

Color in a block on the game board for every day you are active and working towards your goal!



## A decorative graphic featuring three stars of varying sizes, a basketball, and the word "EARN" in large, bold, outlined letters. A small purple shape is visible on the right edge.

Cross the finish line to earn your medal, shirt, and bag!

**Register here: [www.sportsbackers.org/events/10k-mini/](http://www.sportsbackers.org/events/10k-mini/)**



# DID YOU KNOW?

Kids are supposed to get 60 minutes of physical activity every day! There are a lot of ways to get those minutes in, here are a few examples:

- Playing at recess
- Being active during P.E.
- Going to the gym
- Playing sports
- Following along with YouTube exercise videos
- Dancing
- Jumping on a trampoline or with a jump rope
- Walking or jogging

There are so many ways to move, the important thing is to find something you enjoy doing and JUST DO IT!

SCAN ME



[www.sportsbackers.org/programs/kids-run-rva](http://www.sportsbackers.org/programs/kids-run-rva)

Get moving with Kids Run RVA!  
Check out our exercise videos and activities under the resources tab.



Kids Run RVA is a program of Sports Backers that gives kids the chance to have fun while being physically active. Through our run clubs and virtual fitness resources, kids across the Richmond region are learning new exercises, incorporating fitness into their daily routines, and setting (and achieving!) goals. We offer youth running events, such as the Atlantic Union Bank 10k Mini, as a way for kids to experience the thrill of crossing the finish line and earning a medal.

This program would not be possible without the countless hours dedicated by our volunteer coaches, the generous donations received from individuals who believe in our mission, and the grant funding awarded by the John Randolph Foundation. It takes a village to raise a child and the Kids Run RVA village makes it possible for all kids, regardless of their socioeconomic background, to have access to our program and running events.

 @KidsRunRVA  @KidsRunRVA

 [www.sportsbackers.org/programs/kids-run-rva](http://www.sportsbackers.org/programs/kids-run-rva)



10k Mini

Put your training to the test at Atlantic Union Bank 10K Mini on April 22! Learn more and get registered at:

[www.sportsbackers.org/events/10k-mini/](http://www.sportsbackers.org/events/10k-mini/)



10k Mini

## Activity Tracker

Get moving and track your progress using this activity tracker! Test your training by registering for the Atlantic Union Bank 10K Mini on April 22, 2023 at 8:00 a.m. Cross the finish line to earn your medal, shirt, and bag!

Belongs to: \_\_\_\_\_

