



It Runs In The Family

Fun runs or children’s races are often held before or after an adult race. They are noncompetitive events and the goal is to finish and have fun, not focus on a winning time or place.

Recommended maximum distances for fun runs or races.

AGE	FUN RUN DISTANCE	RACE DISTANCE
4 and under	1/8 mile or 200 meters	55 yards or 50 meters
5 – 6	1/4 mile or 400 meters	1/16 mile or 100 meters
7 – 8	1/2 mile or 800 meters	1/8 mile or 200 meters
9 – 10	1 mile or 1600 meters	1/4 mile or 400 meters
11 – 12	2 miles or 3200 meters	1/2 mile or 800 meters
13 – 14	3.1 miles or 5 kilometers	1 mile or 1600 meters

If your child has Asthma, please consult your health care provider before engaging in these activities.

Source: Chart reprinted courtesy of kidsrunning.com, Runners’ World, Editor – Carol Goodrow; chart by Mick Grant.



It Runs In The Family

Fun runs or children’s races are often held before or after an adult race. They are noncompetitive events and the goal is to finish and have fun, not focus on a winning time or place.

Recommended maximum distances for fun runs or races.

AGE	FUN RUN DISTANCE	RACE DISTANCE
4 and under	1/8 mile or 200 meters	55 yards or 50 meters
5 – 6	1/4 mile or 400 meters	1/16 mile or 100 meters
7 – 8	1/2 mile or 800 meters	1/8 mile or 200 meters
9 – 10	1 mile or 1600 meters	1/4 mile or 400 meters
11 – 12	2 miles or 3200 meters	1/2 mile or 800 meters
13 – 14	3.1 miles or 5 kilometers	1 mile or 1600 meters

If your child has Asthma, please consult your health care provider before engaging in these activities.

Source: Chart reprinted courtesy of kidsrunning.com, Runners’ World, Editor – Carol Goodrow; chart by Mick Grant.



It Runs In The Family

Fun runs or children’s races are often held before or after an adult race. They are noncompetitive events and the goal is to finish and have fun, not focus on a winning time or place.

Recommended maximum distances for fun runs or races.

AGE	FUN RUN DISTANCE	RACE DISTANCE
4 and under	1/8 mile or 200 meters	55 yards or 50 meters
5 – 6	1/4 mile or 400 meters	1/16 mile or 100 meters
7 – 8	1/2 mile or 800 meters	1/8 mile or 200 meters
9 – 10	1 mile or 1600 meters	1/4 mile or 400 meters
11 – 12	2 miles or 3200 meters	1/2 mile or 800 meters
13 – 14	3.1 miles or 5 kilometers	1 mile or 1600 meters

If your child has Asthma, please consult your health care provider before engaging in these activities.

Source: Chart reprinted courtesy of kidsrunning.com, Runners’ World, Editor – Carol Goodrow; chart by Mick Grant.

Summertime Calorie Burners

Activity	Calories Used In 30 Minutes
Scuba Diving	409
Basketball Game	290
Beach volleyball	273
Bicycling 12-13 mph	273
Canoeing	239
Hiking, climbing hills	239
Kickball	239
Tennis	239
Hiking, flat	205
Water skiing	205
Skateboarding	171
Snorkeling	170
Softball	170
4-Square	170
White Water Rafting	170
Swimming	150
Golf	153
Horseback Riding	136
Frisbee	119
Walking, 3 mph	119
Sailing	102
Surfing	102

*Number of calories burned is based on a 150-pound person. To calculate the exact number for your weight, check out the Food and Nutrition Center's "Get Moving" calculator at www.nal.usda.gov/fnic/etext/000035.html.

Visit us at

www.youthtakeheart.org

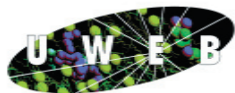
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

Summertime Calorie Burners

Activity	Calories Used In 30 Minutes
Scuba Diving	409
Basketball Game	290
Beach volleyball	273
Bicycling 12-13 mph	273
Canoeing	239
Hiking, climbing hills	239
Kickball	239
Tennis	239
Hiking, flat	205
Water skiing	205
Skateboarding	171
Snorkeling	170
Softball	170
4-Square	170
White Water Rafting	170
Swimming	150
Golf	153
Horseback Riding	136
Frisbee	119
Walking, 3 mph	119
Sailing	102
Surfing	102

*Number of calories burned is based on a 150-pound person. To calculate the exact number for your weight, check out the Food and Nutrition Center's "Get Moving" calculator at www.nal.usda.gov/fnic/etext/000035.html.

Visit us at

www.youthtakeheart.org

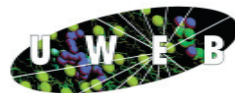
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

Summertime Calorie Burners

Activity	Calories Used In 30 Minutes
Scuba Diving	409
Basketball Game	290
Beach volleyball	273
Bicycling 12-13 mph	273
Canoeing	239
Hiking, climbing hills	239
Kickball	239
Tennis	239
Hiking, flat	205
Water skiing	205
Skateboarding	171
Snorkeling	170
Softball	170
4-Square	170
White Water Rafting	170
Swimming	150
Golf	153
Horseback Riding	136
Frisbee	119
Walking, 3 mph	119
Sailing	102
Surfing	102

*Number of calories burned is based on a 150-pound person. To calculate the exact number for your weight, check out the Food and Nutrition Center's "Get Moving" calculator at www.nal.usda.gov/fnic/etext/000035.html.

Visit us at

www.youthtakeheart.org

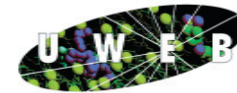
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu