



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](http://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!*