Why You Should Consider Doing a Turkey Trot (Fun Run) With Your Family

Turkey trots happen all over the country during Thanksgiving, which is a type of fun run you can do with your family. Many families will head out to the turkey trot early in the morning and make it back in time to cook their dishes and head to the family dinner. Here are some reasons you should consider doing this type of run with your family.

**You Can Burn Calories Before a Big Holiday Meal**

A great reason to do a turkey trot Thanksgiving morning is because you will get your body prepared for that big meal! You are going to burn a lot of calories even during the short walk or run. This makes you feel far less guilty when you are splurging on seconds with dessert later in the day during your holiday meal. Not only that, the boost in physical activity can also increase your energy, so it is even better for your health.

**It is a Good Activity For the Family**

Turkey trot runs are also a great way to spend more time with your family. Whether you and your significant other do it, you involve the kids, or you even have your entire extended family running, it is a good way to motivate everyone and encourage your family to live a healthier lifestyle. You can run together, challenge each other, and even train for it beforehand with evening walks or jogs around the neighborhood.

**Many Turkey Trots Support Local Businesses or Charities**

Don’t forget that many local cities and towns will donate proceeds from the turkey trot. If it costs money to enter the run, ask where the money goes. It is very likely that it will support a charity or a local business or organization. You are doing something great for your community while also getting in some fun and exercise on Thanksgiving.

**They Can Be a Lot of Fun**

Don’t forget how fun these events are! There are usually activities before and after the run, and some of them offer a light Thanksgiving meal if you stay all day. Many of them do turn into all-day events so if you don’t want to make a meal yourself, you can still have family time at the run. Regardless, kids usually get little goodie bags and it is simply a fun way to spend time with family or friends for Thanksgiving.

Check with your local town or city to find out if there is a turkey trot and consider joining with the family.