

27 REASONS WHY YOU SHOULD PARTICIPATE IN MIRACLE MARATHON

1. **It's for a great cause!** The money you raise will help kids like [Peyton Palermo](#), a teenager who has been battling a brain tumor since age five. Funds you raise will benefit your Children's Miracle Network Hospital. [Register here](#).
2. **You will sleep better.** Seriously! Regular physical activity has many benefits! It can help people of any age increase strength and endurance, sleep better, have fun with family and friends, cope with stress, and improve energy levels.
3. **This marathon is a piece of cake.** Always wanted to do a marathon? Well, even if you're a total couch potato, you can do this one. Just move forward one mile a day (about 20 minutes) for 27 days. All physical activity (even chores) counts.
4. **You'll have fun.** Plan an active family game night each week, like "Simon Says" in the living room or tag outside. Think of some games your kids might want to play—just keep everyone moving—and watch the smiles light up their faces!
5. **Fido will love you for it!** The Miracle Marathon is a great way to kick-start your goal of being more physically active, right from home. No need for daycare or an expensive gym membership. Even walking the dog counts!
6. **You'll feel like an awesome parent!** Starting at age 2, children should be active for a minimum of 60 minutes every day. Children today are more sedentary at home, with reduced PE time at school. It's time to get them going in the right direction, so start with just one mile a day during the Miracle Marathon.
7. **It will help you teach your kids how to set goals.** Create a plan together as a family, discussing how each of you will accomplish your miles and help them track their progress and celebrate meeting their goal.
8. **You'll form new healthy habits.** Training for the Miracle Marathon can help your whole family learn to enjoy being active, which can lead to a lifetime love of fitness.
9. **You'll be an inspiration.** Others (including your own kids) will see you as a terrific role model and feel motivated by your dedication. Encourage people to join you and you'll have your own following.
10. **Your child's skeleton (and your own!) will thank you.** It's a fact: exercise makes bones stronger. And building strong bones during childhood means healthier bones throughout in life.
11. **Did we mention it's for a great cause?!** Approximately 27 kids will die each month from cancer in the U.S. By moving a mile a day you are helping fight childhood cancer and other pediatric illnesses.
12. **You'll get to spend more time with your family.** As busy as our lives are, it's hard to find quality time with the family. An outing to the park, or a simple dance-off in the living room, are fun ways to bond as a family.
13. **You'll have official permission to goof off.** You don't have to do something formal to be active. Be creative around the house. Something as simple as raking up and jumping in a pile of leaves creates a memory your kids will never forget.



14. **Your kids will get better grades!** Research shows aerobically fit kids are 2x as likely to pass the state math and reading exams than their unfit peers. Moving around activates their brains. Getting your kids moving for 27 days is a no-brainer.
15. **You don't have to break the bank to get active each day.** A trip to the park is an inexpensive (often free) way to promote family activity. Play catch, "Simon Says," or just enjoy being outside together.
16. **You'll make connections.** Walking, jogging or biking around your neighborhood is a great way to meet new people.
17. **It's cool!** With the arrival of fall's crisper weather right around the corner, it's the perfect opportunity to head outdoors and be active together as a family. During the Miracle Marathon, try hiking, flag football, or visit a pumpkin patch!
18. **You'll be just ten minutes away from a better mood every day.** Studies show that only 10 minutes of activity can lift your mood and make your spirits bright.
19. **You'll get to explore the great indoors.** As we move out of summer and into fall we lose daylight so we have less time to be active outside. Create a scavenger hunt, host a dance party, or find new games to play indoors.
20. **It's the perfect excuse to put away the screens!** When the weekend rolls around, don't become couch potatoes zoned out in front of the television. Participating in the Miracle Marathon will give you the motivation to move more.
21. **You can "get your shop" on in the name of training for the Miracle Marathon.** Did you know the average distance around one floor of a mall is about one mile? (which doesn't even count side trips into stores.)
22. **You'll have a great reason to dust off your bikes.** Whether you're cycling through your neighborhood, around a park or on a greenway—it's a great time of year to apply some pedal power and breathe in the fresh air.
23. **You get to have old-fashioned fun.** Create a scavenger hunt with a list of things for kids to find around the yard: a red leaf, ten acorns, five pebbles, three four-point leaves, etc. Then, turn them loose!
24. **You can pat yourself on the back.** How great will you feel knowing that the stroller to the park is helping a sick child?
25. **You'll discover some real gems,** Make your walk or hike a treasure hunt—collect things you find along the way (things you don't have to steal from neighbors, etc.
26. **You can make an excuse to have a date night with your spouse.** How about taking an evening stroll with your husband or wife once a week throughout the month of October as a way to get in your Miracle Miles activity?
27. **Bragging rights!** Yup, you'll be able to tell family and friends you've completed a marathon plus an extra mile! Since a traditional marathon is 26.2 miles, Miracle Marathon adds a special touch by adding one more mile just "for the kids."

REGISTER FOR MIRACLE MARATHON TODAY.

WWW.MIRACLEMARATHON.ORG

