



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan

Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association



Winter Warm Up

Have fun getting fit with **the Blue Cross® Winter Warm Up**. Meet up with friends and family and join in on this great way to meet your 2017 health goals! The **Couch to 5K training program is free and open to all ages and abilities** (a parent or their designee must accompany children).

This eight-week training program involves attending 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 tips and information.

The 15 instructional sessions will lead to a free tri-county goal event. The free Blue Cross Winter Warm Up 5K walk/run and celebration will be at Hawk Island in Lansing on Sunday, March 26, 2017.

Training Program Locations: Charlotte, Delhi Twp/Holt, Delta Twp, Dewitt, East Lansing, Lansing, Meridian Twp & St. Johns

Program Dates: January 29th - March 26, 2017

Program Cost: FREE- Courtesy of Blue Cross Blue Shield of Michigan and Blue Care Network

Kick Off Event: Free and open to all! 9:00am Saturday, January 28th, 2017 at ALIVE in Charlotte

Goal Event: Blue Cross Winter Warm Up 5K Celebration Sunday, March 26, 2017 at Hawk Island Park

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

To Register: Go to www.MIBluesPerspectives.com/2017BlueCrossWinterWarmUp
#MetroLansingWWU

The March 26th goal event is open to Winter Warm Up participants and all members of the community. Join hundreds of participants celebrating fitness and health in our community!