



Blue Cross
Blue Shield
Blue Care Network
of Michigan

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Helping make mid-Michigan a healthy, active place.



The Winter Warm Up

featuring
the Blue Cross
Community
Couch to 5K

Have fun getting fit with the Winter Warm Up, featuring the Blue Cross Community Couch to 5K. Meet up with friends and family and join in on this great way to meet your 2016 health goals! **The program is free and open to all ages and abilities** (a parent or their designee must accompany children).

The eight-week program includes two weekly one-hour sessions with certified Good Form Running and Walking coaches from the Playmakers Fitness Foundation. In addition, participants will receive a weekly e-newsletter with training and nutrition information.

The 15 instructional sessions will lead to a free tri-county goal event. The free 5K walk/run and celebration will be at Hawk Island in Lansing on Saturday, March 12, 2016.

Program Locations: Charlotte, Delta, DeWitt, Lansing, Williamston, Delhi, East Lansing and St. Johns

Kick Off Event: 9:00am Saturday, January 16th, 2016 at the Lansing Mall

Program Dates: January 17th - March 12, 2016

Goal Event: 9:00am Saturday, March 12, 2016 at Hawk Island Park

Program Cost: FREE - it's sponsored by Blue Cross Blue Shield of Michigan and Blue Care Network.

To Register: Go to www.WinterWarmUp.org to find the location and meeting times that work best for you!

Proper Attire: Most of the sessions will be held outdoors. Layer for warmth.

For More Information: Contact The Playmakers Fitness Foundation- Alicia at 517-282-5035, Alicia@playmakers.com or Cynthia at 517-819-7237, Cynthia@playmakersfitnessfoundation.org

For Additional Ways to Stay Active This Winter: Visit www.WinterWarmUp.org

The March 12th goal event is open to all Winter Warm Up participants and all members of the community. Join hundreds of participants celebrating fitness and health in our community!