

# ***If you RUN you will...***

- Become healthier, happier and more confident
- Play other sports like football and dodge ball better and for longer
- Dance, jump and skip better and for longer
- You will concentrate better
- You will be fitter and live longer
- You will breath and move more easily
- You will sleep better and have more energy
- You will feel good about yourself when you see just how far you can run
- Your teachers, friends and family will be proud of you
- You will make friends with others who enjoy the same activities as you

***Give Marathon Kids a go, you may just find that you love running.***

***YOU CAN DO THIS!***