



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 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 Sun., 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

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!