



# RUN WITH YOUR KIDS

Optimize your children's motor development  
and health through running.

[www.therunningclinic.com](http://www.therunningclinic.com)

# THE GOLDEN RULES OF THE RUNNING CLINIC™

- 1 Always run for fun first!!
- 2 Choose shoes that are flexible, light and close to the ground so they feel almost like being barefoot.
- 3 Avoid as much as possible foot orthotics and be barefoot as often as possible.
- 4 Sleeping is the right key to recovery, naps are beneficial!
- 5 Eating healthy is a priority. Don't forget to eat a lot of fruits and vegetables.
- 6 If pain suddenly appears, a little bit of rest will do. Avoid medications as much as possible.
- 7 In order to start off on the right foot, **follow our progressive running program for kids, available on our Website.**



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