



BENEFITS OF A YOUTH RUNNING PROGRAM

PHYSICAL

- Running requires a great deal of energy and burns a lot of calories, making it a great way to lose weight or maintain a healthy weight.
- Engaging in aerobic activity regularly and for extended periods of time will strengthen your heart and build your endurance.
- Bones are stimulated during runs, becoming more resistant to weakness from old age and less susceptible to osteoporosis.
- Kids who are physically active sleep better than more sedentary kids.¹

PSYCHOLOGICAL/EMOTIONAL

- Running is a great cure for stress, emotional strain, and even mild depression. Research has shown that healthy adults who exercise regularly are generally happier than those who do not.²
- As the body is conditioned to reach running goals, the mind is also trained to set and reach goals through determination and hard work.
- Running can be challenging, which adds to the sense of accomplishment and pride that is felt after practice or a race.

SOCIAL

- Running is a lifelong sport and only requires a pair of sneakers and the desire to run; almost anyone anywhere can be a runner!
- Running is a great way to meet new people—finding a running buddy or joining a running group can help develop a sense of community.
- Running for a cause or to benefit a charity can help motivate a child while helping those in need.

¹ Centers for Disease Control and Prevention

² American Academy of Child Adolescent Psychiatry