



We are very excited to announce that our Spring 2021 iRun4Life running program is available through our free iRun4Life App. Now, more than ever, it is important to motivate your kids to be healthy, and offer them fun and engaging exercise options they can do safely at home. **To join our Spring Running Program, all you need to do is download the free iRun4Life App in the Apple or Android store – just search for “iRun4Life.”**

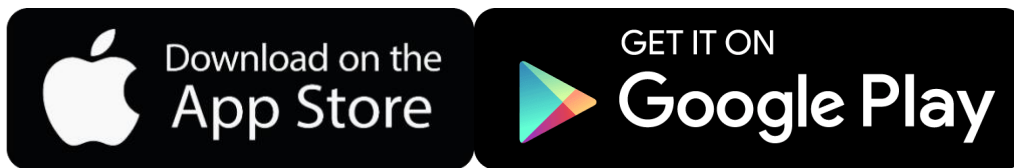
**Our weekly iRun4Life running program is available in the “Running & Fitness” link.** Similar to our in person after school running program, there are weekly warm up exercises, running schedules, and cool down exercises that are updated each month. After running, your kids can click on the red link to log their miles and good deeds – just like the kids did last year. And they can still run with their friends in a safe environment. The only difference is that the children will be running in their neighborhood, or in a local park rather than at school.

Another exciting feature of this year’s running program are yoga and dance videos. If the weather is bad and your kids can’t run outside, then they have the option to exercise with yoga or dance. There are 4 weeks of videos in the App. and they are updated each month.

**Another feature of our running program is Healthy Nutrition.** This is also available in our App through the Healthy Recipe link, where you will find family friendly healthy Snack, Meals, and Dessert recipes that our easy to make with your kids. The recipes are also updated each month with new recipes.

This year has been extremely challenging, and many of our kids’ physical and mental well-being have suffered. Our iRun4Life app will ensure your kids are healthy, and allow them to grow with our running program, as so many other kids have in years past.

We encourage you to download the free App to join us and have fun running and exercising. You can also share our iRun4Life App with all your friends and family.



Thank you,

Judy & the iRun4Life Board  
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