

Nutrition and Hydration for Runners and Walkers

The past few weeks we've discussed tips on running your first 5k, training and stretching, what to wear, and how to avoid injury. This week let's focus on nutrition and hydration. Both very important when training and running a 5K.

A balanced diet for runners should include these essentials: carbohydrates, protein, fats, vitamins, and minerals. Click [here](#) for basic guidelines on nutrition and also visit [Fitness Magazine's](#) website, for more information.

Hydration is just as important as nutrition. Our bodies are made up of 60 percent water and every system in the body depends on water to function. Water rids the body of toxins, carries nutrients to cells, and prevents dehydration. How much water should I drink? Do foods with high water content (lettuce, broccoli, oatmeal, coffee, to name a few) count towards my daily hydration amount? Visit [active.com](#) for answers to these important questions and to find out more essential facts on hydration.

We invite you to join us on race day or choose one of the following ways to support this year's 5K Run & Walk:

- **Register** at our race website: www.2nd2None5K.com (register early for a discounted rate)
- **"Like Us"** on Facebook at [Like our Run](#)
- **Become a sponsor.** Contact Marilyn Weisner at 630-897-2127
- **Volunteer on race day.** Contact Denise Elsbree at 630-256-4506
- **Make a donation to the Food For Thought Program.** Each \$10.00 donation provides food for one family, from two of the weekly Mobile Pantries and helps ensure that the children do not go hungry during the summer break. Click [here](#) to make a donation today.

Thank you for your continued support.

Sincerely,

Theresa Shoemaker
Executive Director
Communities In Schools

Marilyn H. Weisner
Executive Director
Aurora Area Interfaith Food Pantry



