

Girls on the Run

How is a runner created?

Did you know that what we eat and what we drink is what creates our physical body? What do you want to create?

A healthy mind is the first thing that we need to create. Did you know that every single cell in your body needs food in order to run? Specifically, it needs carbohydrate-rich food. Did you know that your brain needs good fuel to allow you to think clearly, to allow you to learn your school work, to help you make good decisions about what activities to do with your friends and to help you decide to go out and run?

A runner has a clear head from a good fueling system and from good positive thinking. A runner gets her energy from fruits, vegetables and whole grains.

A runner does not skip breakfast lunch or dinner.... A runner does not overeat either. A runner does not like every fruit and vegetable and does not always like the same fruits and vegetables as her parents like or her teachers like or as her grandparents like – her taste is her own but she is willing to keep trying fruits and vegetables so she can continue to improve her brain power and her running talents.

A runner needs to exercise consistently, meaning on a structured schedule of 3 times per week. Sometimes that means running or doing an activity or a workout when she doesn't really feel like doing it. Most often, even if we do not feel like doing our run, we feel better when we are done. And we are proud of ourselves for finishing.

Create yourself into a runner – eat your fruits, veggies and whole grains and be consistent with doing your runs..... even if you have to walk sometimes, even if you do not feel like it.

And be really proud of your progress..... I certainly am.