



LIFETIME[®] MIAMI

KIDS RUN

Nutrition Resources

Provided by

LIFETIME[®]
FOUNDATION

LIFETIME[®] MIAMI
MARATHON  AND HALF



Life Time Kids Run Miami - Nutrition Resources Provided by Life Time Foundation

When children are well nourished and take part in safe, fun, enriching physical activity, their minds and bodies can flourish. But for too many of our children, the opposite is true - lack of proper nutrition and activity puts them at risk of chronic physical, cognitive, and socio-emotional disease.

[Life Time Foundation](#) focuses on sustainable, impactful change in two main areas:

Nutrition. We collaborate with school food leaders to help them serve wholesome, nourishing, minimally processed food in schools across the country.

Movement. We partner with schools and community organizations nationwide to get kids moving—supporting these organizations as they make long-term, sustainable progress toward building healthier futures for the kids they serve.

To date, Life Time Foundation reaches over 500 public school districts and 6 million students across the country. Since January 2022, the Foundation provided 24 grants to schools and community organizations nationwide, empowering over 27,000 children to be active for life.

Since Life Time covers all of our operational costs, every cent of every dollar contributed directly supports programs and grantmaking.

Facts and Tips for Healthier Kids

Importance of nutrition:

- Healthy eating is important for proper growth and development, and it can also decrease your chances of various health conditions.
- Setting healthy eating patterns as children, such as eating lots of fruits and vegetables, whole grains, fiber and water, can lead to good healthy eating patterns as people age.
- Food is Fuel! It can give you energy to think, play and run.

Stats on childhood obesity and physical activity/nutrition:

- For children and adolescents aged 2-19 years in 2017-2018, the prevalence of obesity was 19.3% and affected about 14.4 million children and adolescents. - [CDC](#)
- From 1999 to 2018, among US youths the proportion of energy intake from consumption of ultra-processed foods increased from 61 to 67% - [JAMA](#)
- In the U.S., childhood obesity alone is estimated to cost \$14 billion annually in direct health expenses. - [State of Childhood Obesity](#)
- Only one quarter of US youth get the recommended amount of aerobic physical activity. - [CDC](#)
- \$117 Billion in annual health care costs are associated with inadequate physical activity ([CDC](#))

Physical Activity Benefits for Children ([CDC](#))

- Improves aerobic and muscular fitness
- Improves bone health
- Promotes favorable body composition
- Improves attention and some measures of academic performance
- Reduces risk of depression

Nutrition tips:

- Drink lots of water to help your body function. It is recommended to drink half your body weight in ounces of water.
- Get at least 8 hours of sleep. Children (and adults) who don't get enough sleep are at higher risk for obesity. Have regular bed and wake-up times and stick to them. Sleep, nutrition and energy are all closely related.
- Eat a high-quality breakfast, including protein and fiber. Don't send kids off on their day without a solid breakfast – The majority of marketed quick-fix breakfasts out there won't keep them full or provide them with adequate energy.
- Eat at least 3 vegetables per day. Vegetables contain the most nutrition per calorie, fiber to keep children full, and vitamins and minerals to support metabolism and growth.



Suggested Recipes

Green Smoothie



[View Recipe](#)

UnBEEtable Hummus



[View Recipe](#)

Access the recipes above and more by visiting [Life Time Foundation Recipe Box](#).

About Life Time Foundation

So all kids can get started on their Healthy Way of Life journey...

[Life Time Foundation](#) exists to create a future in which every child in the United States can get started building their Healthy Way of Life.

We know that when children are well nourished and take part in safe, fun physical activity, their minds and bodies have the opportunity to flourish. And we know that the opposite is also true: without proper nutrition and activity children are at risk of physical, cognitive, and socio-emotional chronic disease. And for too many of our kids, poor nutrition and inactivity are the present reality. That is not acceptable.

We believe every child deserves a healthy start and we are working to make it so. We are focused on the goals of the most nutritious possible food being served in schools, and on increasing the opportunity for enriching physical activity.

To do that we collaborate with incredible partners across the country, including dozens of public school districts serving millions of students, helping break down barriers through long-term, custom-fit relationships – the kind that yield durable change.

