



Beat the Blues

WINTER MARATHON

Do colder temperatures get you down? Then join us for the **Beat the Blues Winter Marathon!**

CHALLENGE: Complete a full marathon (26 miles!) between January 22 and February 28. Get outdoors and move at your own pace. Track your miles as you walk, run, bike, snowshoe, ski, and more! Or, play outside for 30 minutes to equal one mile.

EXTRA MILE CHALLENGE: See how many marathons you can complete during the program! Challenge yourself and fill as many mileage logs as you can.

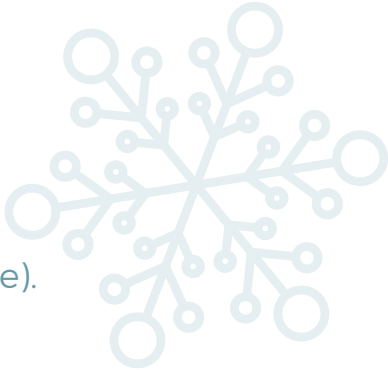
Mileage Log Return:

The deadline for returning forms is 5 p.m. on Friday, March 2. Return your mileage log form(s) and you may be eligible for a prize! Join us on March 2, from 6:30 to 8:30 p.m. for the Moonlight Mile at The Outdoor Campus!

Email: livewell@siouxfalls.org

Mail: Live Well Sioux Falls, 521 North Main Avenue, Suite 101, Sioux Falls, SD 57104

In Person: Sioux Falls Health Department, the Midco Aquatic Center, the Outdoor Campus, and the Sioux Falls Parks and Recreation Community Centers (Kenny Anderson, Kuehn, MariCar, Morningside, and Oyate). For Community Center hours and locations, visit www.siouxfalls.org/community-centers.



Questions? Call (605)367-8286 or email livewell@siouxfalls.org



FINISH!

MILEAGE LOG

ALMOST THERE!

START HERE
and color
the miles
as you go!



25

24

23

22

21

20

1

Name: _____

Email: _____

Phone: _____

2

I am a: Youth Adult (18+) Senior (65+)

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How to complete your miles:

- Walk, run, bike, swim
- Snowshoe, ski, ice skate
- Shovel the sidewalk (30 minutes = 1 mile)
- Outside play: build a snowman, have a snowball fight, make a snow fort, go sledding, and more (30 minutes = 1 mile)
- Join the Live Well Sioux Falls "1 Billion Steps Challenge." Email livewell@siouxfalls.org for more information
- Get creative . . . try something new!

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Where you can complete your miles:

- Your backyard
- Trails and parks
- Outdoor Campus
- Great Bear Recreation Park
- All around the community

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Indoor Options:

If being outdoors is a challenge, here are indoor activities you can count for miles:

- Indoor walking (at a Community Center, mall, etc.)
- Indoor water walking or swimming at the Midco Aquatic Center (30 minutes of walking or lap swimming = 1 mile)

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Connect with us @LiveWellSF



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WAY TO GO!

The winter marathon runs from January 22 through February 28.

See how many marathons you can complete!

HALFWAY THERE!

