

PREPARE *for a 5k*



The 5k race is ideal for those new to exercise. Most of these races are walker, stroller, and pet friendly. Don't feel like you have to run the entire race. Intervals of running are a great way to start. There are lots of races to choose from, so find one in your area that supports a cause you care about. Put your shoes on and get started!

- ▶ Prepare with the “**Couch to 5K**” program on CoolRunning.com. The Mobil App is now available!
- ▶ Prepare from the inside by fueling your body with sound nutrition:

- 1** drink 2 liters of water daily
- 2** eat a wholesome breakfast
- 3** eat small portions every three hours
- 4** stop eating 2-3 hours before bedtime
- 5** balance your busy day with a full, restful night's sleep



- ▶ Build, tone, and stabilize your body with strength training. Stretch *after* exercise to protect joint health. Stretching also increases oxygen and blood circulation to relax muscle tissue. Stretching is the perfect cool-down!

Helpful resources:

www.coolrunning.com | www.superfoodsrx.com | www.myfitnesspal.com



www.KaizenFitnessOnline.com

*Acquiring the
fitness lifestyle
one step at a time*

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