



Global Running Day



June 5 is Global Running Day, a time to celebrate the joy and benefits of moving your body. But you don't have to be a runner to take part. Whether it's a short walk, stretching in your living room, dancing with your kids, or moving a little more throughout the day, every step counts—especially when life gets busy or resources are limited.

At the Food Bank, we understand the unique challenges many of our neighbors face. Things like long work hours, chronic health conditions, limited transportation, and food insecurity can make it hard to prioritize movement. But, the good news is that even small bursts of activity—five or ten minutes a day—can make a real difference in how you feel. A simple walk around the block, walking your child to the bus stop, or even doing gentle stretches during TV time can help improve your overall health.

Why moving your body matters

You don't need fancy gear or a gym membership to be active. A short daily run or walk can help:



Fueling your activities

We know that proper hydration and nutrition are key to enjoying your run and recovering well. And the good news? You don't need fancy products or expensive gear to nourish your body for movement. Here are a few simple tips to keep you feeling strong on your feet:

If you're heading outdoors, don't forget to **stay hydrated**, especially as the weather warms up. Water is your best bet. Sip before and after your walk, and add a slice of lemon or cucumber for flavor. Eating water-rich foods like melons or cucumbers helps too.

Fueling your body doesn't have to mean buying expensive products. In fact, many pantry staples are perfect for active lifestyles. If you're already active and want to take your nutrition a step further, you *don't* need fancy supplements or sports drinks. Here are 3 easy, affordable ways to support your energy:

1. Peanut butter and whole grain toast – Packed with fiber and protein to keep you going
2. Yogurt with fruit or cereal – A great balance of protein and carbs, using what's often available from food pantries
3. Oatmeal with raisins or bananas – Quick, filling, and easy on the budget

This Global Running Day, celebrate movement in a way that works for you. Every step is a win for your body and your well-being. At the Food Bank, we believe that health is about more than just food—it's about community, connection, and caring for yourself in small ways every day.