



INTEGRATE
SERVE INSPIRE TRANSFORM



PREPARE FOR A 5K

Winter is a great time to prep for a 5K. Just like choosing to eat healthier starts with that first meal, choosing to prepare for a 5K starts with that first walk, jog, or run. Use these tips to prepare for and complete a 5K.

Choose Your Plan - Pick a plan that you can stick to.

Find Your Motivation - write down what motivates you and post it where you'll see it.

Keep Yourself Accountable - write down when you will do your workouts and ask a friend to join you on this journey - there's accountability in numbers.

Have Fun - yes, this can be fun. Load your phone with upbeat music. And race day is fun with energy buzzing when excited runners and fans gather.

Reward Yourself - Finishing an official 5k is something to celebrate.