I reduced my screen time by 1 hour today



What I did instead:

# LEARN ABOUT LABELS

One step to healthy eating is learning how to read the nutrition facts on food labels. Here are some tips on what those facts are telling you.

## Serving Size

How much of the food is in 1 serving. The information in the table is based on the serving size.

## Calories

How much energy is in 1 serving.

## Limit these

Only a small amount of the right kind of fat is healthy. Avoid saturated and trans fats. Choose items that have a low % DV of sodium and cholesterol.

## Sugar shock

Beware of the sugar. It's in many food and drinks.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (300 g) / Pour 1 tasse (300g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	440
<b>Fat / Lipides</b>	19 g <b>29 %</b>
Saturated / Saturés	4 g <b>21 %</b>
+ Trans / Trans	0.2 g
<b>Cholesterol / Cholestérol</b>	35 mg
<b>Sodium / Sodium</b>	860 mg <b>36 %</b>
<b>Carbohydrate / Glucides</b>	53 g <b>18 %</b>
Fibre / Fibres	4 g <b>16 %</b>
Sugars / Sucres	6 g
<b>Protein / Protéines</b>	15 g
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

## Daily Value (DV)

The % DV helps you see if a specific amount of food has a little or a lot of a nutrient. 5% and below is considered low, 15% and above is considered high.

## Vitamins and minerals

Choose foods/drinks with high % daily value of these nutrients

**Ingredient lists** tell you exactly what's in a food or drink. They are listed by weight from most to least. This means the food/drink contains more of the ingredients at the beginning of the list and less of those listed at the end.

**Limit foods & drinks high in** sugar, fat, sodium, artificial sweeteners, artificial flavour and artificial colouring.

IT'S SMART TO  
BE ABLE TO  
FIGURE OUT IF  
SOMETHING IS  
GOOD FOR YOU

# ⚡ FUN & GAMES

## WORD SEARCH

See how fast you can do this word search. It's like physical activity for your brain.

Z B L U E N O S E E N K P F Z C S D W I R P  
E E G N E L L A H C C D X M A Q I E F Z K I  
H J U E Q E H T A E R B I C F R P D C D V N  
E S R E L D D I F A H B C S S R T N V F E T  
A E U Q I N H C E T M H K L T T U L Z Z G E  
D B P J U O H V W J C U O D E A O I E B E R  
T E F P C W B C A D S G N L E E N V T K T V  
O M G J W H M R T H A N D B O O K C J S A A  
T Y H T L A E H E E Z X C U X R X G E D B L  
O S U W T F G C R L R L G V Q N J A X V L S  
E F F B H X U R B C P T P X U G M N K U E X  
S W I B W V J N T S U T S R P U T S E L S P  
Q D K B P M F X S E L C S U M I Z Q P E S D  
P G X Z D T O Q L L U Z G N I C A P I Y W P

Blue Nose  
Breathe  
Challenge  
Distance  
Fartlek

Fiddlers  
Fruits  
Fun  
Handbook  
Head to Toe

Healthy  
Intervals  
Log  
Muscles  
Pacing

Run  
Stretch  
Technique  
Vegetables  
Water

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# CROSSWORD PUZZLE

Try this crossword to see how much you've learned. If you get stumped look for the answer in this handbook.

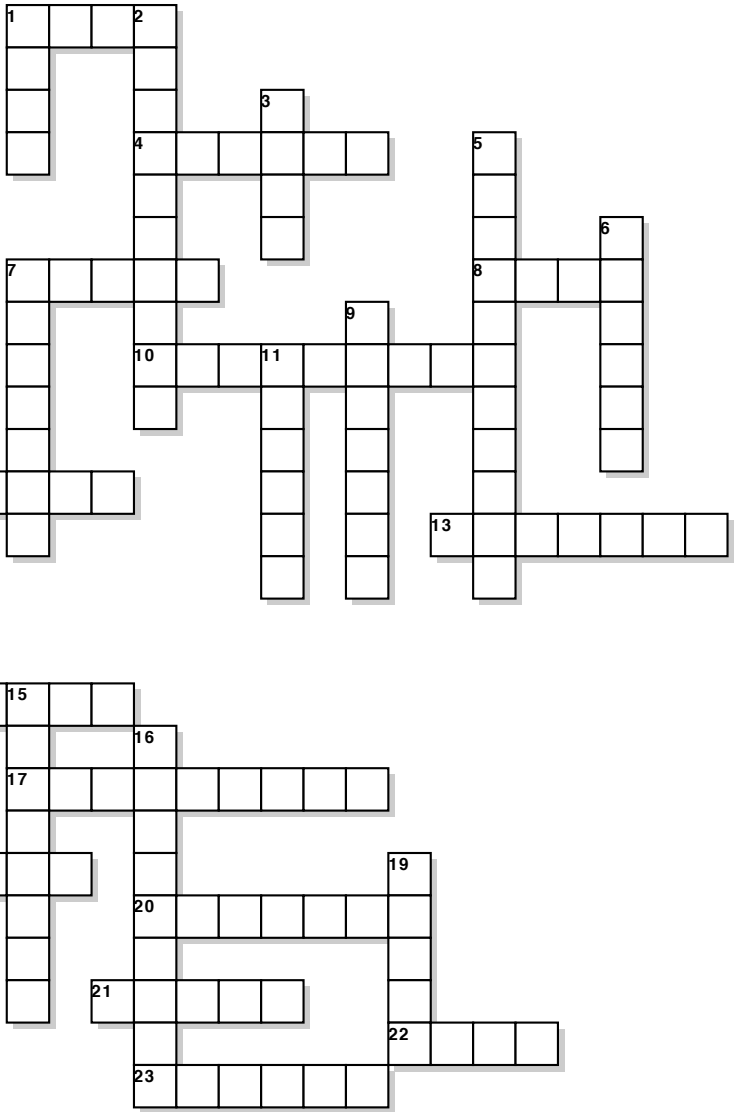
## ACROSS:

- 1 - There are \_\_\_\_\_ food groups in Canada's Food Guide for Healthy Eating.
- 4 - Learn how to read nutrition \_\_\_\_\_ to help you decide if foods and drinks are good for you.
- 7 - To help get rid of a side stitch, breathe in through your nose and out through your \_\_\_\_\_.
- 8 - In order to run long distances, you must \_\_\_\_\_ yourself.
- 10 - Try to have a fruit or \_\_\_\_\_ with every meal and snack.
- 12 - For the Healthy Living Challenge, your goal is to be active for \_\_\_\_\_ minutes a day
- 13 - \_\_\_\_\_ Nova Scotia Kids' Run Club.
- 14 - Try to reduce your \_\_\_\_\_ time by one hour each day.
- 17 - Go through your head-to toe checklist to improve your running \_\_\_\_\_.
- 18 - An example of active transportation is \_\_\_\_\_ to school instead of getting a drive.
- 20 - Remember to \_\_\_\_\_ when you stretch.
- 21 - The best drink to have when you're thirsty.
- 22 - Proper running technique includes running \_\_\_\_\_.
- 23 - The goal of Kids' Run Club is to get kids active and teach them about healthy \_\_\_\_\_.

## DOWN:

- 1 - Many new runners run too \_\_\_\_\_ when learning to run.
- 2 - To keep you safe, wear bright, \_\_\_\_\_ clothing when running.
- 3 - One serving of meat is the size of a \_\_\_\_\_ of cards.
- 5 - R.I.C.E. stands for: rest, ice, \_\_\_\_\_ and elevate.
- 6 - Stretch after running, not \_\_\_\_\_.
- 7 - Being physically active every day can help keep your \_\_\_\_\_ and bones strong.
- 9 - The term for a spurt or interval of fast running.
- 11 - \_\_\_\_\_ drinks are not recommended for kids.
- 12 - \_\_\_\_\_ Nova Scotia offers breakfast programs at schools.
- 15 - Pictures of runners at Burton \_\_\_\_\_ School are in this handbook
- 16 - A proper fitting shoe has a \_\_\_\_\_ of space between your big toe and the end of the shoe.
- 19 - An important muscle that is kept healthy by being active.





# ⚡ EVENTS & INFO

## RUNNING EVENTS IN NOVA SCOTIA

### Scotiabank Blue Nose Marathon (Youth Run)

**WHERE:** Halifax  
**WHEN:** May  
**DISTANCE:** 2 and 4 kms  
**COST:** \$18 before May 1st  
**GOODIES:** T-shirt and medal  
**WEBSITE:** [bluenosemarathon.com](http://bluenosemarathon.com)

### Cape Breton Fiddlers Run

**WHERE:** Sydney  
**WHEN:** June  
**DISTANCE:** 2.1 and 4.2 kms  
**COST:** \$10  
**GOODIES:** T-shirt and medal  
**WEBSITE:** [capebretonfiddlersrun.com](http://capebretonfiddlersrun.com)

### Cape Breton Road Runners Youth Running Series

**WHERE:** Cape Breton  
**WEBSITE:** [www.cbroadrunners.ca](http://www.cbroadrunners.ca)

### Valley Youth Fun Run

**WHERE:** Annapolis Valley  
**WHEN:** May  
**DISTANCE:** 3 and 5 kms  
**COST:** \$5  
**WEBSITE:** [www.county.kings.ns.ca](http://www.county.kings.ns.ca)

### Hubtown Youth Run

**WHERE:** Truro  
**WHEN:** May  
**DISTANCE:** 400 metres, 2.1 and 4.2 kms  
**COST:** \$2  
**GOODIES:** T-shirt  
**WEBSITE:** [youthrun.chebucto.org](http://youthrun.chebucto.org)

### Johnny Miles Running Event

**WHERE:** New Glasgow  
**WHEN:** June  
**DISTANCE:** 80 metres to 5 kms  
**COST:** Free!  
**GOODIES:** T-shirt  
**WEBSITE:** [www.johnnymiles.ca](http://www.johnnymiles.ca)

### CUA Lung Run-1.5K Kids Run

**WHERE:** Halifax  
**WHEN:** May  
**DISTANCE:** 1.5 kms  
**COST:** \$25  
**GOODIES:** T-shirt  
**WEBSITE:** [www.lungrun.ca](http://www.lungrun.ca)

### Youth Running Series

**WHERE:** Various locations  
**WHEN:** April – October  
**DISTANCE:** 1-3 kms depend-

ing on age  
**COST:** \$5 per event  
**GOODIES:** Participation ribbons (school participation cash prizes at end of series)  
**WEBSITE:** [www.youthrunning-series.ca](http://www.youthrunning-series.ca)

### NS Kids Triathlon Series (swim-bike-run)

**WHERE:** Throughout Nova Scotia  
**WHEN:** June – August  
**DISTANCE:** Based on age  
**COST:** \$10 - \$25  
**WEBSITE:** [www.trins.ca/kids-triathlon](http://www.trins.ca/kids-triathlon)

### Fit-4-Lit

**WHERE:** Antigonish  
**WHEN:** May  
**DISTANCE:** 1.5/3/5/10kms  
**COST:** 1.5 and 3 km: free for students  
5 and 10kms: \$15  
**GOODIES:** T-shirt  
**WEBSITE:** [www.fit4lit.ca](http://www.fit4lit.ca)

### Butter Trail Run

**WHERE:** Tatamagouche  
**WHEN:** September  
**DISTANCE:** 5 and 10kms  
**COST:** \$5 - \$10  
**WEBSITE:** [buttertrailfunrun.com](http://buttertrailfunrun.com)

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blogspot.ca

## **WEBSITES OF INTEREST**

**Doctors Nova Scotia**  
www.doctorsNS.com

**Sport Nova Scotia**  
www.sportnovascotia.ca

**Athletics Nova Scotia**  
www.athleticsnovascotia.ca

**Physical Activity Guide**  
www.csep.ca

**ParticipACTION**  
www.participation.com

**Heart and Stroke Foundation**  
heartandstroke.com

**Active Healthy Kids Canada**  
activehealthykids.ca

**Drink Water First**  
www.drinkwaterfirst.com/  
About-Water-First.html

**Healthy u**

healthyalberta.com

**Fitfiles**  
fitfiles.net/blog

**Center for Children's running**  
childrensrunning.org

**Nourish Nova Scotia**  
nourishns.ca

**Canadian Paediatric Society website Caring for Kids**  
www.caringforkids.cps.ca/  
active-kids/active-actifs

## **RUNNING CLUBS**

**There are several running clubs around Nova Scotia. For more information visit [athleticsnovascotia.ca](http://athleticsnovascotia.ca) and look under "Clubs and Tracks"**

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# BREAKFAST BUZZ

Get a good start to your day by eating a healthy balanced breakfast

Starting your day off with a healthy breakfast is important, for your body and your brain!

Make sure you get a good start to your day by eating a healthy balanced breakfast. Balance in breakfast means eating foods from 3 of the 4 food groups. Foods like milk, whole grain toast or cereal, bananas, and eggs are all healthy for you and good to eat.

Most schools have breakfast programs that are for all students. Check yours out tomorrow! Remember, fueling your body helps you to have the energy you need to live, learn and play!



# RUNNING LOG



DISTANCE TO DATE												
COMMENTS												
DURATION MIN												
DISTANCE KMS												
DATE												



# RUNNING LOG

DATE	DISTANCE KMS	DURATION MIN	COMMENTS	DISTANCE TO DATE
MARCH 2	2 KMS	25 MIN	WOODHOLM   RAN 2 KMS!	2 KMS!



DATE	DISTANCE KMS	DURATION MIN	COMMENTS	DISTANCE TO DATE

---

## Doctor's orders for a healthy body

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NAME: Kids' Run Club participants

ADDRESS: Atlantic Canada

# R<sub>x</sub>

### For a healthy body.

Physical activity:  
60 minutes per day

Limit screen time:  
no more than 2 hours per day

Eating well:  
follow the four food groups

Stand when you can

Rest: Get lots!

MD: Doctors Nova Scotia

SIGNATURE: Doctors Nova Scotia



PUT  KIDS  
ON THE RIGHT  
TRACK

 PUT THEM IN  
SPORT

  
**sport**  
nova scotia  
sport makes a difference



*Sport Makes a Difference.*  
Learn how by joining us:



 **Doctors**  
Nova Scotia



**KIDS'**  
**RUN**  
**CLUB**

[doctorsNS.com](http://doctorsNS.com)

For doctors. For health. For you.  
 **Doctors**  
Nova Scotia