



SHEETZ

Pittsburgh Toddler Trot

pittsburghmarathon.com/toddler trot

Complete the Toddler Trot Coloring Sheet by moving 26 miles!

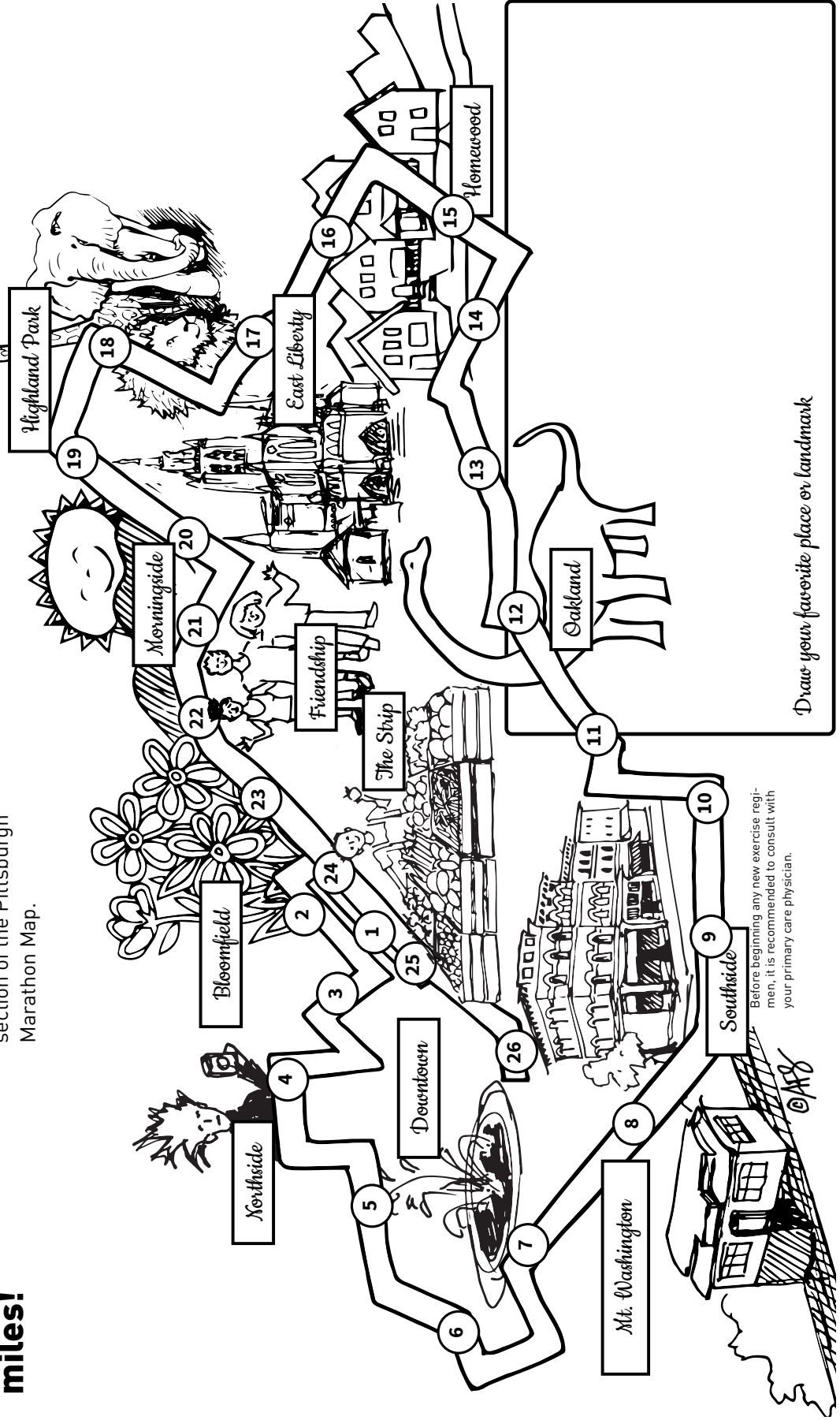
1 mile is 15 minutes of activity. Enjoy a family walk or play to engage developing motor skills. For every mile or 15 minutes, color in a section of the Pittsburgh Marathon Map.

Here are some activities to try:

Ball skills: catching, throwing, kicking, underarm roll

Locomotor skills: running, jumping, hopping, climbing, skipping, leaping

Balance skills: balance on a curb, walk on tippy toes, hop on one foot, walk in a straight line with your eyes closed, try a yoga tree pose



Before beginning any new exercise regimen, it is recommended to consult with your primary care physician.

Taste new foods by trying new colors!

Break up the beige and add some color!

By incorporating colors on your plate, you increase and diversify nutritional benefits. Different colors in fruits and vegetables is nature's way of helping you eat a variety of nutrients. Let's try 26 new foods in the following color groups plus one bonus food to fuel your body for running! Always be present when your child is trying something new for the first time in case they have an allergic reaction. Tell us what you tried:



RED (ex. apple, radish, red kidney beans)

- ▶
- ▶
- ▶
- ▶
- ▶

BLUE/PURPLE (ex. eggplant, blueberries, grapes)

- ▶
- ▶
- ▶
- ▶
- ▶

YELLOW/ORANGE (ex. orange peppers, squash, bananas)

- ▶
- ▶
- ▶
- ▶
- ▶

BROWN/WHITE (ex. onions, mushrooms, navy beans)

- ▶
- ▶
- ▶
- ▶
- ▶

GREEN (ex. spinach, green lentils, lettuce)

- ▶
- ▶
- ▶
- ▶
- ▶

TELL US SOMETHING ELSE YOU TRIED:

