



EIGHT WAYS TO SHARE THE JOY OF RUNNING WITH A CHILD

1. Start with short distances, and alternate between walking and running. As a child's ability increases, self-confidence and enjoyment will increase as well.
2. Incorporate running into other activities so that your child has a positive association with the body mechanics necessary to run; play a game of tag or have an impromptu sprint to the playground. Kids will have fun while conditioning their bodies for more structured running workouts.
3. Consider enrolling children in a youth running program as a complement to other after-school activities that they may be involved in such as dance, karate, or gymnastics. They might even share what they've learned when you run with them!
4. Make your runs educational; point out landmarks and discuss the history of the neighborhood as you run. The conversation will make your run fly by, and you may learn something too!
5. An alphabet, name, counting, or spotting game can add an extra element of fun to your run.
6. Share running stories with your children; tell them about interesting or strange things you may have seen on your run, or how you wanted to quit, but persevered to finish that last mile. If they see how engaged you are with the sport of running, they'll want to try it for themselves!
7. Set up a mileage chart for them in a prominent place in your home to track their progress and list their running goals for the week or month. They'll feel great every time they can check off a completed goal!
8. Don't hide your enthusiasm. It will be contagious!