

Education Session I: *SAMPLE*

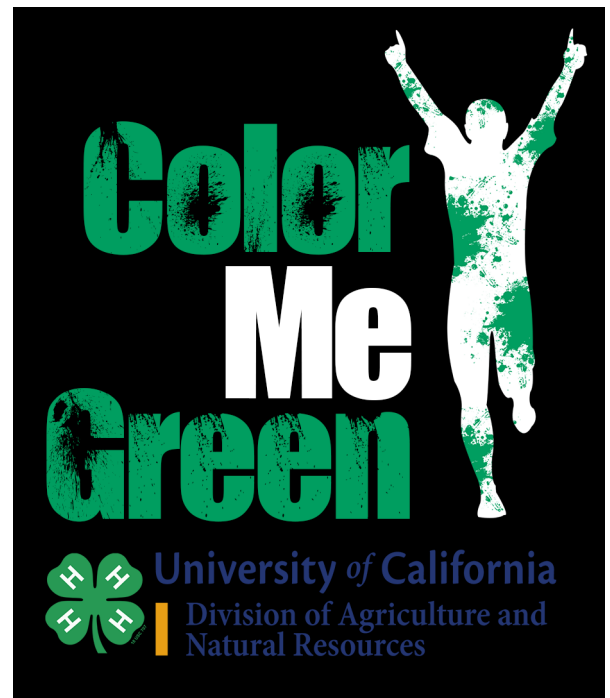
Welcome and Introductions (10 minutes)

Share why you are hosting a *Color Me Green 5K Run* and what you hope to gain from this experience.

Provide an opportunity for others to share what they hope to gain as well.

Encourage participants to form a plan to stay active every day in prep for the run; to incorporate physical activity into their daily routine.

Remember to provide nametags.



Nutrition Education (40minutes)

The Importance of Hydration:

Water is the best option for rehydration when participating in physical activities, and ensures more stamina to complete events. Water contains no sugar, which helps ensure stable energy levels and reduces fatigue. Water is also caffeine-free, so hyperactivity, loss of concentration, and possible behavioral problems are avoided. Often times water is even free! Choosing water when thirsty is a natural, healthy instinct, and should be encouraged.

For more information and activities on hydration view the 4-H Healthy Living website:

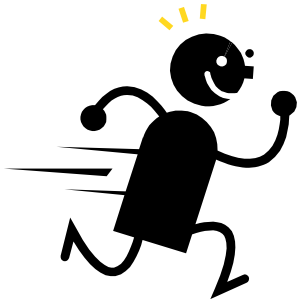
[http://4h.ucanr.edu/Programs/Projects/HealthyLiving/Water For Better Living/](http://4h.ucanr.edu/Programs/Projects/HealthyLiving/Water%20For%20Better%20Living/)

MyTaste Activity <http://4h.ucanr.edu/files/139133.pdf> (30 minutes)

Introduce Healthy Living by delivering this fun activity to your Color Me Green 5K Run participants. In this high-energy activity, youth and adults will become more aware of their taste personality and discover how to use this knowledge to eat healthier.



Additional resource: [http://www.cdph.ca.gov/programs/cpns/Documents/RYD-DrinkLabelCards Final Print 7 2013.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/RYD-DrinkLabelCards_Final_Print_7_2013.pdf)



Physical Activity (35 minutes):

Warm up/Stretches (5-7 minutes)

Start with “warm ups” such as marching or jogging in place and arm circles

Then do two or three of the below stretches:

1. Calf stretch
2. Hamstring Stretch
3. Side Stretch

http://www.active.com/a3_articles/25351ba3-5221-41ec-a24e-366a2984d50f/1?page=1

Run/Jog (20 minutes)

Start with a jog and slowly build up speed.

Make sure you are in a well lit area, free from obstructions. Parks and schools typically have tracks available for use.

Cool Down (5-7 minutes)

Slowdown from your run and jog.

Do some stretches (from warmup/stretch section above).

<http://www.active.com/running/Articles/Best-Cool-Down-Exercises-for-Runners>



At the end of class, remind participants to continue be physically active in preparation for the Color Me Green 5K Run.

Hamstring stretch

Sit on the ground with your legs stretched out in front of you. Reach your hands towards your feet and hold this position for 20 seconds. If you can, try to reach your feet.



Side stretch

Stand tall and place your right hand on your right hip and extend your left arm up over your head. Reaching to the right, hold this pose for 20 seconds, then repeat on the left side.



Calf Stretch

Sitting on the ground, pull the foot of one bent leg toward your body. Hold this position for 20 seconds, then repeat with the opposite leg.

