

## Brownie Trail Adventure

# TRAINING TIPS



GET A **GOOD NIGHT'S SLEEP** BEFORE YOUR ADVENTURE.

EAT A **HEALTHY MEAL** BEFORE YOU GO.

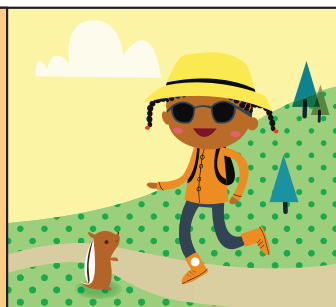


FIND PLACES TO **RUN OR HIKE** IN YOUR NEIGHBORHOOD.



**WARM UP** WITH LIGHT EXERCISES.

**ON THE TRAIL,** KEEP YOUR EYES ON THE TRAIL AHEAD OF YOU, HOLD YOUR BODY TALL, SWING YOUR ARMS, AND KEEP YOUR FEET UNDER (NOT IN FRONT OF) YOUR BODY.



DO A **TALK TEST**. IF YOU CAN'T SAY MORE THAN A FEW WORDS AT A TIME, YOU'RE PROBABLY RUNNING OR HIKING TOO HARD. **SLOW DOWN!**

DON'T FORGET TO **DRINK WATER**.



**STRETCH** AFTER YOU RUN OR HIKE.



PICK A **POSITIVE SAYING** FOR YOUR ADVENTURE. REPEAT THIS OUT LOUD OR SILENTLY TO YOURSELF.

**I am strong!**  
**I am strong!**  
**I am strong!**  
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**I am strong!**  
**I am strong!**  
**I am strong!**  
**I am strong!**  
**I am strong!**

