Healthier Jupiter

COUCH to 5K



Join us for a FREE Couch to 5K Training Program!

Healthier Jupiter, in partnership with the Town of Jupiter's Recreation Department, and Jupiter Medical Center's Cary Grossman Health & Wellness Center, will be offering a FREE 9-week Couch to 5K Training Program to help individuals gradually increase their physical activity levels enough to walk or run a 5K (or 3.1 miles).

This program is a great way to ease your way into a healthier lifestyle and get ready for that 5K you have always wanted to run! This Couch to 5K Training Program is open to all physical activity levels and ages. Families are encouraged to participate together.

When:

This 9-week Couch to 5K Training Program will meet up at 8:00 AM **every Saturday from February 26 through Saturday, April 23.** The training program will finish with the opportunity to participate in 3 5Ks: (1) Els for Autism Foundation Roots & Ruts 5K on April 30 at North Jupiter Flatwoods (2) Town of Jupiter's Turtle Trot 5K on May 7 at Ocean Cay Park (3) Live Like Jake's 5K on May 14 at Riverbend Park.

Where:

Meet at Town of Jupiter's Riverwalk (25 S Coastal Way, Jupiter, FL 33477)

11 Reasons Why to Join the Couch to 5K Training Program:

- The health benefits - of course!
- It is a FREE training program.
- You will meet great people and possibly find your new best friend.
- You get a cool t-shirt.
- Take home training guide to build your endurance and strength.
- Coupon code for Roots and Ruts 5K happening on April 30th.
- Coupon code for Turtle Trot happening on May 7th.
- Coupon code for Like Like Jake 5K happening on May 14th.
- Jupiter Medical Center Wellness Center staff to guide your training and to answer questions.
- Raffle prizes for participation.
- Education from experts on important health topics.

TOWN OF JUPITER

Live Like Jake Childhood Drowning Prevention

ERNIE ELS ELS FOR AUTISM

JUPITER MEDICAL CENTER
Cary Grossman Health & Wellness Center

For more information please visit... www.healthierjupiter.org/couchto5k

Healthier Jupiter
LIGHTING THE WAY

Healthier Jupiter, in partnership with Jupiter Medical Center, is dedicated to bringing the greater Jupiter community together to encourage each person to live their healthiest life. Healthier Jupiter is part of the Palm Health Foundation's Healthier Together Initiative, a long-term, community-driven approach to solving a community's complex healthcare issues

Healthier Jupiter focuses on:

- Promoting and ensuring opportunities for healthy eating and active living
- Encouraging people to engage mentally and physically in healthy behaviors
- Advocating for improving community conditions impacting health

Healthier Jupiter's values for a community led process:

- Learning
- Flexibility
- Addressing Power