

Girls on the Run

Who are you??

You are somebody to everybody you know. You are a daughter, a sister, a student, a niece, a granddaughter, a friend.....

Who else are you?

You are an athlete, you are a runner, you are a teacher (we all are- everyone, even your Mom and Dad and your teachers are learning from you all the time), you are a role model (there are always people looking up to us..... always, even though you are unaware of it).....

You are anything that you choose to be. What do you choose for yourself?

Here are my suggestions to you –

Choose to take care of yourself –

Get enough sleep every night

Drink water as your most important beverage – many cups per day

Smile at everyone and even when it's hard to

Eat at least 3 fruits and 3 veggies everyday

Avoid spending time around people who are mean or who say mean things

Do some sort of physical exercise daily

Think positive thoughts – avoid thinking “I can't , I don't , I won't.....”
instead think I can, I do , I will

Running teaches us to take some time to challenge ourselves, enjoy our own company, to become better than we were just a day ago..... be proud to be a runner. I am so very proud of all of you.

Pam