



# SHAMROCK

# ACTIVE

# KIDS

# LIVE, LOVE, PLAY!

Running and walking program for elementary aged children which promotes lifelong fitness and combats childhood obesity  
<http://www.shamrockmarathon.com/finalmile/>

# SHAMROCK ACTIVE KIDS



**WELCOME  
BENEFITS OF EXERCISE**



**GETTING STARTED WITH COACH JERRY FROSTICK  
RULES TO RUN BY**



**YOUTH FITNESS INITIATIVE TRAINING PLAN  
OPERATION SMILE SHAMROCK FINAL MILE  
LEPRECHAUN DASH  
TOWNEBANK SHAMROCK 8K  
NUTRITION  
THE FIVE FOOD GROUPS**



**WHAT THE YOUTH FITNESS INITIATIVE MEANS**

# WELCOME

Thank you for enrolling your school in The Youth Fitness Initiative, an exercise and nutrition program offered by J&A Racing. Our mission is to empower today's youth by helping them build healthy lifestyles through a balance of fitness and nutrition all while participating in fun and informative activities. This guide will outline the program and provide reliable information about physical activity and nutrition for your entire school.

Our staff is always here to answer any questions you may have. You can reach our Youth Programs Director, Lori Cooper, at 757-412-1056 or [lori@jandaracing.com](mailto:lori@jandaracing.com).

Sincerely,

Jerry Frostick  
Race Director  
J&A Racing

Amy Frostick  
Race Director  
J&A Racing

Lori Cooper  
Youth Programs Director  
J&A Racing

# PHYSICAL & MENTAL BENEFITS OF EXERCISE

**STUDIES HAVE SHOWN SEVERAL BENEFITS ASSOCIATED WITH CHILDREN WHO RECEIVE DAILY EXERCISE.**

## **PHYSICAL BENEFITS**

Stronger immune system  
Lower blood pressure  
Stronger bone and muscle structure  
Less likely to become overweight  
Increases over-all-fitness

## **MENTAL BENEFITS**

Improves memory  
Better concentration  
Decreases anxiety  
Reduces depression  
Improves mood and outlook in children  
Improves quality of sleep

# GETTING STARTED WITH COACH JERRY FROSTICK

## RULES TO RUN BY

1. Exercise is good for you and is FUN. Smile!
2. Ask friends to exercise with you.
3. Always be a good sport, keep a positive attitude and encourage others to do their best.
4. Eat foods that are good for you and have a balanced diet.
5. Make sure you drink lots of water before, during and after exercise.
6. Make sure your shoes are tied.
7. Always be safe and exercise in well-lit areas and watch for cars before running into or across the street.
8. Remember to HAVE FUN!!!!

## PARENTS – Before Your Child Starts Training

Although moderate physical activity is safe for most people, health experts suggest that you talk to your child's doctor before you start an exercise program to be sure your child does not have any underlying health issues.



Two of Jerry's greatest passions related to running are youth fitness, and giving back to the community. It was Jerry's vision, which resulted in the Operation Smile Shamrock Final Mile. In 2011 he added the Youth Fitness Initiative, which awards scholarships each year for the Final Mile to over 100 disadvantaged children. He has also added children's races to five events to ensure that all members of the family are able to participate. Every J&A Racing event has one or more charity partners, and since 2003, thousands of dollars has been raised or donated for dozens of worthy causes.

In addition to directing races, Jerry offers personal coaching to runners and triathletes of all ages and abilities, encouraging and enabling many to achieve personal goals they never thought possible

# YOUTH FITNESS INITIATIVE TRAINING PLANS

Choose the training plan that best fits your child or students. Our training plans are meant to be used as guides. We want this program to fit the child's lifestyle so by all means make adjustments. When following the training plan always remember to HAVE FUN! We want this to be the start of a new healthy lifestyle for all the children involved.



## Leprechaun Dash Plan

- Appropriate for ages 6 months- 5 years old
- Master 26 motor skills to develop confidence
- Try new fruits and vegetables in a variety of colors
- Shamrock Weekend 26.2 yard run



## Operation Smile Shamrock Final Mile Plan

- Appropriate for elementary aged children
- Children accumulate 25.2 miles at school or at home
- Try 26 vegetables or fruits
- Shamrock Weekend run the final mile of the



## TowneBank Shamrock 8K Plan

- Appropriate for ages 10 years and up
- Build strength and stamina to run an 8K race
- Check off nutrition goals
- Shamrock Weekend run the TowneBank Shamrock 8K

# LEPRECHAUN DASH

## PHYSICAL ACTIVITY GUIDELINES FOR PRESCHOOLERS RECOMMEND THAT EACH DAY:

- They get at least 60 minutes of structured (adult-led) physical activity
- They get at least 60 minutes of unstructured (free play) physical activity
- They not be inactive for more than 1 hour at a time unless sleeping

It's important to understand what preschoolers can handle. They should participate in fun and challenging activities that help build skills and coordination but aren't beyond their abilities.

Aerobic	Strength
Swimming	Balance on Foot
Running / Walking	Climbing up ladders
Riding a tricycle / bicycle	Jumping on one foot
Biking	Kicking a ball back and forth
Dancing	Skipping
Hiking	Swinging
Jumping	Throwing a Ball
Tag	Walking on a balance beam
Gymnastics	Somersaults

Other activities to try together, or for a group of preschoolers to enjoy, include:

- Games such as “Duck, Duck, Goose” or “Follow the Leader”
- Kicking a ball back and forth
- Hitting a ball off a T-ball stand
- Playing freeze dance or freeze tag
- Pretending to be statues to practice balancing

Kids can even be active even when they're stuck indoors. Designate a safe play area and try some active inside games:

- Treasure hunt: Hide “treasures” throughout the house and provide clues to their locations.
- Set up an obstacle course with chairs, boxes, and toys for the kids to go over, under, through, and around.
- Soft-ball games: Use soft foam balls to play indoor basketball, bowling, soccer, or catch. You can even use balloons to play volleyball or catch.

# OPERATION SMILE

## SHAMROCK FINAL MILE

While the easiest way to earn a mile is to run or walk a mile, your child can do any type of exercise to earn miles. Every 15-20 minutes of exercise counts as a mile. It is recommended that children get at least 60 minutes of physical activity a day, so don't let them just stop at 15-20 minutes.

Mix up the type of exercise your child engages in to strengthen various parts of the body and to avoid boredom. Below are just a few suggestions and the type of exercise they accomplish.

<b>Aerobic</b> <i>(get your heart pumping and may make you sweat)</i>	<b>Muscle Strengthening</b> <i>(these activities aim to make you stronger)</i>	<b>Bone Strengthening</b> <i>(helps your bones grow and keeps them strong)</i>	<b>Stretches</b> <i>(makes muscles more flexible and helps your reach)</i>
<ul style="list-style-type: none"> <li>• Bicycling</li> <li>• Dancing</li> <li>• Hiking</li> <li>• Hockey</li> <li>• Lacrosse</li> <li>• Rowing</li> <li>• Running / Walking</li> <li>• Sledding</li> <li>• Snowboarding</li> <li>• Soccer</li> <li>• Tag</li> <li>• Tennis</li> <li>• Wrestling</li> </ul>	<ul style="list-style-type: none"> <li>• Bicycling</li> <li>• Cheerleading</li> <li>• Climbing</li> <li>• Golf</li> <li>• Gymnastics</li> <li>• Pilates</li> <li>• Skiing</li> <li>• Snow Shoveling</li> <li>• Snowball Fights</li> <li>• Swimming</li> <li>• Weight Training</li> <li>• Yard Work</li> <li>• Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobics</li> <li>• Baseball</li> <li>• Basketball</li> <li>• Cheerleading</li> <li>• Dancing</li> <li>• Football</li> <li>• Gymnastics</li> <li>• Hiking / Backpacking</li> <li>• Racquetball</li> <li>• Running / Walking</li> <li>• Soccer</li> <li>• Softball</li> <li>• Tennis</li> <li>• Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Gymnastics</li> <li>• Martial Arts</li> <li>• Pilates</li> <li>• Stretching</li> <li>• Tai Chi</li> <li>• Walking</li> <li>• Yoga</li> </ul>

### TRY IT..YOU MAY LIKE IT!

Did you know it may take 10-15 tries before your palate will accept a new food? It's OK if your child doesn't like a food the first time they try it. Don't give up too soon! Tell them about foods you didn't like as a child that you eat now as an adult.

During the training period, your child should try 26 new fruits, vegetables, beans or nuts. It's OK if they write 'The point is to get them to try something new. Always be present when your child is trying something for the first time in case they have an allergic reaction.





Operation Smile Shamrock

# FINAL MILE 2017 MILEAGE TRACKER



NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25			

*Each number is inside a shamrock shape. Small footprints are placed between the shamrocks. The words 'SURPRISE' and 'COUPON' are written in orange next to specific numbers: 14, 15, 5, 10, 20, and 25.*



COLOR IN THE MILES AS YOU COMPLETE THEM.  
RUN THE FINAL MILE OF THE MARATHON ON  
RACE DAY- SATURDAY, MARCH 18TH.

# TOWNEBANK SHAMROCK 8K

Our training plan is for 12 weeks so you can be able to complete the TowneBank 8k with ease. Whether you plan to run or walk the 8k, you can follow this plan. Make sure you stretch before and after each run/walk. It's also very important to hydrate and eat properly.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12/26	Rest	15 min	20 min	15 min	Rest or Cross T	20 min	Rest or Cross T
1/2	15 min	Rest	20 min	15 min	Rest or Cross T	25 min	Rest or Cross T
1/9	15 min	Rest	25 min	20 min	Rest or Cross T	30 min	Rest or Cross T
1/16	2 miles	Rest	3 miles	2 miles	Rest or Cross T	30 min	Rest or Cross T
1/23	2 miles	Rest	3 miles	3 miles	Rest or Cross T	35 min	Rest or Cross T
1/30	2 miles	Rest	3.5 miles	3 miles	Rest or Cross T	35 min	Rest or Cross T
2/6	2 miles	Rest	3.5 miles	3 miles	Rest or Cross T	30 min	Rest or Cross T
2/13	2.5 miles	Rest	4 miles	3 miles	Rest or Cross T	40 min	Rest or Cross T
2/20	3 miles	Rest	4 miles	3 miles	Rest or Cross T	45 min	Rest or Cross T
2/27	3 miles	Rest	4 miles	3 miles	Rest or Cross T	50 min	Rest or Cross T
3/6	3 miles	Rest	3 miles	2 miles	Rest or Cross T	30 min	Rest or Cross T
3/13	2 miles	Rest	3 miles	Rest	Rest	<b>8k Race March 18</b>	

## Notes:

- The twelve-week training program begins Monday, December 26, 2016.
- The program lists only times initially. Don't worry about distance early on. Don't feel you need to run the entire time either. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking (example - run 2 minutes, walk 2 minutes). As times change to distance, your training strategy remains the same. Continue experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.
- Your schedule incorporates 4 days a week of running and walking and three days a week to rest. Resting is very important. It helps your body recover from your running and walking and will make you stronger. If you're feeling good on a rest day and want to be active by all means do, just don't run or walk and take it easy. Biking and swimming are great activities do to on your rest days.
- The long distances on Saturdays are the key workouts. Again, do not worry about the distance—just run or walk for time. These events should be slow and fun! You should be able to carry on a conversation with your parents or friends without huffing and puffing

# NUTRITION

It is very important to fuel your body properly to be fit and strong. Your body can not work properly with processed food and junk food. Just like a car, it cannot run properly with dirty gasoline. The more nutritious the food, the better you feel.

Here are a few tips to help you eat and drink right:

**1. Eat a rainbow of color every day.**

\* You should try to eat 2-4 fruits and 3-5 vegetables. In order to achieve this, you should start early in the day with a piece of fruit for breakfast and include vegetables at lunch and dinner.

**2. Drink water throughout the day.**

\* Bring a reusable water bottle wherever you go. This will eliminate the choices for sugar drinks.

**3. Know the 90/10 Rule.**

\* During the day the food you eat should be 90% nutritious and 10% less healthy (cookies, chips, and cakes). Excluding them all together can backfire and encourage the child to want to eat more.

**4. Eat a balanced meal.**

\* 5 food groups- fruit, vegetables, grains, protein, and dairy. (See sheet below)

**5. Don't skip meals.**

\* Eat breakfast, lunch and dinner. When you skip meals, more snacking and overeating during the next meal, may occur.

**6. Read the ingredients.**

\* The shorter the ingredient list, the better. Try to eat natural sounding ingredients, not chemical ingredients.

## TO TURN AROUND A PICKY EATER:

1. Only have alternatives in the house; If the junk food is not there, they cannot eat it.



2. Install consequences; For instance, dessert is not an option unless vegetables have been eaten.
3. Continue to offer healthy varieties as it may take 10-12 tries until a new food is liked.
4. Do not make it a battle, but be firm. Children will eat when hungry.
5. Offer smaller portions at first so that your child can feel like he/she accomplished something.

Remember that you are teaching them habits for life so get them involved in the selection, preparation, cooking and

# THE FIVE FOOD GROUPS

## Grains Group (3 - 6 servings each day)

Grains are foods like 1 cup of cereal, bread, 1/2 cup of spaghetti, 1/2 cup of rice and crackers. Grains give you energy. Try to make half of your servings whole grains. You can tell if something is a whole grain because the name usually has the word “whole” in it.

## Vegetables Group (1-2+ cups each day)

Vegetables are foods like broccoli, carrots, green beans, potatoes, spinach, and corn. Vegetables help keep you healthy and feeling good.

You should try to eat at least one dark green vegetable or one orange vegetable each day.

## Fruit Group (1 cup each day)

Some fruits are apples, pears, cantaloupe melon, watermelon, grapes, and blueberries.

Fruits fight off infections and help you heal when you get hurt. Fruits are a tasty snack to eat every day.

## Dairy Group (2-3 cups each day)

The milk group includes foods like milk, yogurt, cheese, ice cream and pudding. Foods from the milk group have calcium, which helps to grow strong bones and healthy teeth.













## Protein (2-5 servings each day)

The meats and beans group includes foods like hamburgers, chicken, fish, 1 egg, beans and 1 tablespoon of peanuts and nuts. Foods from the meat and beans group are full of protein to help you build strong muscles.

Try to eat leaner, less fatty meats to keep your heart healthy.



# COLOR IN THE SHAMROCKS WHEN YOU EAT A COMPLETE FOOD GROUP

	GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

# WHAT THE YOUTH FITNESS INITIATIVE MEANS



"The weeks leading up to the big race day give the kids an opportunity to practice their running, exhibit a healthy lifestyle, interact with other kids and teachers in a great social environment and show that exercising can be so much fun! Seeing our kiddos cross that finish line feeling accomplished, enjoying their time to shine and being a part of something bigger than them makes all the planning that goes into Operation Smile Final Mile worth it!"

Lauren Roberts  
Western Branch Intermediate School

"At Linkhorn Park we believe that students need to be Globally Aware as well keep their bodies and minds fit. Operation Smile Final Mile provides these opportunities through their World Tour and race!"

Barbara Sessoms  
Principal  
Linkhorn Park Elementary School



"When my daughter first ran the Final Mile, I was very nervous about her running by herself. So, I decided that I would run with her. Once we started, I realized I didn't need to do that. The course is secured very well and she stayed with all her friends. Seeing her with all of her peers together completing the race has made me want to do this every year. Her confidence has grown immensely and I give all the credit to J&A Racing and the Shamrock Operation Smile Final Mile.

Janet Mildrew  
Parent