

# FLYING PIG 26TH-MILE (OR MORE) EVENT

Congratulations on your commitment to Be Smart, Eat Well and Move More! This program is designed to promote a lifetime of healthy habits.

Your goal is to walk, jog, run or wheelchair the distance of a marathon (26.2 miles) or more in the months leading up to the Cincinnati Flying Pig Marathon in May.



## TRACK YOUR MILES

Using the HOG LOG, track each mile you complete toward your marathon goal. Miles can be done at school or with family and/or friends. Always pick a safe place and never go out alone.

## MAKE HEALTHY NUTRITION CHOICES

We also want you to make good nutrition a part of your everyday marathon so we have included "Nutrition Challenges" that will help you meet your mileage goals while maintaining a healthy diet. Learn more about ways to meet your nutrition goals at [www.nutritioncouncil.org](http://www.nutritioncouncil.org).



## EXERCISE YOUR BRAIN

Being smart about your health includes exercise, good nutrition...and getting some brain food, too! Hungry for more? The Public Library of Cincinnati and Hamilton County has fun reading resources including electronic storybooks as well as book reviews and jokes contributed by kids online at <http://KidSpace.CincinnatiLibrary.org>.



## FINISH IN PIG-STYLE

What better way to celebrate your hard work and many Hog-Logged miles than by crossing the real marathon finish "swine" in one of the Flying Pig Marathon Saturday April 30th events?

- 10km (must be 12 years of age by race day)
- 5km (no age requirement)
- Kids' Marathon 26th Mile (1 mile, untimed event for Kids' Marathon program participants grades K-6th but no age limit enforced)
- Flying Piglet Dash (short, age-group fun runs starting with the diapered crawlers up to 9 year olds)

To register for any Flying Pig Marathon event, go to [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com). Remember to select your school or group when prompted.

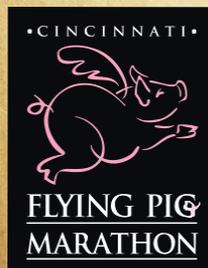
**BE SMART, EAT WELL AND MOVE MORE!**



Mileage and Nutrition Tracker

# HOG LOG

Be Smart, Eat Well and Move More!



**FLYING PIG  
26TH MILE EVENT**  
April 30, 2016

Presented by:



# Mileage and Nutrition Tracker

# HOG LOG

Presented by:



Name \_\_\_\_\_ Age \_\_\_\_\_

ZIP Code \_\_\_\_\_ Email \_\_\_\_\_

## MILEAGE

Flying Pig OINK-remental Marathon Mileage Tally	
1 mile	
2 miles	
3 miles <b>5K!</b>	
4 miles	
5 miles	
6 miles <b>10K!</b>	
7 miles	
8 miles	
9 miles	
10 miles	
11 miles	
12 miles	
13 miles <b>Half Marathon!</b>	
14 miles	
15 miles	
16 miles	
17 miles	
18 miles	
19 miles	
20 miles	
21 miles	
22 miles	
23 miles	
24 miles	
25 miles <b>Almost there!</b>	

## NUTRITION CHALLENGES

Eating well is so important to being healthy. You need the right nutrients from the right foods to be a strong and healthy athlete. Just like setting goals for reaching marathon distance, you can set goals for good nutrition, too.

We have set 4 Nutrition Challenges as your daily goals. Try to reach each of these goals as often as you can.



### Rethink Your Drink!

Avoid soda & sweetened drinks. Stay hydrated with healthier choices like water, milk, and 100% juices. **I drank only healthy beverages today.**




### Focus On Fruits And Veggies!

Fruits and vegetables offer awesome sources of vitamins, minerals and other nutrients. Try something new...you might like it! **I tried 3 fruits and/or veggies today.**




### Go For The WHOLE Grain!

Grains provide our main energy source for the body and brain. Get the ultimate fuel by eating breads, cereal and grain products that are **WHOLE**. **I had at least 1 WHOLE grain today.**




### Get Calcium!

Building strong bones and muscle takes calcium. Low and non-fat milk, yogurt and cheese are excellent sources. **I got 3 servings of calcium-rich foods today.**




### Exercise Your Brain!

Get your brain some healthy food too. **Read (or be read to) an additional 15 minutes above your usual.**


To learn more about making a variety of healthy choices from all food groups, visit:



**Filled up the Hog Log and ready to keep going? Why stop at 25? Download another one and keep racking up the miles and good habits.**