



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

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



Helping make mid-Michigan a healthy, active place.



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 2019 health goals! The **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 communication with training information and nutrition tips.

The 15 instructional sessions will lead to a free goal event - the Blue Cross® Winter Warm Up 5K walk/run celebration at Hawk Island Park in Lansing on Sunday, March 24, 2019.

Training Program Locations: Charlotte, Delhi Twp/Holt, Delta Twp/Lansing Mall, Dewitt, Lansing, Meridian Township, Michigan State University (on campus) & St. Johns

Program Dates: January 28 - March 24, 2019

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

Goal Event: Blue Cross® Winter Warm Up 5K Celebration 2pm Sun., March 24, 2019 at Hawk Island

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/BlueCrossWinterWarmUp. Registrations accepted until Jan. 28 or until the program location is full.

The March 24 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!