

FAMILY CHALLENGE**WEEK 1**

See how far you go when you are walking, jogging, running or sprinting. Do this fun activity with your family! All you need is a stopwatch, four small objects to mark your distance and some room to run. **Mom or Dad**, time your child for 30 seconds at a time. First have them walk 30 seconds and mark where they finish. **Kids**, go back to where you started your walk, but this time have Mom or Dad time you for 30 seconds as you jog. Do the same for running and sprinting, and making sure you mark where you finish each time. When you finish your sprint, look back at how far you went when you walked, jogged, ran and sprinted. Which one made you go the farthest?

FAMILY CHALLENGE**WEEK 2**

Try these stretches at home.

1. Keep a straight back, with elbows relaxed, one leg straight, with the opposite knee bent. Push your ankle to the ground to feel the stretch. Repeat with the opposite leg.
2. Sit with your legs out front and reach for your toes. Don't arch your back. The head and neck should be in line with the spine as you bend forward at your waist.
3. Stretch the quadriceps by lifting the leg toward the rear and gently grab the ankle, pulling the foot into the gluteus. Keep a straight back. Opposite knee should be slightly bent. You may need to hold a chair for balance.
4. Inner thigh stretch. Sit with legs bent and the bottom of your feet together. Lean forward slightly with a straight back. Your head and neck should be in line with your spine.

riddle



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**What do you call a gorilla
with a banana in each ear?**

Anything. He cannot hear you!

riddle



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**When can you put
pickles in a door?**

When it's ajar!

FAMILY CHALLENGE**WEEK 3**

Your heart beats slower when you are resting and faster when you are exercising. Try this activity to find your heart rate: before you start the walking phase of your exercise, place two fingers on the inside of your wrist to find your pulse. Then, right after you finish your exercise, find your heart rate again.

Was it faster than before you started to exercise? Do this at the beginning and end of your run to see how your heart rate changes each time you exercise!

FAMILY CHALLENGE**WEEK 4**

Color a paper plate to represent how much fruits/veggies, proteins and grains should be on each section.

fruits/veggies = green

protein = brown

grains = yellow

To see the recommended amount you need from each food group, go to www.mypyramid.gov.

riddle



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How do you make
a strawberry shake?

Take it to a scary movie!

riddle



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What do you add to oil
to make it boil?

The letter "B!"

FAMILY CHALLENGE**WEEK 5**

To reinforce the concepts of pedestrian safety, create an obstacle course. A course can be as simple as a chalk drawing on a closed section of a parking lot or on an outdoor basketball court. Get creative! If you cannot make stop signs, let the children go through the course and say “stop” or “yield” at random times, and have the children obey. You may want to use cones, swimming noodles, tunnels and other items to develop your course. Have the children navigate through the course incorporating a combination of running, stopping, jumping and walking. Instruct them to follow your safety cues.

FAMILY CHALLENGE**WEEK 6**

Keep track of how much water each family member drinks each day. At the end of the day, see who drank the most.

NAME

GLASSES

NAME

GLASSES

NAME

GLASSES

NAME

GLASSES

riddle



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**I am a tropical fruit. I am many different colors
on the outside. To say my name, say the opposite
of "WOMAN" and then say the opposite
of "STOP." What am I?**

Mango!

riddle



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**Why did the cake
like to play baseball?**

Because he was a good batter!

FAMILY CHALLENGE**WEEK 7**

Set a weekly goal and reward yourself if you achieve it! Remember to make your goal **SMART**.

My goal this week: _____

FAMILY CHALLENGE**WEEK 8**

Create a journal entry using the sample:

Date: _____ Time: _____

Weather (*circle one or more*):

sunny cloudy hot cool rainy windy other _____

Distance or time ran: _____

Thoughts about my run: _____

riddle



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What kind of cup
can't hold water?

A cupcake!

riddle



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What are two things
you cannot eat for breakfast?

Lunch and dinner!

FAMILY CHALLENGE**WEEK 9****Sports Charades**

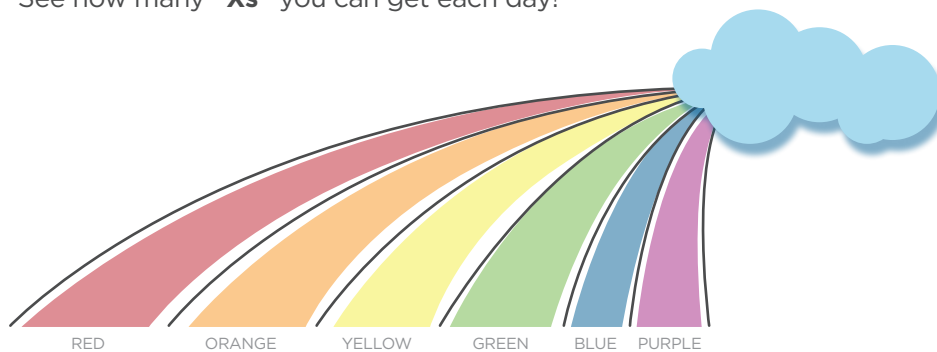
Jot down actions from a sport or playground game (swing a bat, shoot a basketball) on slips of paper.

As they would in a traditional charades game, players draw a slip and act out the motion.

The person who guesses correctly goes next.

FAMILY CHALLENGE**WEEK 10**

Each time you eat a fruit or a vegetable, draw an **X** on the rainbow color that corresponds with the color of the food you ate. For example, if you eat a red apple, draw a small **X** on the red section of the rainbow! See how many "**Xs**" you can get each day!



riddle



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Why did the banana
go to the doctor?

He wasn't peeling well!

riddle



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Why did the chicken
want to join a band?

He had his own pair of drumsticks!

FAMILY CHALLENGE**WEEK 11**

Look at your running log and see how far you have come.

Celebrate your success and keep on moving to the end of the marathon!

Invite family or friends to the final event.

FAMILY CHALLENGE**WEEK 12****REMINDERS FOR RACE DAY:**

- Get plenty of rest the night before the race
- Running shoes
- Comfortable socks
- Proper clothing
- Sunscreen
- Registration paperwork completed
- Race number on shirt
- Plenty of liquids to stay hydrated

riddle



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**Why wasn't the man injured
when he fell in a pool of soda pop?**

Soda pop is a soft drink!

riddle



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**Why do lions
eat raw meat?**

They never learned to cook!

FAMILY CHALLENGE

WEEK 13

Reflect on your running program.

What was your favorite part?

Which part was the most challenging?

What did you get out of the program?

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riddle



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What is cut on a table
but never eaten?

A deck of cards!

riddle



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What is cut on a table
but never eaten?

A deck of cards!