



SCHOOL OF WALK & RUN OF TENNESSEE

In collaboration with:



The School of Walk and Run of Tennessee



We are about to embark on a trip across land, rivers, lakes and mountains. We need to be in the best physical and mental shape ever! Before we start, let's take a few minutes to stretch our muscles and take a few deep breaths.

Now that our bodies are relaxed and our minds are prepared to learn, let's begin this grand adventure across Tennessee!

STOP 1: JACKSON, TN



Total Distance Travelled: 70 MILES

HISTORY

The city of Jackson was developed before Memphis, making it at one time the largest city in West Tennessee.

With many railroads passing through, it was and still is a large trade center for West Tennessee.



SCIENCE

There are two official state insects: fireflies and ladybugs. Fireflies light up using their organs. The light can be blue, green, yellow, orange or red.



Ladybugs are brightly colored with black dots to warn predators away. Insect-eating birds and other animals learn to avoid meals that come in red and black, and are more likely to steer clear of a ladybug lunch.



HEALTH

Physical exercise is important for everyone! Youth and children need 60 minutes of physical activity each day. This includes exercises that work our hearts and our muscles.

What kind of activities do you like doing?



COLLEGES & UNIVERSITIES

Jackson is home to University of Memphis at Lambuth, Lane College, and Jackson State Community College.

This beautiful city offers many options to learn, only one hour from Memphis!



STOP 2: Mississippi River



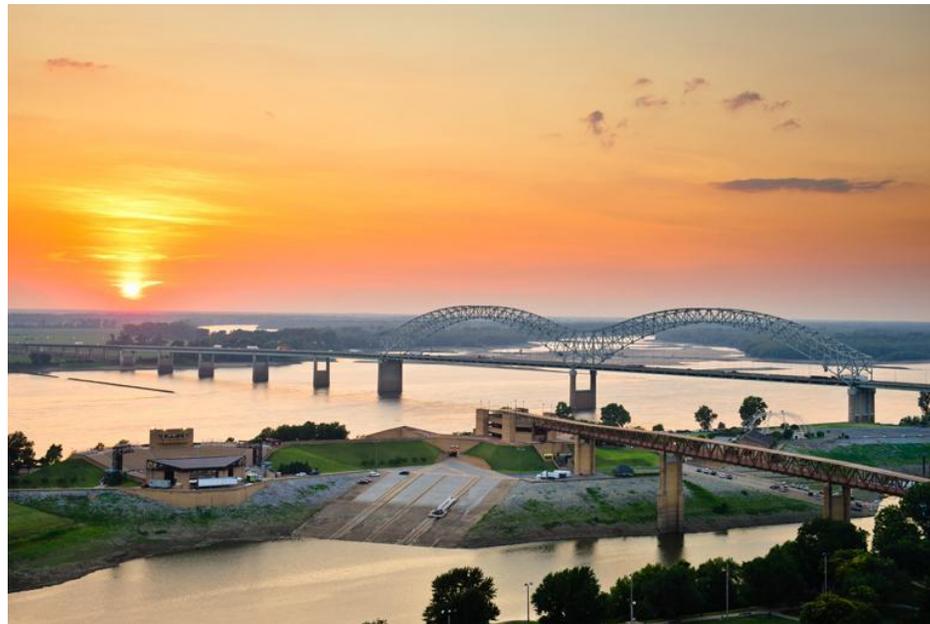
65 MILES



Total Distance Travelled: 135 MILES

HISTORY

The mighty Mississippi means "Great River." It is the 4th longest river in the world, flowing 2,320 miles! The river goes from northern Minnesota all the way to the Mississippi River Delta.



SCIENCE

More than 100 years ago, an earthquake happened in Tennessee. This caused the Mississippi River to flow backwards, filling a giant crater with water and creating Reelfoot Lake.

During January & February the lake is home to thousands of bald Eagles.

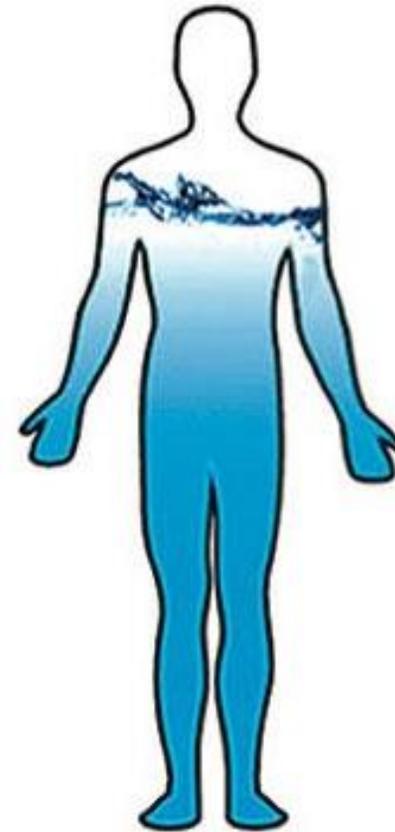


HEALTH

Did you know that the human body is 60% water?

Water protects your insides and makes sure you don't overheat or get too cold.

Have you ever been thirsty? That's your body telling you it's time to drink water. We have the whole state to walk, so it's important to stay hydrated!



COLLEGES & UNIVERSITIES

Enjoying your view of the river? Because the Mississippi River runs down Tennessee you can also enjoy view the right at home in Memphis. Rhodes College, located just minutes from the Mississippi River, is ranked among the nation's top liberal arts schools. There are over 50 majors and minors to choose from!



STOP 3: Union City



41 MILES



Total Distance Travelled: 176 MILES

HISTORY

Union City is a smaller city with about 10,000 people, but it is an old city. It was the site of a battle during the Civil War and today is home to manufacturing and processing plants.



SCIENCE

West Tennessee produces the majority of the state's cotton. Every part of the plant is used. There is no waste! It is used in thousands of products and has been grown since 450 BC!

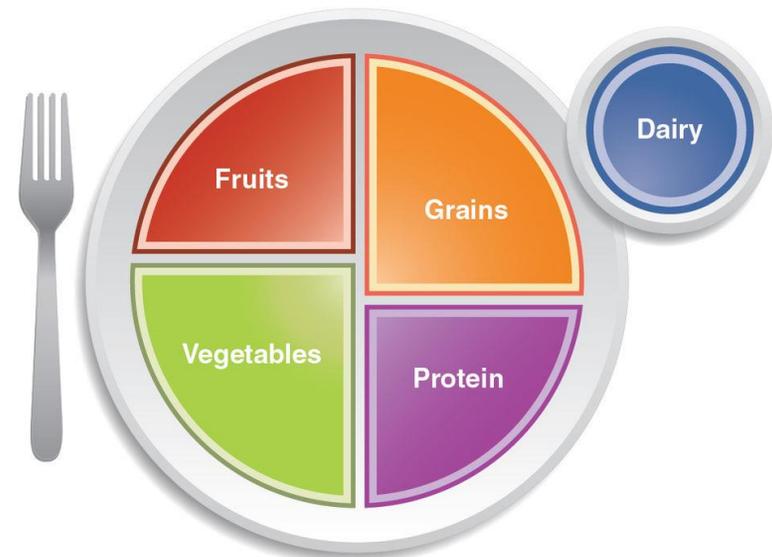


HEALTH

Can anyone name the 5 food groups?

Proteins, grains, fruits, vegetables and dairy each play an important role in our diet.

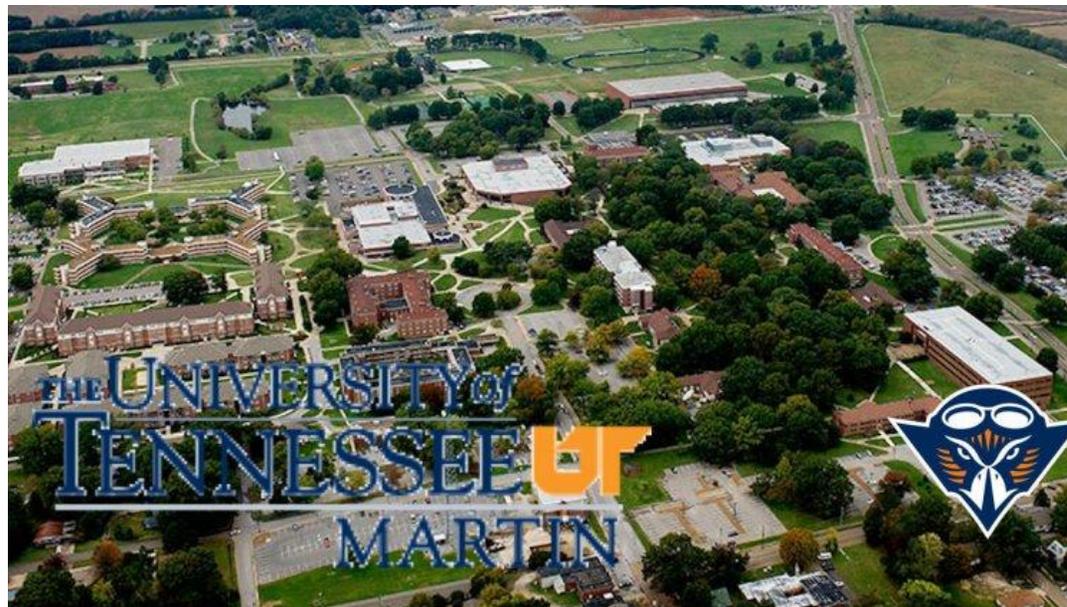
Try to eat from each group everyday, especially those veggies!



ChooseMyPlate.gov

COLLEGES & UNIVERSITIES

University of Tennessee at Martin, located just 19 minutes from Union City, offers more than 100 areas of study and has one of the highest graduation rates in Tennessee!



STOP 4: Kentucky Lake



74 MILES



Total Distance Travelled: 250 MILES



**Congratulations! We've travelled
over **250 miles** together!**

HISTORY

Kentucky Lake

Created in 1944, Kentucky Dam creates the largest manmade lake in the eastern United States. It backs up the Tennessee River for 184 miles and creates Kentucky lake, which stretches south across the western tip of Kentucky and nearly the entire width of Tennessee.



SCIENCE

Why do we build dams?

Dams are built to help control water. Using earth, rock, or concrete a stream or river can be blocked to create a large man-made reservoir such as Kentucky Lake.

Having dams helps store water for irrigation, water supply, power plants or to help prevent flooding. There are over 84,000 dams in the United States.



HEALTH



Aim to eat **5 OR MORE** fruits and vegetables every day. Did you know fresh and frozen are better for you than canned?

Eat a rainbow of colors because different fruits and vegetables include different vitamins and minerals!

COLLEGES & UNIVERSITIES

Bethel University

Bethel University is located in McKenzie, TN. The school offers both undergraduate and graduate programs. It also has a lot of online classes, including graduate studies. There is a small campus in Memphis as well!



STOP 5: Clarksville, TN



60 MILES



Total Distance Travelled: 310 MILES

HISTORY

Founded in 1779, Clarksville has always been home to many military families.

When it was founded, it was to be settled partly by soldiers who served in the Continental Army under George Washington during the Revolutionary War.

Today it is home to many military families serving in the neighboring army base Fort Campbell, which was formed during WWII.



SCIENCE

The Brain: An Idea Generator

The brain works on electricity. The same power that gives you light at night also runs your brain, giving you your thoughts, emotions and moves your muscles!

When we are awake, the brain produces enough electricity to power a 40 watt lightbulb for 24 hours!



HEALTH



2 HOURS OR LESS of screen time each day. This includes TVs, computers & phones. Keep TV/computer out of the bedroom. No screen time under the age of 2.

Too much time in front of a screen has been associated with obesity, aggression, trouble sleeping, and other behavioral issues in children.

COLLEGES & UNIVERSITIES

Clarksville is home to Austin Peay State University. Established in 1927, it was named for the Governor Austin Peay and the school mascot is the Governors.

In 2012 it was named Tennessee's fastest growing school.



STOP 6: Nashville, TN



55 MILES



Total Distance Travelled: 365 MILES

HISTORY

Nashville is the capital of Tennessee and has the largest population.

Starting in the 1800s, Nashville became the center for music publishing. It is nicknamed Music City and has also been called the song-writing capital of the world.



SCIENCE

Move those Muscles

Muscles are responsible for all of the movement in our bodies. Muscles make up 40% of our total body weight. It takes 17 muscles to smile and over 200 muscles are working to take one step.

It's important to keep our muscles healthy and strong, fueling them with healthy foods and getting moving with exercise. There's a reason Popeye ate so much spinach!



HEALTH



1 OR MORE HOURS of physical activity every day.

Exercising regularly can increase your energy, help you sleep better, improve your mood, and help prevent health problems, such as: diabetes, high blood pressure, and heart problems.

COLLEGES & UNIVERSITIES

Nashville is home to several great schools including: Vanderbilt University, Tennessee State University, Belmont University, Fisk University and the Art Institute of Tennessee. Combined these schools can offer any area of study you choose, inside of the state's capital city.



STOP 7: Cumberland Plateau



89 MILES



Total Distance Travelled: 454 MILES

HISTORY

The **Cumberland Plateau** is 450 miles long, stretching from West Virginia to Alabama. The plateau is 40-50 miles wide!

The Cumberland Gap was the passageway through the plateau for settlers to continue heading west.



SCIENCE

A **plateau** is a flat, elevated landform that rises sharply above the surrounding area on at least one side. Plateaus occur on every continent and take up a third of the Earth's land. They are one of the four major landforms, along with mountains, plains, and hills.

The largest plateau in the world is the Tibetan Plateau, located in central Asia. It stretches through the countries of Tibet, China, and India and occupies an area of 1.5 million square miles, which is four times the size of Texas!



HEALTH



0 SUGARY DRINKS , more water & low fat milk.

Replacing juices and sodas with water can help keep you and your family healthy. Try replacing sugary drinks with water at a meal.

COLLEGES & UNIVERSITIES

Meharry Medical College

Located in Nashville, Tennessee, Meharry is a graduate and professional institution. Founded in 1876, Meharry was the first medical school for African Americans in the South.

Meharry Medical College includes the School of Medicine, Dentistry, Allied Health Professions and Graduate Studies and Research. Meharry is ranked as one of the nation's top 5 producers of primary care physicians!



STOP 8: Cookeville, TN



47 MILES



Total Distance Travelled: 501 MILES



**Congratulations! We've travelled
over **500 miles** together!**

HISTORY

Tennessee Nickname

The state of Tennessee has a few nicknames, but the most popular is "The Volunteer State." During the war of 1812, the governor asked for volunteers, and thousands of Tennesseans enlisted to serve in the war.



SCIENCE

Bones

Did you know there are 206 bones in the body? As children we have 300, but over time some of those bones fuse together.

Eating foods rich in calcium and vitamin D, getting plenty of exercise, and having good health habits help keep our bones healthy.



HEALTH

Calories

Most foods and drinks have calories, but not water. Calories give us energy (like fuel for the body). Make sure to eat good calories like fruits and vegetables and try to limit sweets and junk food. Be sure to drink plenty of water.



COLLEGES & UNIVERSITIES

Tennessee Technological University

(Tennessee Tech) offers more than 40 undergraduate and 20 graduate degrees.

Located between Nashville, Chattanooga, and Knoxville the campus is surrounded by lakes, state parks, mountains and rivers.



STOP 9: Big South Fork National River & Recreation Area



73 MILES



Total Distance Travelled: 574 MILES

HISTORY

Encompassing 125,000 acres of the Cumberland Plateau, **Big South Fork National River and Recreation Area** protects the free-flowing Big South Fork of the Cumberland River and its tributaries.

The area has a long human history spanning the last ten thousand years going back to the prehistoric Paleo Indians.



SCIENCE

So far, we have travelled through both national forests and national wildlife refuges. And, hopefully, avoided the poison ivy!

The U.S. has 58 National Parks developed to serve large numbers of visitors.

National Forests are managed for lumber production, water and wildlife protection, grazing and outdoor recreation. There are 151 national forests.

National Wildlife Refuges conserve wildlife, fish and plant resources and their habitats. There are 560 of these nationwide.



HEALTH

Eat the Rainbow: Red

Red fruits and vegetables are always a kid's favorite - they're an eye catcher! They provide B vitamins, folate, and fiber that your body needs and keeps your heart strong!

- Pack red apples, strawberries & raspberries, cherries, watermelon, or blood oranges in your lunch.
- Make a veggie wrap with red peppers, tomatoes, red onions, lettuce, kidney beans and all of your other favorite vegetables.



COLLEGES & UNIVERSITIES

Tennessee College of Applied Technology has 27 campuses across TN. These schools provide technical skills and professional training to receive a technical degree such as mechanics, construction, cosmetology, laboratory technicians and industrial maintenance.



STOP 10: Crossville, TN



68 MILES



Total Distance Travelled: 642 MILES

HISTORY

The state flower is the purple iris, one of more than 170 different species of irises. Irises bloom in all colors.

By the early 1930s, flower gardening was growing in popularity, garden clubs were being organized, and Nashville had become known for the iris. Gardeners campaigned to have the iris designated the state flower.



SCIENCE

Iris Flower

The iris flower is shaped the way it is to help with pollination. The shape of the petals provide an easy landing space for insects. This allows insects to easily pollinate the flowers.

Pollination is a very important part of the life cycle of plants. Insects, birds, bats and the wind take pollen between flowering plants, which means the plants can make seeds and produce more plants!



HEALTH

Eat the Rainbow: Yellow & Orange

This color group will brighten up your day!

Yellow/orange fruits and vegetables are full of vitamin A, vitamin C and many other nutrients. These promote a strong immune system and good eyesight.

- Baby carrots and peanut butter or ranch dip couldn't be a simpler option!
- Pineapple chunks, peaches and low-fat cottage cheese - this combo is packed with protein, calcium, and sweetness.
- Can't keep it cool? How about dried apricots!



COLLEGES & UNIVERSITIES

Roane State Community College

Roane State Community College is a two-year community college located in eastern Tennessee.

The school offers a wide range of programs for associates degrees, certificates and workforce training.



STOP 11: Knoxville, TN



77 MILES



Total Distance Travelled: 719 MILES

HISTORY

Statehood

In 1796, Tennessee became the 16th state to join the Union. During that time the United States of America was referred to as the Union.

Knoxville was the original capital of Tennessee for the first 5 years. The capital moved several times before settling permanently in Nashville, TN.



SCIENCE

Tennessee State Bird

On April 11, 1933 the mockingbird became the state bird of Tennessee. The mockingbird is very protective of its nest. It has been known to attack cats and even humans that get too close to the nest.

Mockingbirds have extraordinary vocal abilities - they can sing up to 200 songs, including their own songs, the songs of other birds, insects and amphibians, even an occasional mechanical noise.

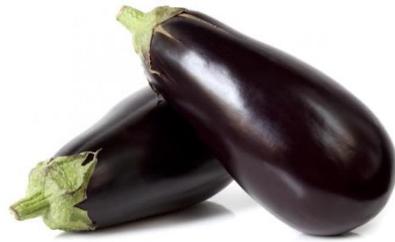


HEALTH

Eat the Rainbow: Purple & Blue

When you see purple/blue think antioxidant power! This color group tends to be packed full of fruits and vegetables that have natural antioxidant power. In fact, purple/blue fruits and veggies tend to be among the highest in antioxidant power.

- Rinse & pack blackberries, blueberries, & purple grapes!
- Add black beans to a salad. They are full of fiber and other nutrients!
- If drinking grape juice, be sure it's 100% grape juice.



COLLEGES & UNIVERSITIES

UT Knoxville

UT is rated among the best undergraduate schools by the Princeton Review. The school offers a wide range of undergraduate and graduate programs. You'll get your exercise walking the hilly campus!



STOP 12: Morristown, TN



50 MILES



Total Distance Travelled: 769 MILES



**Congratulations! We've travelled
over **750 miles** together!**

HISTORY

Tanasi

The state of Tennessee was named after a Native American Cherokee village called Tanasi. Tanasi is the Cherokee word for River. Cherokee and Chickasaw tribes were some of the earliest residents in Tennessee.



SCIENCE

The honeybee is Tennessee's agricultural insect. They help farmers by pollinating crops, trees, and grasses. Honeybees also produce honey and beeswax. Have you ever tried a little honey in your oatmeal?

Honeybees work together and there are three types:

- Worker bees: Female bees (the only ones you ever see) that forage for food and build the hive
- Queen bee: One bee rules the hive
- Drones: Male bees responsible for mating with the Queen

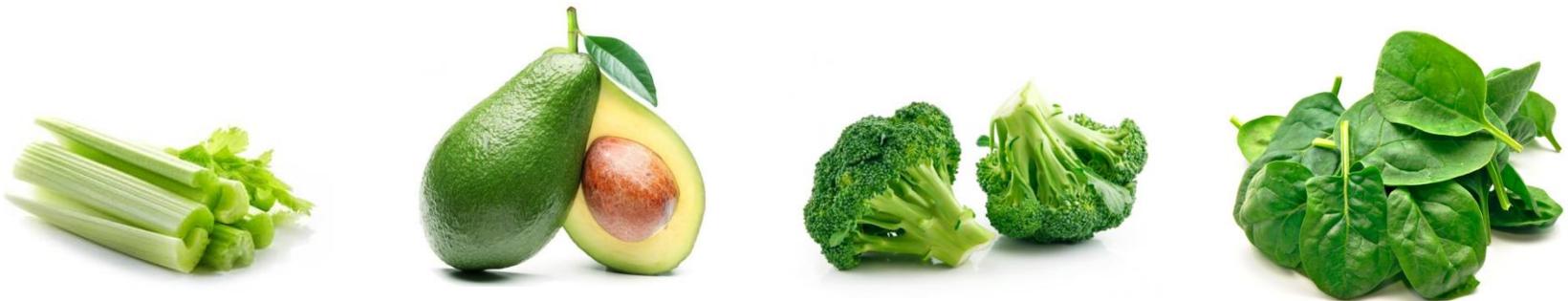


HEALTH

Eat the Rainbow: Green

Everyone loves their greens! They're so easy to add to any meal. Many leafy green vegetables contain vitamin A, calcium and many other vitamins and minerals. Calcium can help support healthy bones.

- Green grapes and apples are a kid's favorites!
- Spread avocado instead of mayo for a more nutritious sandwich full of healthy fats.
- Use spinach leaves instead of lettuce for the base of your salad.



COLLEGES & UNIVERSITIES

Walters State Community College

Located in the Great Smoky Mountains, this school provides a beautiful scenery to your higher education. The school offers over 150 associate degrees and certificates.



STOP 13: Bristol, TN



80 MILES



Total Distance Travelled: 849 MILES

HISTORY

Bristol

Bristol, TN is the twin city of Bristol, VA as they border the state line. The boundary between the two cities is also the state line. Tennessee is about 440 miles wide and Bristol is the last stop before you leave the state. So time to turn around and head back to Memphis!



SCIENCE

Have you ever seen a black bear?

They are our neighbors and live in the Tennessee Mountains. American black bears mark the trunks of trees with scratches and bite marks designating their territory, or where they live. They are good tree climbers and swimmers, and can run up to 30 miles per hour!

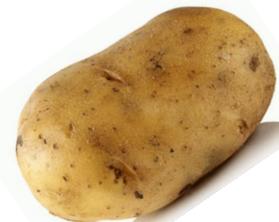
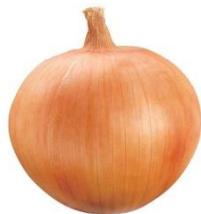


HEALTH

Eat the Rainbow: White, Tan & Brown

Don't let their bland color fool you: these white, tan, and brown fruits and vegetables are packed with vitamins and minerals, too! Cauliflower is full of antioxidants, vitamin C and contains folate. Potatoes are high in vitamin C to help support a healthy immune system and a good source of potassium.

- A banana is easy to pack and store!
- Add some cinnamon to a cut-up white peach.
- The combination of cauliflower & low-fat dressing makes a tasty snack.



COLLEGES & UNIVERSITIES

King University

King University is a doctoral level university in Bristol, TN. The campus is on 135 wooded acres in the Smoky Mountains. You'll have a gorgeous view while you study with lots of outdoor activities.



STOP 14: Johnson City, TN



33 MILES



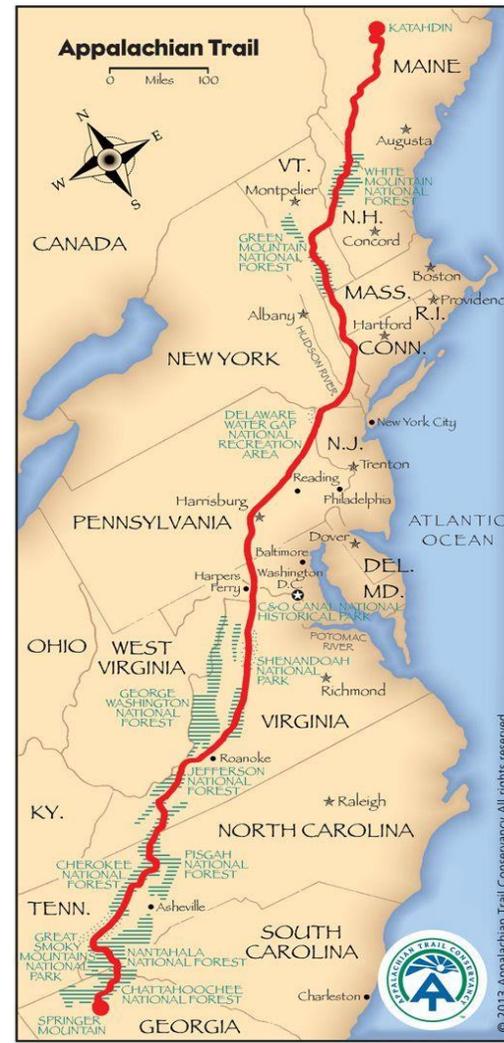
Total Distance Travelled: 882 MILES

HISTORY

Appalachian Trail

The Appalachian trail runs more than 2,100 miles through 14 states, from Georgia to Maine. The trail runs through the eastern border of Tennessee and covers a lot of mountains.

Many people try to walk the whole trail. Because the hike is very difficult, it can take several months from start to finish.



SCIENCE

The Appalachian Trail is the longest "hiking only" foot trail in the world. The change in elevation of the trail (going higher and lower) is like climbing Mount Everest 16 times!



HEALTH

Turn off the TV and Bust a Move

The more time you spend watching TV or playing video games, the less exercise you get. The average American watches 5 hours of TV per day!

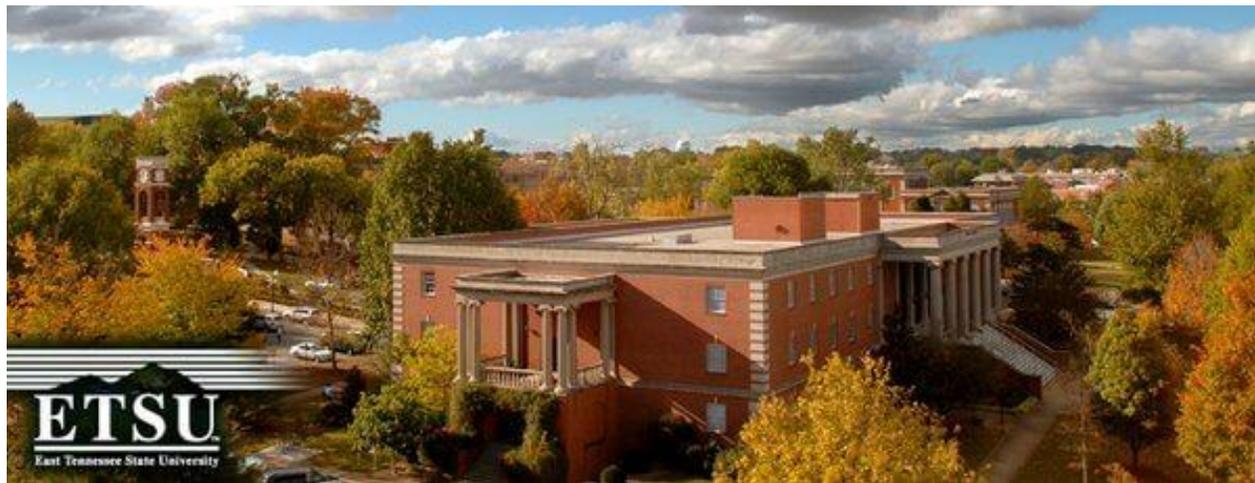
Try to spend less than 1-2 hours each day watching TV, or on your phone or computer. Get outside: play with friends, ride bikes, or try hiking like our friends on the Appalachian Trail.



COLLEGES & UNIVERSITIES

East Tennessee State University

Located in Johnson City, ETSU offers both undergraduate and graduate programs. It is home to James H. Quillen College of Medicine. It's health science center also offers studies in nursing, pharmacy, rehabilitation and public health.



STOP 15: Great Smoky Mountains National Park



115 MILES



Total Distance Travelled: 997 MILES

HISTORY

Great Smoky Mountains National Park

The Smoky Mountains are among the oldest in the world.

It is estimated the mountains in the Great Smoky Mountains National Park are between 200 and 300 million years old!

The park turned 100 in 2016, so there may be a lot of history in the park we don't know about yet!



SCIENCE

Salamanders

The Great Smoky Mountains National Park is between North Carolina and Tennessee. There are more than 30 species of salamanders in the park. Salamanders are amphibians that kind of look like lizards. Look out for the slimy salamanders when you go to the park!



HEALTH

Healthy Snacking

We all love snacks! Healthy snacks can be as tasty as cakes and candies but much better for you. Ever try ants on a log? All you need is celery, peanut butter and raisins. Fruits and veggies like an apple with string cheese or carrots with low fat dressing all make great snacks. Your body and your teeth will thank you for choosing healthy snacks over junk food!



COLLEGES & UNIVERSITIES

Maryville College

Maryville College is a private, four-year, liberal arts college in Maryville, TN near Knoxville. The college is one of the 50 oldest colleges in the United States and the 12th-oldest institution in the South. If you are looking for a smaller school, each year the school enrolls about 1,000 students.



STOP 16: Athens, TN



113 MILES



Total Distance Travelled: 1,110 MILES



**Congratulations! We've travelled
over 1,000 miles together!**

HISTORY

Craighead Caverns

The Craighead Caverns are an elaborate cave system. One of the cave's earliest visitors was a giant jaguar whose tracks have been found deep inside the cave dating back 20,000 years.

The caves are also filled with artifacts from the Cherokee Indians. The first settlers in the Tennessee Valley (1820s) used the caves for storing potatoes and other vegetables. The constant 58° temperature provided an ideal refrigerator for food.



SCIENCE

The Lost Sea

The Lost Sea is located in Sweetwater, just 14 miles outside of Athens. Part of the Craighead Caverns, the Lost Sea is the largest underground lake in the United States, even though it's full size is not known!

The visible portion of the lake is 800 feet long by 220 feet wide. Beneath the water of the 4.5 acre lake, divers have discovered an even larger series of rooms completely filled with water. More than 13 acres of water have been mapped so far and still no end to the lake has been found.



HEALTH

Grow a Garden

Plant vegetables, fruits and flowers. Having a garden is hard work and will keep you active. Just remember to water and check your plants each day. Don't forget your sunscreen and to drink water while working in your garden.



COLLEGES & UNIVERSITIES

Tennessee Wesleyan University

Tennessee Wesleyan is a small university in Athens, TN. With more than 30 majors and dozens of student organizations you'll definitely keep busy.

Wanting to get out of the city? Head to this rural university and the beauty of Eastern Tennessee.



STOP 17: Chattanooga, TN



58 MILES



Total Distance Travelled: 1,168 MILES

HISTORY

Chattanooga is home to Ruby Falls, a hidden waterfall inside the caverns of Lookout Mountain. The waterfall is 1,120 feet below ground! It is fed by both rainwater and natural springs.

The waterfall was named Ruby Falls, after the wife of the man who discovered the waterfall while exploring the caves.



SCIENCE

Creative Discovery Museum

The museum is a great place to learn about science, art, and music. Check out the Science theater and watch electricity fly across the room and objects defy gravity.



Tennessee Aquarium

Learn about animals in freshwater and the ocean at one of the nation's top aquariums. Get a close view of toothy sharks and a giant catfish!



HEALTH

Stoplight your fats!

'Stoplight' the fats you eat, because some fats are healthier than others.



Give a 'green light' to unsaturated fats like olive oil, salmon, almonds, natural peanut butter and avocados. These contain healthy fats.



Give a 'yellow light' to foods containing saturated fats, like whole milk and red meat. In other words, don't overeat these types of foods.



Give a 'red light' to snack foods, baked goods and fried foods that contain trans fats. Say 'whoa' to these foods!

COLLEGES & UNIVERSITIES

University of Tennessee Chattanooga

Part of the University of Tennessee academic system, UT Chattanooga offers Bachelor's, Master's, and Doctoral programs. The school offers high tech learning and research facilities to equip you for your career.



STOP 18: Fayetteville, TN



106 MILES



Total Distance Travelled: 1, 274 MILES



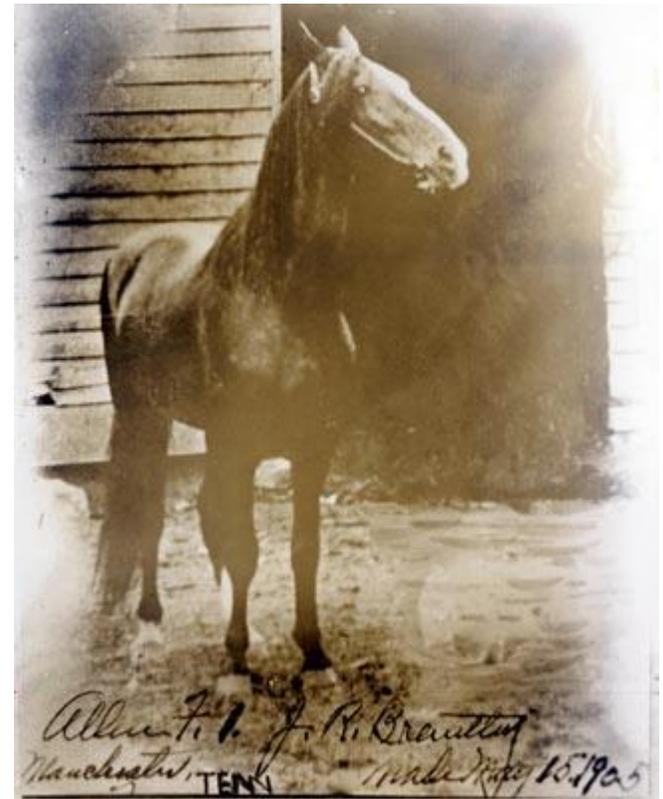
**Congratulations! We've travelled
over 1,250 miles together!**

HISTORY

Horses in Tennessee

Because of its rural setting, horses were largely used in Tennessee for transportation. "Gait" or walking horses became popular because they were easier to ride over long distances.

Today, Tennessee is ranked 6th on the list of US states for number of horses. The Tennessee Walking Horse is the most popular breed in the state.



SCIENCE

TOBACCO

Tobacco use is started and established primarily during the teenage years. Nearly 9 out of 10 smokers first tried cigarettes by age 18. The easiest way to not be a smoker is to say **#weDONTpuff.**



HEALTH

Nutrition Label

Have you ever read the nutrition label on your foods before you eat them?

Nutrition labels are on all packaged foods you eat.

They tell us important things like ingredients, calories, fats and how much we can eat. They can also help you decide if the food is healthy or unhealthy.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1

2

3

4

COLLEGES & UNIVERSITIES

Sewanee: University of the South

Just 45 miles east of Fayetteville, you'll find University of the South, also known as Sewanee. Though small, Sewanee is ranked in the top 50 for liberal arts colleges. Located on 13,000 acres, the campus offers opportunities for rock climbing, mountain biking, and caving.



STOP 19: Stones River National Battlefield



60 MILES



Total Distance Travelled: 1, 334 MILES

HISTORY

Stones River National Battlefield, a 570-acre park memorializes the Battle of Stones River, a key battle for the Union during the American Civil War. The 3 day battle had the highest percentage of soldiers lost on both sides. The park was created to remember the Battle of Stones River and its impact on the Civil War.

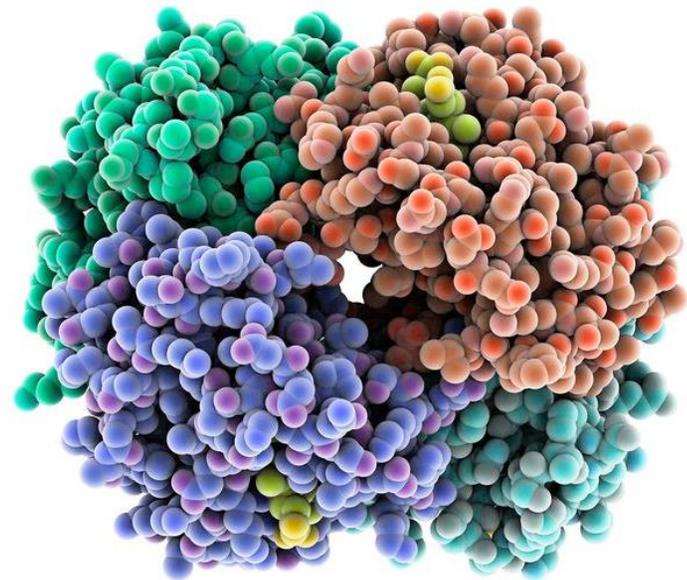


SCIENCE

Protein

Did you know... next to water, protein is the most plentiful substance in the human body? In fact, every single cell of the body contains some protein!

Proteins help build and maintain body tissues in muscles, hair, organs, parts of the blood and your immune system.



HEALTH

EAT MORE FOOD

F: Fruits and Vegetables

O: Organic lean protein (lean beef & pork, poultry, fish, eggs, beans & nuts)

O: Omega 3 fatty acids (fish, nuts & seeds, leafy green vegetables)

D: Drink more water



EAT **MORE** OFTEN



EAT **LESS** OFTEN

COLLEGES & UNIVERSITIES

Middle Tennessee State University

Located in Murfreesboro, MTSU offers 240+ academic majors including Fashion Merchandising, Concrete Industry Management, and Japanese. MTSU is a top destination for transfer students in Tennessee and is just 30 minutes from Nashville!



STOP 20: Columbia, TN



58 MILES



Total Distance Travelled: 1, 392 MILES

HISTORY

Tennessee has been a big tobacco-producing state, but in recent years acreage has dropped significantly.

Tennessee is now the 3rd leading tobacco growing state.



SCIENCE

Tobacco contains thousands of poisonous chemicals; probably the most dangerous is nicotine, which is very addictive.

Nicotine is one of more than 4,000 chemicals found in the smoke from tobacco products; it is the primary component that acts on the brain.



#weDON'Tpuff

HEALTH

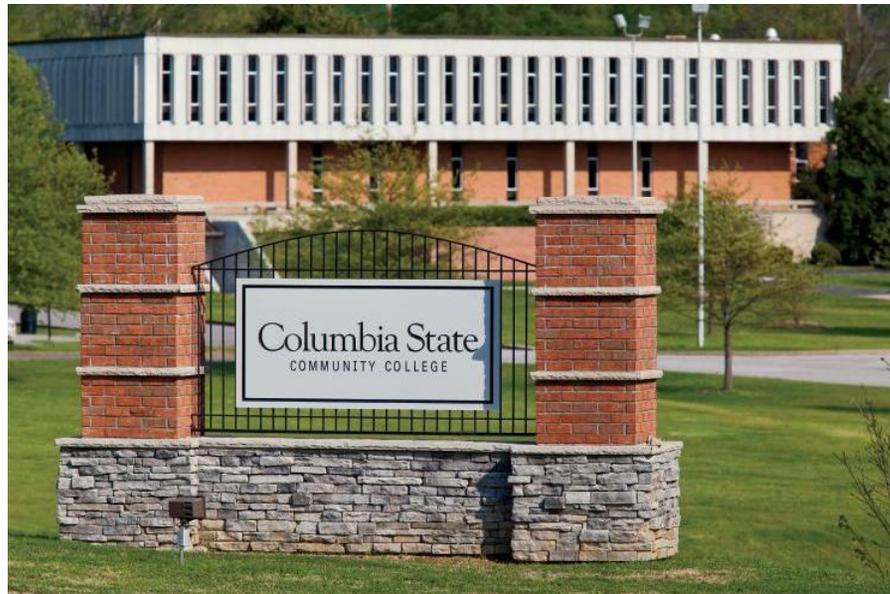
Tobacco use accounts for one-third of all cancers. Lung cancer from tobacco use is the number one cancer killer of both men and women.

First and second hand smoke can cause poor breathing, asthma attacks, and bronchitis.



COLLEGES & UNIVERSITIES

Columbia State Community College is a two year college for associates degrees and technical certificates. It is Tennessee's first community college.



STOP 21: Lawrenceburg, TN



38 MILES



Total Distance Travelled: 1,430 MILES

HISTORY

David “Davy” Crockett

Born in 1786 in East Tennessee, Davy Crockett was a frontiersman, politician, soldier and storyteller. Crockett told the best stories about hunting bears and floating down the Mighty Mississippi. Could you imagine floating in the Mississippi River?



SCIENCE

Toads and Frogs

You can tell most toads and frogs apart by the appearance of their skin and legs. Most frogs have long legs and smooth skin covered in slimy mucous. Toads generally have shorter legs and rougher, thicker skins.



TOAD

VS



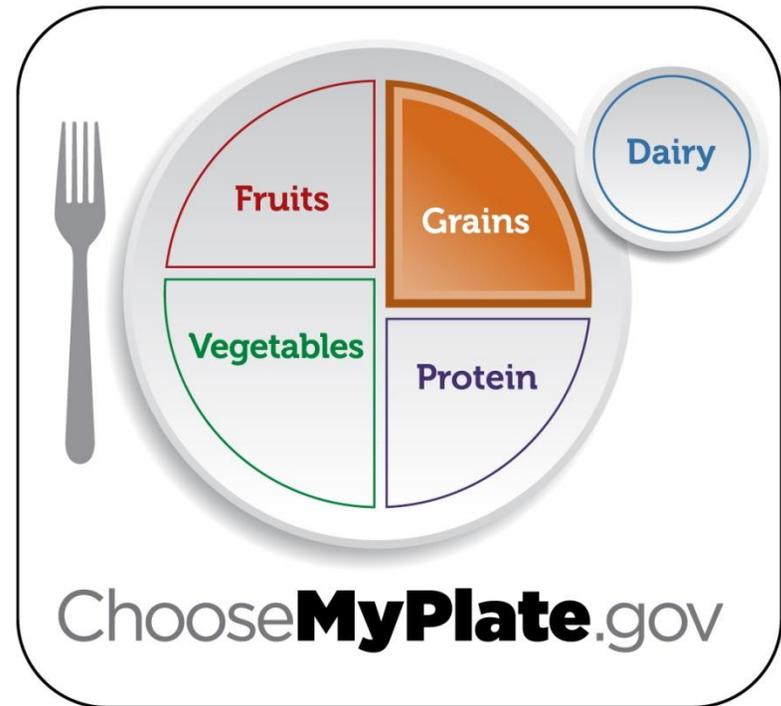
FROG

HEALTH

Grains

Try to make at least half of your grains “whole grains.” Find whole grains by reading the nutrition label and checking the ingredient list.

Look for whole grain bread, rice, cereals and pastas to make your plate even healthier.



COLLEGES & UNIVERSITIES

Martin Methodist University

Martin Methodist is a private, liberal arts college located in Pulaski, Tennessee. For many years it was a junior college but is now a full, four-year baccalaureate institution providing more than thirty academic majors.



STOP 22: Tennessee River



70 MILES



Total Distance Travelled: 1,500 MILES



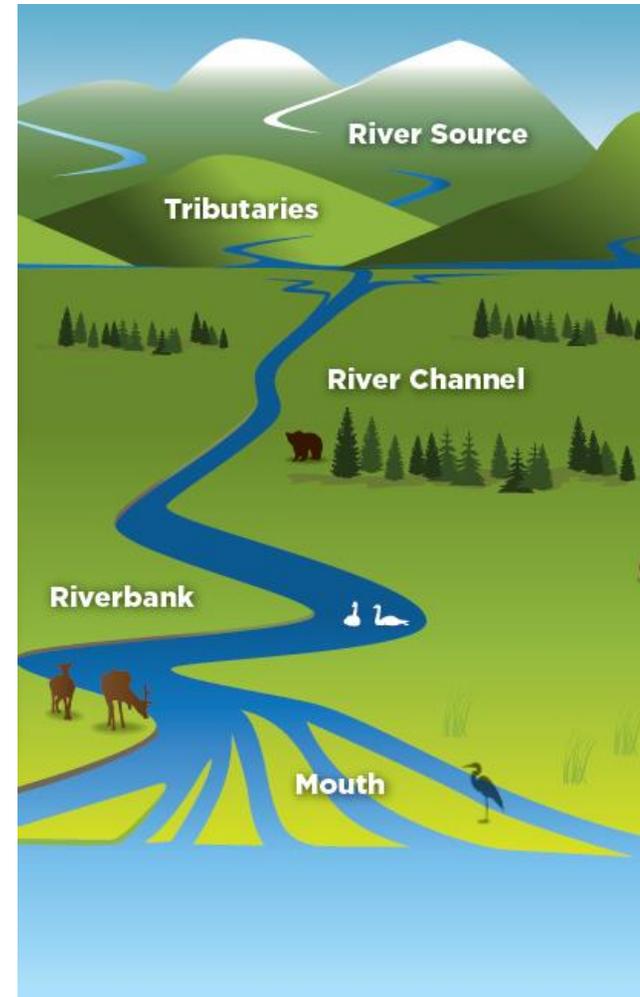
**Congratulations! We've travelled
over **1,500 miles** together!**

SCIENCE

How does a river begin?

Usually, they start from a glacier or snow melting high in the mountains. Gravity carries the water downhill. After millions of years, the water carves a path, creating a river.

Sometimes rivers form from a lake. All rivers eventually run into a larger river, a lake or the ocean.



HISTORY

Historians believe the first people to live in the Tennessee River Valley arrived 8,000 years ago. In 1540, Hernando De Soto's Spanish expedition reached the Tennessee River exploring across Tennessee. The river was key to Native American life providing many resources.

Today the Tennessee River is an essential part of the Tennessee economy providing power as well as transportation.

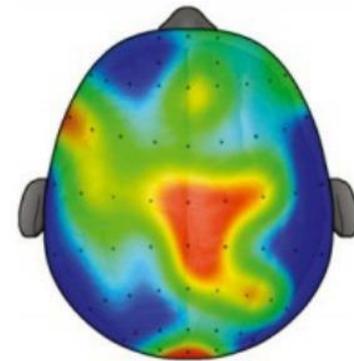


HEALTH

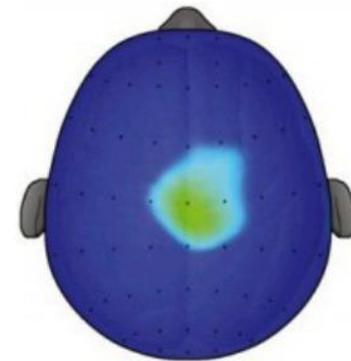
Feeling blue?

There is a connection between exercise, mood and a healthy diet. Physical activity gets the chemicals in your brain moving and you feel happier.

Remember that good food, a positive mind and physical activity will make every day a great day! Together, we can stay 'fit' in mind, body and spirit!



Exercise



No Exercise

COLLEGES & UNIVERSITIES

College of Veterinary Medicine

The University of Tennessee College of Veterinary Medicine is located along the Tennessee River in Knoxville, TN.

UTCVM is one of only 30 veterinary colleges in the nation. The school also works to care for pet animals and livestock.



STOP 23: Shiloh National Park



51 MILES



Total Distance Travelled: 1,551 MILES

HISTORY

Congress established Shiloh National Park to remember the Battle of Shiloh. More than 110,000 men fought here during the Civil War and over 23,000 men lost their lives.

The park contains many civil war items, a cemetery of fallen soldiers, as well as lots of trails to explore nature.



SCIENCE

Third Hand Smoke

Third hand smoke is the smoke left behind- the harmful toxins that remain in places where people have smoked. Third hand smoke can be found in the walls of a home, furniture, on the seats of cars, or even a child's hair after a caregiver smokes near the child. This can be a health hazard to non-smokers who are exposed to it.



#weDON'Tpuff

HEALTH

Did you know...there are 15 different minerals that are essential for our health?

They are calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, chromium, copper, fluoride, molybdenum, manganese and selenium. We need to get our minerals through the food we eat so be sure to fill up on healthy foods.



COLLEGES & UNIVERSITIES

Freed-Hardeman University

Freed-Hardeman University is a small, liberal arts school not far from Shiloh.

The school provides undergraduate, post graduate and professional studies. It is about 80 miles from Memphis. We're almost back home!



STOP 24: Bolivar, TN



43 MILES



Total Distance Travelled: 1,594 MILES

HISTORY

Hernando de Soto

Hernando de Soto was a Spanish explorer. He spent his whole life exploring the world. In 1541, he was the first European explorer to cross the Mississippi River right near Memphis and not far from Bolivar, TN.



SCIENCE

Catch Your Zzz's

Sleep is essential for good health. It promotes growth, helps the heart, beats germs, boosts learning and attention span.

Not getting enough sleep can affect your weight, athletic performance, mood, and ability to learn. Kids need 10-11 hours each night, and teenagers need 8-10 hours.



10-11 HOURS



8-10 HOURS

HEALTH

Do you know your vitamins?

Like minerals, vitamins are essential substances that our bodies need to develop and function normally.

There are 14 known vitamins: vitamins A, C, D, E, and K, choline, and the B vitamins, pantothenic acid, biotin, vitamin B6, vitamin B12, and folate.

Vitamins are found in a variety of different foods; each one has a special job. But they all work together to keep you healthy and strong!



COLLEGES & UNIVERSITIES

Union University

Union University's main campus is in Jackson, TN (30 miles from Bolivar).

The school also has a campus in Memphis offering degrees in:

- Business
- Education
- Nursing
- Social Work
- Theology and Missions



STOP 25: Memphis, TN



66 MILES



Total Distance Travelled: 1,660 MILES

HISTORY

Memphis is known as the 'Bluff City.' That's because it was founded at the Mississippi River's fourth Chickasaw Bluff. Downtown Memphis sits on that bluff.

Rivermen referred to the bluffs by number, according to their location from north to south along the Mississippi River in western Tennessee.



SCIENCE

The Chickasaw Bluffs are areas of high ground that rise 50-200 feet above the Mississippi River's flood plain. They are made of very fine windblown glacial sediments which have been eroded over millions of years by the river.



COLLEGES & Universities

University of Memphis

also called the U of M, is an American public research university. The U of M has more than 21,000 students. The school offers undergraduate & graduate programs as well as an active campus life including athletics, Greek life, & dozens of student organizations.



HEALTH

We have walked 1,660 miles across Tennessee!

This means as a class we have taken over 3 MILLION STEPS and have burned over 160,000 calories!!! This will help us to have strong, healthy hearts for the rest of our lives.

Who's ready to find a new destination?





SCHOOL OF WALK & RUN OF TENNESSEE



In collaboration with:

