

***Announcing a 5-week 5k training program  
to prepare for walking or running the  
Race for the Place on Sunday, April 19th!***



**COUCH**

**TO**



**5k**

***Open to MSU faculty, staff, and students. Join us for a group walkrun  
every Wednesday at 5:30 p.m. from March 18th - April 15th.  
Participants will receive \$10 off their Race for the Place registration!***



**MICHIGAN STATE UNIVERSITY**  
Health Promotion

**If interested, contact Brittany Richard  
at [rich1087@msu.edu](mailto:rich1087@msu.edu) to sign up**

**SPARTANfit**  
FITNESS & WELLNESS PROGRAM

Meets at IM East. Start each session with a dynamic warm-up, 20-30 minutes of cardio, then finish with flexibility. If participants attend all 5 sessions, they'll receive the \$10 discount code. In order to register for the C25K Program, they'll have to e-mail BR