



Tucson Marathon  
FAMILY FITNESS FEST



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## Tucson Marathon Family Fitness Fest University of Arizona Mall, December 8, 2012 Training Guide

### 1. Start a team:

- Commit to participate in a 1 mile fun run or 5k walk/run on the University of Arizona mall by registering at [www.tucsonmarathon.com](http://www.tucsonmarathon.com)
- Rally staff, students, families, and community members from your school to join in and register. Free mile and discounted 5k entries are available for participating schools.
- A copy of the paper registration form is in the Teacher Toolkit for you to copy, distribute, and collect at your school. You can mail them in, or email Aimee Snyder at [healthytucson@gmail.com](mailto:healthytucson@gmail.com) for pick-up.

### 2. Begin your training; Lead by example

- Determine your personal goals: Complete a 1 mile or 5k run/walk, Drink 8 cups of water a day, Sleep 8 hours a night, Eat vegetables with every meal.... It is up to you!
- Make a plan: Set up specific days and times to exercise. Make it a habit.
- Find training plans from the Tucson Marathon Family Fitness Fest Teacher Toolkit.

### 3. Utilize the Buddy System

- Join forces with your team. Plan days to exercise together.
- "LIKE" and share our Facebook page at:  
<http://www.facebook.com/#!/TucsonMarathonFitnessFest>
- Share your successes and encourage healthy choices with others.

### 4. Use the Teacher Toolkit to Help You Incorporate Physical Activity into School/Work

- Launch the Tucson Marathon Challenge at your school: Make a ¼ mile (400 meter) or ½ mile (800 meter) loop at your school. It can be in your gym, lunchroom, around a field, the parking lot, etc.
- Challenge students, staff, and families to take a 15 minute activity break to walk or run the loop 3-5 days a week and track their mileage on the Tucson Marathon Challenge Tracking Card, found in the Teacher Toolkit.
- Try out the stretching, strength training, energizers and running activities, games, and tips from the Teacher Toolkit.
- Physical activity increases oxygen flow to the brain and improves focus and retention for classwork. Your colleagues will thank you.
- Encourage all school and community members to participate in the University of Arizona and Tucson Marathon Family Fitness Fest on December 8.

### 5. Empower Me 4 Life/Jump Start

- Implement one of the two health education curricula in the Teacher Toolkit to provide students with the tools for lifelong wellness.

### 6. Show off your hard work!

- Identify your team with coordinating shirts at the Family Fitness Fest, December 8.
- Be loud and proud while you participate in the 1 mile or 5k run/walk and other healthy activities.