

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

