

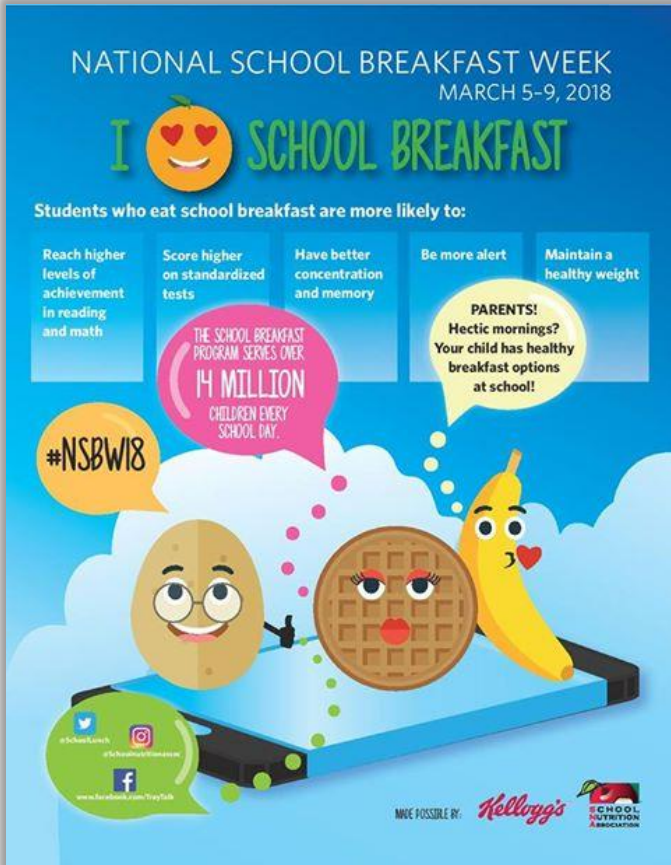
Facebook Posts March 2018

March 1

There are plenty of fun races to participate in for March! For the full list check out: tinyurl.com/Races-March



<p>March 3</p> <p>Storybook 5K & Kids Run Olathe, KS</p> <p>Truffle Shuffle 5K & Kid's Run Overland Park, KS</p> <p>Angry Bull 6 Hour Endurance Challenge 6, 3, 1 Hour Runs Frontenac, KS</p> <p>March 10</p> <p>Leprechaun Run 10K, 2M, Kids Run Hesston, KS</p> <p>March 17</p> <p>Irish Mile Run Lawrence, KS</p> <p>Ladies of Junior Civic Lucky Leprechaun 5K Ulysses, KS</p>	<p>Mater Dei Irish Fest 5K & Kids Run Topeka, KS</p> <p>Mrs. Robinson's Romp 10K, 5K Trail Run Kansas City, KS</p> <p>Run4Hope Timberrun 5K, 1M Run Leon, KS</p> <p>Wichita St. Patrick's 5K & Kids Run Wichita, KS</p> <p>St. Patrick's Day Race 10K, 2M Run, 2M Walk Manhattan, KS</p> <p>March 24</p> <p>Girl Scout Color Run 5K Run Arkansas City, KS</p> <p>Run2Believe 5K Run Wichita, KS</p>	<p>Wild Over Wellness Fest 5K Eudora, KS</p> <p>Wicked Marathon 26.2M, 13.1M, 5K Run Wamego, KS</p> <p>March 31</p> <p>5K Healing-Run Shawnee, KS</p> <p>Bunny Hop 5K Emporia, KS</p> <p>Easter Egg 5K Run Overland Park, KS</p> <p>Easter Sun Run 10K, 2M, Kids Run Wichita, KS</p> <p>Pink Up the Pace 5K Manhattan, KS</p> <p>Run For Arthritis 5K, 1M Run Sterling, KS</p> 
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NATIONAL SCHOOL BREAKFAST WEEK
MARCH 5-9, 2018

I SCHOOL BREAKFAST

Students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

PARENTS!
Hectic mornings?
Your child has healthy breakfast options at school!

THE SCHOOL BREAKFAST PROGRAM SERVES OVER **14 MILLION** CHILDREN EVERY SCHOOL DAY.

#NSBW18

www.facebook.com/NSBW18

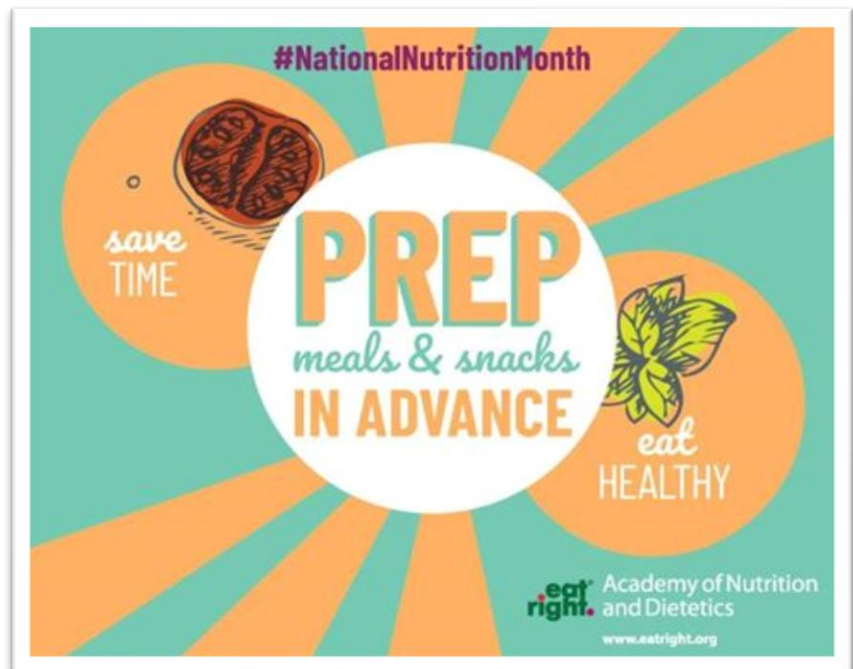
MADE POSSIBLE BY: **Kellogg's** SCHOOL NUTRITION ASSOCIATION

March 5

It's National School Breakfast Week! Eating a wholesome breakfast can fuel learning and help students maintain a healthy weight. #NSBW18

March 7

One way you can "Go Further with Food" this National Nutrition Month is by preparing meals and snacks in advance to enjoy all week. More tips from the Academy of Nutrition and Dietetics: tinyurl.com/NNM-2018#NationalNutritionMonth



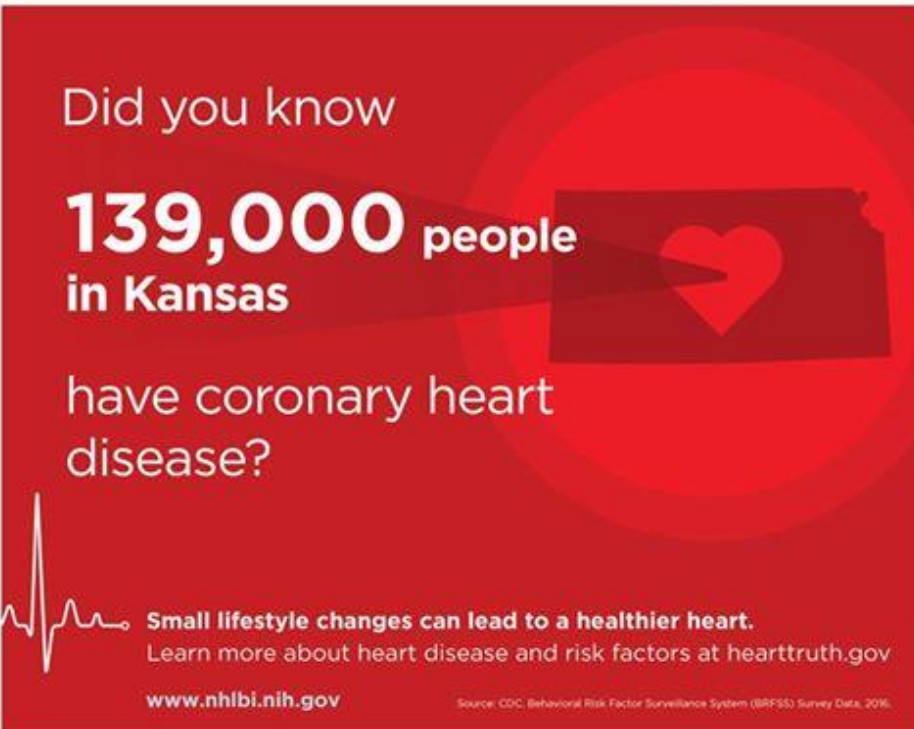
March 8

Sign up for Walk Kansas! This 8 week program is a fun way to get active with other people, make better nutrition choices, and walk away stress. For more information check out Kansas State University Walk Kansas. Sign up at: www.walkkansasonline.org



March 13

Did you know that 1 in 3 deaths in the United States is from cardiovascular disease, like stroke and coronary heart disease? Protect your heart by being physically active!



Did you know


139,000 people
in Kansas

have coronary heart
disease?

Small lifestyle changes can lead to a healthier heart.
Learn more about heart disease and risk factors at hearttruth.gov


www.nhlbi.nih.gov

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2016.



The Heart Truth® and its logo are registered trademarks of U.S. Department of Health and Human Services.

The benefits of physical activity are amazing! So what prevents us from committing to workout more often? Watch Go Red For Women's tips to stay active & learn exercises to benefit your heart health.



Tips to Stay Active

YOUTUBE.COM

March 14

Among its many benefits (decreased stress, weight control, disease prevention, etc.), exercise is important for good sleep! Celebrate Sleep Awareness Week by staying active to experience a better quality rest. (tinyurl.com/ya7kjkkn)



March 16

March is National Nutrition Month. Eating well can help in your exercise. Both are essential to a healthy lifestyle. For the full article check out: tinyurl.com/exercise-and-food.

Eating and exercise go hand in hand

When and what you eat can be important to how you feel when you exercise, whether it's a casual workout or training for a competition. Consider these eating and exercise tips from the Mayo Clinic.



Eat a healthy breakfast

If you exercise in the morning, get up early enough to finish breakfast at least one hour before your workout. Most of the energy you got from dinner the previous night is used up by morning, and your blood sugar might be low. If you don't eat, you might feel sluggish or lightheaded when you exercise.



Size Matters

Be careful not to overdo it when it comes to how much you eat before exercise.



Eat after you exercise

To help your muscles recover and to replace their glycogen stores, eat a meal that contains both protein and carbohydrates within two hours of your exercise session if possible.

Snack Well

Most people can eat small snacks right before and during exercise. The key is how you feel. Do what works best for you. Snacks eaten soon before exercise probably won't give you added energy, but they can help keep up your blood sugar and prevent distracting hunger pangs.

Drink up

Don't forget to drink fluids. You need adequate fluids before, during and after exercise to help prevent dehydration.

March 19

Sometimes it can be hard to workout while traveling. Here are some great tips from the [Mayo Clinic](#). For the full article check out tinyurl.com/traveling-and-exercise.



TRAVEL WORKOUT

FITNESS TIPS FOR BUSINESS TRAVELERS

GET CREATIVE AND SQUEEZE IN ACTIVITY WHENEVER YOU CAN.

- » Check out local parks and trails. Ask the hotel staff about safe routes for walking or running.
- » Use the halls. Walk up and down the hotel halls — or, if possible, to one of your meetings. Skip the elevator or escalator and take the stairs.
- » Get wet. Swim laps in the hotel pool.
- » Skip rope. Use a jump-rope in the hotel's fitness room or at the edge of the parking area.
- » Do jumping jacks. Try a few sets right in your room.
- » Try aerobics. Play an exercise video or DVD.

» Use resistance tubing. These stretchy tubes offer weight-like resistance when you pull on them. You can use resistance tubing in your travel workout to build strength in nearly any muscle group.

» Take advantage of your own body weight. Try push-ups, abdominal crunches and leg squats.

PACK FOR FITNESS.

If you travel a lot for work, you can stay on top of your exercise program by taking it with you. Consider packing some of these things with you when you leave for your trip:

- » Athletic shoes
- » Exercise clothing
- » Swimsuit
- » Jump-rope
- » Resistance tubing
- » Tennis racket
- » Hand grips
- » Music and headphones
- » Exercise video or DVD

Get Active Kansas! "Travel Workout: Fitness Tips for Business Travelers." www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/traveling-exercise/20091117?pg=2

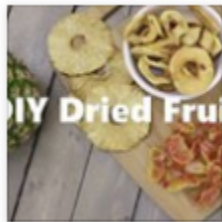
March 21

Today is #KickButtsDay! Join Campaign for Tobacco-Free Kids in fighting to protect kids and save lives from tobacco use! www.kickbuttsday.org



March 26

Don't throw out overripe fruit - dry it! This homemade dried fruit is a simple, nutrient rich snack with no added sugars.



DIY Dried Fruit

Get this recipe and other heart-healthy recipes at heart.org/recipes

YOUTUBE.COM

March 27

Today is American Diabetes Alert Day! Being physically active, eating healthily and losing weight can delay or even prevent the development of type 2 diabetes! Take the [American Diabetes Association's](http://www.diabetes.org/are-you-at-risk/alert-day) risk assessment at www.diabetes.org/are-you-at-risk/alert-day.

TYPE 2 DIABETES & YOUTH
What you can do

Rates of **type 2 diabetes in youth** are **increasing**; so are obesity rates. Diabetes risk can run in families, but so can healthy lifestyle habits:

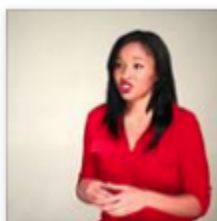
- Drink water; limit sugary drinks.
- Eat more fruits and vegetables.
- Limit high-calorie food.
- Make physical activity fun.

GET THE WHOLE FAMILY INVOLVED
Keep it positive • Take small steps • Make it fun

CDC
Centers for Disease Control and Prevention

March 29

The benefits of physical activity are amazing! So what prevents us from committing to workout more often? Watch [Go Red For Women's](#) tips to stay active & learn exercises to benefit your heart health.



Tips to Stay Active

YOUTUBE.COM

March 30

Get motivated and get outside by participating in a walk or run this April! Here are the races in just the first week! Find more info at www.runningintheusa.com/race/list/ks/april/page-1.



APRIL **RUNNING**
CALENDAR

APRIL 6

<i>Spirit Run 5K</i> PITTSBURG, KS	<i>Hays 5K</i> HAYS, KS	<i>USD 309 Panther Prowl 5K</i> NICKERSON, KS
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APRIL 7

<i>April Fool's Run 5K & Kids Run</i> LEAWOOD, KS	<i>Jorabelus Foundation 5K Fundraiser</i> LAWRENCE, KS	<i>Topeka Lion Journey for Sight 5K & 10K</i> TOPEKA, KS
<i>Autism Society of the Heartland 5K & 1K</i> KANSAS CITY, KS	<i>Outrun Childhood Obesity 13.1M, 10K, 5K, 2M run</i> GARDEN CITY, KS	<i>Wild Goose Chase 5K & 3K</i> GREAT BEND, KS
<i>Break the Silence 5K</i> LIBERAL, KS	<i>Pathways 5K & kids run</i> PAOLA, KS	APRIL 8
<i>CCARE Color Race 5K</i> CLAY CENTER, KS	<i>Run for Radiation Research 5K & 1M</i> SHAWNEE, KS	<i>Dog-N-Jog 10K & 5K</i> MANHATTAN, KS
<i>Eisenhower Marathon 26.2M, 13.1M, 10K, 5K</i> ABILENE, KS	<i>Run On the Wildside 10K</i> EUREKA, KS	
	<i>Jadon's Hope Bug Run 10K, 5K & kids run</i> OLATHE, KS	

