



JUNIOR TRAINING GUIDE

2019 will be the return of our new GSNENY Family Fun 5K & Dashing Daisies. This great event celebrates putting your best self & foot forward by engaging in healthy choices and exercise! Embrace the power of you, with healthy choices inside & out to become stronger, faster, and to define what a courageous and confident leader is moving forward.

What you do to prepare for the GSNENY Family Fun 5K & Dashing Daisies is much more than a running program. This training guide will give you the training necessary to confidently complete the event on October 12, 2019 in Schenectady at Central Park. To enhance the training, we've added different topics to cover. Choose a few or choose them all! Each session, both training and activity, is slated to last 30 minutes. If you feel you aren't ready to move on to the next training session, repeat the current session, but don't be tempted to skip ahead. Each training session is named after a suggested song which can keep everyone pumped and motivated! At the end of the training guide are a series of different stretching exercises, charts and information to help along the way.

Tips for successful training sessions:

- ✓ Music can be a great mood setter. Play music if possible, which will keep girls motivated and happy. Create your own playlist, use Girl Scout songs or use the song suggested for the session.
- ✓ Cold weather keeping you indoors? Contact the local schools or gyms about use of their facility on chilly days. Or bundle up and head to the track at the local high school.
- ✓ Water, water water! Make sure everyone has a water bottle and drinks enough water both before & after a run.
- ✓ Positive reinforcement: We all have our good days and bad days: make sure we encourage those who may be having a bad day while we're having a good day. Keep motivated about the current goal set and give kudos on every accomplished goal, no matter how small.

HAVE FUN!

Session 1a: "Let's get it started!"

- Warm up 5-minute walk
- Run for 60 seconds and walk for a total of 90 seconds for a total of 20 minutes
- Play "musical jogging": change music every time walking and running intervals change.

- Cool down: basic stretches (Hamstring stretches, Quad stretches, and neck stretches)
- Report out on pedometer or lap counter bands, (the colorful rubber band balls work well for this).
*Make sure girls have water bottles/take water breaks! *

Session 1b: Agent of Change – Getting on Board

Have the girls sit in a circle, ask if anyone knows what visualization is? Allow for a few them to respond, and then explain visualization is where you picture something in your mind. Have them close their eyes and say:

Imagine a bright light inside of your body right near your heart. The light is so bright and when we are feeling good about ourselves it shines out of us through our eyes, fingertips, in the way we walk and stand up tall. This light makes us special, unique and beautiful on the inside.

Now picture a large socket on the top of your head like the electrical wall outlet you plug computers into. Imagine a long cord going into the socket, the inside of the cord is yucky; it's got dirty, thick liquid going through it. It also has messages coming through it for your brain. Some of the messages may be 'you're not smart enough, pretty enough, popular, not athletic or have cool clothes.' When these messages get into our brains they ooze down into our bodies and we feel bad about ourselves. The messages of this cord put out our bright light and we don't stand us as tall; we feel sad and we might not try the exciting things we would like to do. We just don't feel good about ourselves with this negative cord coming into our spirits.

Here is the fun part, take one of your hands and pull that cord out of the socket on top of your head and throw it behind you far away. Now take your other hand and plug in a new cord. In this cord the liquid is bubbly, sparkly, multi-colored and sparkling like glitter. The liquid moves freely into your body and makes the light inside of you sparkle even brighter & stronger and helps you to stand tall and believe in yourself. We can express everything we are feeling, know we are wonderful and amazing just the way we are. Now you can open your eyes.

Ask the following:

How would someone with a negative cord feel about herself?

How does she look?

How do you feel when you hang out with someone plugged into a negative cord?

How does someone with a positive cord feel about themselves?

How does she look?

How do you feel when you are with someone with a positive cord?

Explain that everyone can be having a yucky kind of cord day but they need to remember to unplug from negative feelings and change into a more positive outlook.

Play game VOGUE – based upon a girl who is plugged into a positive cord.

Directions: have the girls move about the area when you shout **YES** have the girls pretend to be the girl plugged into a positive cord and each take a "pose" to represent how the girl would look and what she would say, have them hold the pose for 10 seconds and then begin moving around again. Shout **YES** again and have them freeze into a new pose, play the game for about 5 minutes.

Session 2a: Agent of Change - The Power of One

There are many things in your life that you are proud of to do this you used many talents, strengths, skills and patience to be successful. Everyone has a blend of the qualities that you use even when walking and talking.

- Materials: Paper, markers
- Powers & Strengths
5 minutes

- Give the girls a sheet of paper & markers asks them think about the following questions and then write down their answers:
What do you think about your powers and strengths?
What are they?
Why are they important?
How do your powers or strengths reflect the values of the GS Law?
What Value of the Law means the most to you?

Next on the back of the sheet have them draw a picture of themselves with a frame around it, on the outside of the frame have them write the following words: brave, considerate, strong, quiet, good listener, funny, imaginative, shy, fast runner, good listener, confident. They can add other adjective that they feel describe them and then draw a line from the words that best describe them to their picture.

Session 2b: “About a Girl”

- Warm up jumping jacks (sets of 3)
- Knee high marches (sets of 3)
- Two sets of the following: Run for 90 seconds, walk for 90 seconds, run for 3 minutes, walk for 3 minutes.
- Cool down: (Hamstring stretches, quad stretches & neck stretches)
- Report out on pedometers/lap band counters, (the colorful rubber band balls work well for this) & record miles logged.
- Discuss: Where can we map out a running route for our group? (Indoors, outdoors, etc.)

Session 3a: *Agent of Change* “The Power of Team”

- Materials: Paper & markers

Discussion on what makes a great team.

Ask the girls what they feel makes up a great team give each a chance to respond, remember to keep everyone positive.

Explain that each of them will take the lead as you work through the training due to their strengths and talents and ability to help everyone succeed in reaching the team goal of completing the race.

Now ask them what makes up a bad team?

On a sheet of paper have the team make a list to describe how people act in a great team.

- Learning how to disagree – There are times you don’t feel the same way as the others in your group an example is you may not want to play a certain game or want to make or eat the same snack. It is okay to feel differently and still be friends, it is important to remember to still be a friend while disagreeing. Remember words can hurt so try to find nice ones even if you disagree.
- Working with the girls, have them help create a list of words that make them feel good and how they can use them even during disagreements.
Next have them create a list of words that make them feel bad and discuss why they should not use them even if they are upset.
- Pose the following question how can we as a team navigate through our friendships/relationships to be positive and supportive to train and complete the GSNENY Family Fun 5K? When we work together towards one goal it is easier to succeed!

Session 3b: “Makes me Happy”

- Warm up stretches: Quad stretches, arm to toe stretches, and hamstring stretches

- 3-minute warm up walk
- Jog for 3 minutes
- Walk for 90 seconds
- Jog for 5 minutes
- Walk for 2 minutes
- Jog for 3 minutes
- Walk for 90 seconds
- Jog for 5 minutes
- Cool down: Have everyone take a water break and lay in a circle. Put on relaxing music and dim the lights. Have the girls breathe deeply in and out (counting down to 5 for each inhale & exhale) Have them picture the most favorite place, and picture themselves there. (Do this exercise for 8-10 minutes.)
- Record miles from pedometer/lap band counter in log, (the colorful rubber band balls work well for this).
- Set a goal: How many miles can we log together a group. Pick a destination. Example: Albany to New York City is 154 miles; Albany to Walt Disney World is 1,236 miles.

Session 4a Energy Balance – *Get Moving Journey*

Energy Balance

Energy In – Calories you get from eating & drinking... Energy Out – calories you burn from physical activity, (getting dressed, climbing stairs, playing sports and even thinking and sleeping). It's important to balance daily calorie requirements, (**Energy In**) with regular physical activity, (**Energy Out**) and work to become physically active for 60 minutes daily.

For information on how you can estimate a recommended daily food plan by age and activity level please visit www.choosemyplate.gov/myplate/index.aspx.

Energy is everywhere Activity – will need a ball for playing the game it can be a tennis ball, playground ball, nerf, etc. dependent upon the size of the room you are in or take it outside for more activity and energy out. Start with: Energy is everywhere and is connected to most anything we do. Ask girls to each give one example of how they use energy every day? Then change to an Energy Balance it by playing a game with the girls.

Have the girls get into a circle, toss the ball to one of the girls and ask her to share one thing she eats or drinks regularly (**Energy In**), and activity she does regularly (**Energy Out**). Then ask her to toss the ball to another girl and have her do the same continue until all of the girls have had the chance.

OR

Energizing Snack Activity

Materials required: Sheets of paper and markers

Have the girls shout out some of the advertising slogans about their favorite foods or drinks. Ask the girls to create a list of what makes a snack energizing. What types of people would be experts in Energy In & Energy Out in relation to the snacks they have shouted (Energy In – nutritionists, chef, gardener, dietician, etc., Energy Out – lifeguard, coach, fitness trainer, gym teacher etc.)? After the girls have answered have them create an ad for their favorite energizing food using the markers & paper.

Session 4b: “Eye of the Tiger”

- Have the girls pick their indoor/outdoor route?
- Stretches: (hamstring, quad stretches and finger to toe stretches)
- Warm up 5-minute walk
- Jog for 5 minutes
- Walk for 3 minutes
- Jog for 8 minutes
- Water break and report out on lap bands/pedometers
- Log miles in journal
- Watch an inspiring video to encourage girls on their progress:

<http://www.youtube.com/watch?v=8SbXgQqbOoU> (My 120-pound journey)

Session 5a: *Agent of Change* - Power Snacks

Make a healthy snack at the beginning of the session. The following are simple recipes the girls can make as a snack after their training session.

- **Dynamite Dip, (Cucumbers, celery, carrots, pepper, fresh broccoli & fresh cauliflower go well with the dip).**
 - a. 16 ounces low or non-fat yogurt, 3 ounces low or non-fat cream cheese, ½ cup light or non-fat ranch dressing, 2 tablespoons parsley flakes or dill, or fresh chopped parsley or dill.
 - b. Have the girls place the yogurt, cream cheese, ranch dressing & parsley or dill in a bowl.
 - c. Then have them stir the ingredients together with a spoon.
 - d. Chill while the girls are participating in their training session and afterwards have the girls enjoy the healthy snack they have made.
- **Yogurt Parfaits: 32 ounces of low fat vanilla or unflavored yogurt, bananas, fresh or frozen berries, granola, raisins, etc.** Yogurt is an excellent source of protein, containing anywhere from 10 to 14 grams per 8-ounce serving. Use low-fat yogurt and see if you can get away with the plain flavored variety, letting fruit be the source of sweetness (mash up some bananas or fresh berries and mix with a fork to sweeten the plain yogurt) or use vanilla low or non-fat yogurt.
 - a. Start with tall, clear glasses and let kids create their own parfait by layering spoonfuls of yogurt, fruit, granola, and other fun foods like crushed graham crackers, nuts & raisins.
 - b. Chill while the girls are participating in their training session and afterwards have the girls enjoy the healthy snack they have made.
- **Green Goddess Dip & veggies** – page 55 of *aMuse*.

Session 5b: “Girls Run the World”

- Stretches: (hamstring, quad & finger to toe stretches)
- Warm up 5-minute walk
- Jog for 8 minutes
- Walk for 5 minutes
- Jog for 8 minutes
- Water break
- Report out on lap bands/pedometers & record in journals.
- Cool down: Put on relaxing music and practice basic yoga postures & breathing techniques

- Sit down pose: Focus on your breath. Keep your spine straight and push the sit bones down into the floor. Allow the knees to gently lower. If the knees rise above your hips, sit on a cushion or block. This will help support your back and hips. Take 5-10 slow, deep breaths. On the next inhale, raise your arms over your head. Exhale and bring your arms down slowly. Repeat 5-7 times.
- Mountain pose: Stand with feet together, hands at your sides, eyes looking forward. Raise your toes, fan them open, then place them back down on the floor. Feel your heel, outside of your foot, toes and ball of your foot all in contact with the floor. Tilt your pubic bone slightly forward. Raise your chest up and out, but within reason - this isn't the army and you're not standing at attention. Raise your head up and lengthen the neck by lifting the base of your skull toward the ceiling. Stretch the pinky on each hand downward, and then balance that movement by stretching your index fingers. Push into the floor with your feet and raise your legs, first the calves and then the thighs. Hold for 5 to 10 breaths, relax & repeat.
- Warrior pose: Begin in mountain pose with feet together and hands at side. Step your feet 4-5 feet apart. Turn your right foot about 45 degrees to the left. Turn your left foot 90 degrees to the left so that it is pointing straight out to the side. Slowly bend the left knee until the thigh is parallel with the floor but keep the knee either behind or directly over your ankle. Raise your arms over head. Then slowly lower them until your left arm is pointing straight ahead and your right arm is pointing back. Concentrate on a spot in front of you and breathe. Take 4 or 5 deep breaths, lower your arms, and bring your legs together. Reverse the position.

Session 6a: You are what you eat & drink!

Materials: paper & markers

Our bodies are 65% water. We take in water when we eat foods containing water and drinking. Have the girls think about what foods they eat that have a lot of water in them. Give each girl a sheet of paper and markers to write down the foods containing water. Then have them figure out how much water their body contains by writing down their weight in pounds and then multiplying it by .65 to get their water weight. Example 75 lbs. X .65 = 48.75 pounds water weight.

For a week try not to drink sweetened juice or soda, although they may be tasty, they have added sugar that make you feel full of energy and then really tired. Instead drink water, low fat milk or fun fizzy seltzer. The following are some fun recipes for healthier drink choices.

- Fruit Juice Fizz: you will need 1 orange or lemon, unsweetened orange juice, unsweetened pineapple juice, cranberry juice and seltzer or club soda.
 - Cut the orange or lemon into slices, put 1 to 2 cups of each juice into a pitcher, for every 3 cups of juice add 1 cup of seltzer or club soda. (If you have 6 cups of juice you will need 2 cups of seltzer or club soda.) Add the slices of fruit chill and serve.
- Blender Smoothies:
 - Peach - 2 cups of sliced peaches, 1/2 cup of fat free milk (or 1/4 fat free milk and 1/4 soy milk),
 - 1 cup low-fat peach yogurt, 2 cups of ice, dash of nutmeg (optional) add ingredients to blender and blend until smooth.
 - Non Dairy Strawberry Peach Smoothie - 1/2 cup soy or rice milk, 12 strawberries, 1/2 cup frozen peach slices, 2 ice cubes add ingredients to blender and blend until smooth.
 - Non Dairy Blueberry smoothie - 1 cup Silk Vanilla Soymilk, 1 cup frozen blueberries (they must be frozen), and 1/2 cup frozen strawberries add ingredients to blender and blend until smooth.

- Frozen blueberry smoothie - 1/2 cup frozen blueberries, 1/2 cup low-fat vanilla yogurt, 1/2 cup 1% skim or 1% milk, 2 tablespoons honey, 2-3 ice cubes (optional) add ingredients to blender and blend until smooth.
- Melon Smoothie this is loaded with vitamin c and healthy for you. 3 cups of watermelon, 1 cup cantaloupe, 1/2 cup strawberries, 1 cup low-fat plain yogurt, 2 cups of ice add ingredients to blender and blend until smooth.

Session 6b: “Respect”

- Warm up stretches (quad, hamstring, neck stretches)
- 5-minute warm up walk
- Jog for 5 minutes
- Walk for 3 minutes
- Jog for 8 minutes
- Walk for 3 minutes
- Jog for 5 minutes
- Water break and report out on pedometer/lap band counters
- Cool down: Repeat the following stretches three times:
- Wall Push up: Stand about three feet from a wall, feet at shoulder width and flat on the ground. Put your hands on the wall with your arms straight for support. Lean your hips forward and bend your knees slightly to stretch your calves
- Hip & Lower Back Stretch: Sit on the ground with your legs crossed. Lift your right leg and cross it over the left, which should remain bent. Hug the right leg to your chest and twist the trunk of your body to look over your right shoulder. Change legs and repeat (i.e. looking over your left shoulder).
- Groin Stretch: Seated, put the soles of your feet together. With your elbows on the inside of your knees, gradually lean forward and gently press your knees toward the ground.
- How far have you made it towards your current goal toward your chosen destination? (Have each girl report out their total miles, and add up current miles)

Session 7a: Stressing less – *Agent of Change* – *Girls Guide to Girl Scouting*

Materials: Journals, (can be several sheets of paper stapled together, marble composition books or store-bought journals), markers or pens.

When our bodies move enough, rest enough, and get the right fuel we tend to get less up set and worry less often – we stress less! Sometimes we need to find other ways to feel better.

Give each girl a ‘journal’ and allow them to decorate the cover and place their name on it. Explain that we often feel better when we are able to get out our feeling and frustrations even if it is just writing them in a journal we don’t want to share with others.

On the first page of their journal have them write down some of the things which stress them out, keeping several lines between them. Explain that the next time one of those things happen tear out that section of the sheet and rip up into little pieces and then ask themselves if they felt better afterwards.

Session 7b: "Mobile"

- 5-minute warm up walk
- Jog for 20 minutes without stopping
- Cool down stretches: Quad Stretches, Groin Stretches, Hamstring Stretches
- Have the group decide which cool down tactic they'd like to do: Yoga, Visualizing, Cool down walk
- Report out on lap bands/pedometers

Session 8a: Yoga & You

Explain that yoga is a philosophy of movement and meditation that has been around for thousands of years. It can teach strength, flexibility, concentration, balance and body awareness for people of all ages. Yoga can improve your self-confidence, focus, intellect, fitness, calmness and creativity, while also reducing stress. Here are some simple yoga exercises you can do with the girls or contact a local Yoga Center to see if they will do a class for your troop, (Good Karma Yoga in Colonie, your local Y, etc.)

- Butterfly -Sit on the floor with the soles of your feet together. Sit up straight and hold your feet. Gently flap your knees up and down like the wings of a butterfly.
- Cobra - Lie on the floor on your stomach with your legs straight out and your hands next to your chest. Push your upper body up with your hands into a back bend while leaving your hips and legs on the ground. Hold this pose for a count of ten and gently come back down.
- Camel - Sit on your knees with your feet behind you. Reach back with your hands and grab your feet while your upper body remains tall. Hold this pose for a count of ten.
- Cat and Cow - Get on the floor on your hands and knees. With your hands under your shoulders, drop your head and arch your back upward for a cat pose. Then, lift your head and arch your back downward for a cow pose. Rotate from one pose to the other three to five times, holding each one for a count of ten.
- Tree Pose: (helps to develop balance). Stand with your shoulders back and take a deep breath. Raise your right leg with knee bent and rest your foot on the inside of your left knee, (see notes on Anmolmehta.com). Bring your hands together in front of your chest, palms together, and slowly raise above your head, as you breathe deeply. (Most children will be wobbly at first, but see how long the girls can hold the pose.)
- Rock n' Roll (The Rock n' Roll exercise is a fun way to use yoga for more active children.) Lie on you back on a yoga mat. Grab your knees with your arms, wrapping them tightly. From this position, roll back and forth, stretching out your spine and strengthening your abdominal muscles. Roll for one minute before you inhale and exhale to a flat position once again.

Session 8b: "I Will Survive"

- Brisk 5-minute warm up walk
- Jog for 22 minutes, without stopping
- Cool down 5-minute walk, and complete stretches
- Water break, report out on pedometer/lap band counters

- Assign have the girls determine running buddies to keep motivated on race day (Try to keep it with girls who can keep pace with each other)

Session 9a: Cooperation & Peer Pressure

Materials needed – about 30 sheets of scrap paper, paper & markers

- **Cooperation** - Explain at the beginning we had talked about a good team and how each of you were leaders through our journey to the 5K, but what do you think cooperation is? Give the girls a few moments to answer. Afterwards begin a conversation with them on how we may have different thoughts and values and that is ok. What are the differences they may have from each other and how have they cooperated along the way.

Next play Centipede Circle:

- Have the girls form a circle, shoulders touching and then take a small step backwards.
- Hand each girl a piece of scrap (notebook size) paper and tell her to stand on it with both feet.
- Explain ‘your goal is to walk around the circle as a group and return to the piece of paper where you started. The challenge, however, is that no one can ever put their feet on the ground. **Everyone’s feet must stay on a piece of paper at all times.** To accomplish this you may want to discuss a plan of action before you try it. If your feet do touch the ground, you will return to your original spot and start over.
Give the girls time to discuss their plan and then observe as they move around the circle. You might have to remind them about their feet touching the ground.

Afterwards ask the following:

1. Why do you think the game is called ‘Centipede Circle’?
2. Did you work well together?
3. What happened? Did someone show up as the leader? How did they get that role?
4. Did choosing to cooperate make the game more fun and easier?

- **Peer Pressure** – The goals are for the girls to have a better understanding of peer pressure, exploring why people give in to peer pressure and learning a strategy to resist peer pressure. Start the discussion with: Although we know smoking cigarettes isn’t good for us some girls choose to do so anyway. Why do you think they do this? Give the girls time to discuss this eventually they will probably come up with ‘because they think it is cool’. Your reply to this could be, “Thinking something is cool because other people believe it is or doing something because other people do it is called giving in to peer pressure. A peer is someone your age and pressure is what you feel when you are forced or convinced to do something you feel isn’t right.”

Have the girls break into small groups, (2-3 girls) give them a sheet of paper & marker ask them to come up with and list 2 or 3 different areas where girls can feel peer pressure and have one of them to write down their list of these areas. Explain if they are having trouble to think about times when they felt pressure from a friend to something that they weren’t comfortable doing.

After they have created their list ask them to share with the other groups. If they haven't listed gossiping, bullying, dieting, and doing or wearing certain things to be a part of a group, explain that, this too is a form of peer pressure.

Then pose the question why do you think girls pressure other girls to say or do certain things? Allow time for them to talk this out with you. Afterwards present them with a strategy to use whenever they are feeling pressured by others. You may choose to have them use the following: 'Whenever you feel pressured to do something and we aren't sure we want to do it or not try the following steps – **Stop**, take 5 deep **breaths**, **listen** to that voice that you have on the inside that tells you when something is good for you or not and then **respond**.

Try this out with them by having one of the girls ask you to try an imaginary cigarette. Your response is to **stop, breathe** take a moment to **listen** to what your 'gut' is telling you on the inside and **respond** with "You know I'm just not interested in smoking, talk to you later" and walk away.

Then have the girls practice by having them answer some scenario statements like:

1. "She's so strange, let's hide her book bag so she can't find it.
2. "Come on, put it on... you'll look good in this make up. The color, really bring out your eyes."
3. "We have our science test today and I didn't get a chance to study. Will you sit next to me so I can see your paper? You are really smart."
4. "It's not a big deal, we're just taking a candy bar and the sales clerk isn't even looking.
5. "You want to go to **her** party? She is so lame. You should skip it and hang out with me instead."
6. "I don't see what the problem is, your mom won't know we watched a R rated movie. Besides she isn't even here."

Session 9b: "Boom Boom Pow!"

- 5-minute warm up walk
- Jog for 27 minutes, without stopping
- 5-minute cool down walk & stretches
- Water break and report out on pedometer/lap band counters
- How far are we in our group goal of miles logged? Only one more week of training left!
- Suggested cool down activity: Yoga poses in Session 5b with relaxing music.

Session 10a: "The End"

- 5-minute warm up walk
- Jog for 30 minutes! Without stopping
- 5-minute cool down walk & stretches
- Water break and report on pedometer/lap band counters
- Did we reach our group goal for miles logged?
- Assign small groups to run together, having an adult leading the group throughout the run, the other bringing up the rear
- Suggested tip: Give each girl a small giveaway or prize for completing the series and put on inspiring music and recognize each girl in an informal ceremony. Get pumped for the Girls Running the World Daisy Dash & 5K.

Session 10b: A Happy Meal

- Materials: Locally grown, healthy food to make a final meal before race day! (Carbo -load)

Suggested recipes:

Pesto & Mozzarella Pizza:

Ingredients: 1 cup grated mozzarella cheese 6-8 sundried tomato quarters/sliced fresh tomatoes, 1 roll of puff pastry/phyllo, salt/pepper to taste, Parmesan cheese shavings, 2tsp. pesto, Olive oil to sprinkle.

Directions: Roll out pizza base using the puff pastry into a large square. Sprinkle with mozzarella cheese, add sundried tomato quarters, and sprinkle with olive oil, parmesan cheese shavings, dollops of pesto and salt and pepper to taste. Bake in warm oven at 180 degree until bubbling and serve hot.

Cinnamon French toast with Fresh Fruit:

Ingredients: 500ml milk, 5 beaten eggs, 15 ml ground cinnamon or mixed spice, pinch of salt, 10 thick slices of milk loaf or challah bread, 125 ml oil, 75 g butter and fresh fruit in season such as strawberries or cling peaches.

Directions: 1. Whisk milk, eggs, cinnamon and salt together. Place a slice of bread into milk mixture to soak, turn over. Repeat with remaining slices. 2. Heat a large frying pan with oil, add butter. When bubbling, fry drained slice of soggy bread. Fry until golden brown on one side before turning over, continue cooking until golden. Drain on kitchen paper and serve immediately with syrup and fresh fruit.

Or can you do the classic spaghetti and whole wheat pasta!

- Have the girls help prepare the meal, assigning each girl a specific assignment. Gather at the table, and use of the suggested questions to get a discussion about mealtimes and relationships:
- Who do you most enjoy sharing meals with? What do you talk about while you eat? What happens when you share a meal with people you don't like?

Additional Stretching Exercises – It is important to stretch before you exercise, bending, twisting and stretching your muscles will keep them flexible. Try these stretches hold each of them for about 20 seconds.

Thigh Stretch

1. Reach back & grab your left foot with your left hand.
2. Slowly pull your leg back so that your knee moves away from your body.
3. Feel the stretch in the front of your leg.
4. Repeat with your right leg

Back of thigh stretch

1. Place your hand under your left knee
2. Pull your leg up
3. You should feel a stretch down the back of your leg & your lower back
4. Repeat this stretch with your right leg

Calf Stretch

1. Lean against a wall with your left leg behind you
2. Keep your right knee slightly bent
3. Lean forward until you feel a stretch in your calf
4. Repeat with your right leg

Chest & Shoulder Stretch

1. Bring both arms behind you with your fingers together
2. Straighten your arms
3. Lift your chest up

V-Sit

1. Sit on the floor and make your legs into a “V”
2. Reach over & try to touch your right toes. Your knees can be slightly bent.
3. Then try to reach your left toes. Make sure not to bounce.
4. Now lean forward and stretch your arms out in front of you.

Back Stretch

1. Lie on your back
2. Bend your knees and bring them up to your chest

Pedometers – Most drugstores, sporting goods store and others like Wal-Mart & Target sell pedometers the range in cost from \$5.00 - \$90.00. To maintain better health it is recommended to walk 10,000 steps a day.

Sample of Training Chart for 10-week plan for 5K

Week Number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run/Walk 10 minutes total: (Run 1 minute, Walk 1 minute) x 5	Walk 5 minutes	Run/Walk 16 minutes total: (Run 1 minute, Walk 1 minute) x 8	Walk 10 minutes	Day Off	Run/Walk 20 minutes total: (Run 1 minute, Walk 1 minute) x 10	Day Off
2	Run/Walk 20 minutes total: (Run 1 minute, Walk 1 minute) x 10	Walk 10 minutes	Run/Walk 24 minutes total: (Run 1 minute, Walk 1 minute) x 12	Walk 15 minutes	Day Off	Run/Walk 30 minutes total: (Run 1 minute, Walk 1 minute) x 15	Day Off

3	Run/Walk 18 minutes total: (Run 2 minutes, Walk 1 minute) x 6	Walk 15 minutes and do 10 sit-ups	Run/Walk 24 minutes total: (Run 2 minutes, Walk 1 minute) x 8	Walk 15 minutes and do 15 sit-ups	Day Off	Run/Walk 30 minutes total: (Run 2 minutes, Walk 1 minute) x 10	Day Off
4	Run/Walk 20 minutes total: (Run 3 minutes, Walk 1 minute) x 5	Walk 15 minutes and do 20 sit-ups	Run/Walk 24 minutes total: (Run 3 minutes, Walk 1 minute) x 6	Walk 15 minutes and do 25 sit-ups	Day Off	Run/Walk 32 minutes total: (Run 3 minutes, Walk 1 minute) x 8	Day Off
5	Run/Walk 15 minutes total: (Run 4 minute, Walk 1 minute) x 3	Walk 15 minutes and do 30 sit-ups	Run/Walk 20 minutes total: (Run 4 minute, Walk 1 minute) x 4	Walk 15 minutes and do 35 sit-ups	Day Off	Run/Walk 25-30 minutes total: (Run 4 minute, Walk 1 minute) x 5 or 6	Day Off
6	Run 10 minutes steady immediately followed by walking 10 minutes steady	Walk 15 minutes and do 40 sit-ups	Run 12 to 25 minutes steady immediately followed by walking 12 to 15 minutes steady	Walk 15 minutes and do 45 sit-ups	Day Off	Run/Walk 30-35 minutes total: (Run 4 minutes, Walk 1 minute) x 6 or 7	Day Off
7	Run/Walk 24 minutes total: (Run 5 minutes, Walk 1 minute) x 4	Walk 15 minutes and do 50 sit-ups	Run/Walk 30 minutes total: (Run 5 minutes, Walk 1 minute) x 5	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 36 to 42 minutes total: (Run 5 minutes, Walk 1 minute) x 6 or 7	Day Off

8	Run/Walk 21 minutes total: (Run 6 minutes, Walk 1 minute) x 3	Walk 15 minutes and do 50 sit-ups	Run/Walk 28 minutes total: (Run 6 minutes, Walk 1 minute) x 4	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 42 minutes total: (Run 6 minutes, Walk 1 minute) x 6	Day Off
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9	Run 10 minutes steady immediately followed by walking 10 minutes steady	Walk 15 minutes and do 50 sit-ups	Run 15 minutes steady immediately followed by walking 15 minutes steady	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 48 minutes total: (Run 7 minutes, Walk 1 minute) x 6	Day Off
10	Run/Walk 18 minutes total: (Run 8 minutes, Walk 1 minute) x 2	Walk 15 minutes and do 50 sit-ups	Run/Walk 27 minutes total: (Run 8 minutes, Walk 1 minute) x 3	Walk 15 minutes and do 50 sit-ups	Day Off	Walk 15 minutes and do 10 sit-ups	Event: Run or Run/Walk