



**2015 Winter Warm-Up Events**

**WWU Kickoff/Choosing Health!® Rally**

**January 24<sup>th</sup> | Saturday | 9:30 am – 12:00 pm**

Everyone is invited to the WWU Kickoff/Choosing Health!® Rally festivities at the Lansing Mall, Macy's Wing, 5330 W. Saginaw Hwy., Lansing.

Kids games, healthy living screenings, community resource displays for *Choosing Health!®*, cooking demonstration and the return of the Blues Community Challenge. Meet the Healthy Lifestyle Champions we will follow on their WWU health and fitness journeys. Set your personal fitness goals.

**WWU Partner Events**

**January 25<sup>th</sup> – March 21<sup>st</sup>**

NEW this year — an expanded calendar of exciting healthy lifestyle opportunities! All events are FREE and OPEN TO ALL TRI-COUNTY AREA RESIDENTS. Explore the options on the Community Partners in Health website, [www.cphlansing.com](http://www.cphlansing.com). Our objective is to provide tools and opportunities that will empower you to reach your health and fitness goals.

There are a wide array of possibilities, for example:

- Hula Hoop Dancing
- Beginner's Belly Dancing
- Tai Chi Demonstration
- *Let's Walk and Talk with a Doctor*
- Good Form Walking Clinic
- Rock Wall Climbing
- Health Apps for Smart Phones and Tablets
- Tobacco & You: Tobacco to Healthy Living
- Diabetes Support Group
- Sledding
- Open Basketball
- Swimming
- and more!

**WWU Celebration/WIOC Kickoff**

**March 22<sup>nd</sup> | Sunday | 1:00 pm**

Hawk Island Park, 1601 E. Cavanaugh, Lansing

5K (3.1 miles) FUN RUN/WALK. You can walk/run for all or part of the distance. Hear from a local physician on the benefits of being physically active. Enjoy the music and refreshments.

Blues Community Challenge total mileage, community awards, the Traveling Golden Trophy and the 4<sup>th</sup> Annual Healthy Lifestyle Awards will all be presented!

**2015 Walking in Our Community Series**

invites you to

*Let's Walk and Talk with a Doctor*

Facilitated by the Capital Area Health Alliance



Come meet, walk and talk with local physicians while learning about all the great benefits of being physically active.

*Calendar of Monthly Events*

**January 31<sup>st</sup> | Saturday | 1:00-2:00 pm**

Westside YMCA at 3700 Old Lansing Rd., Lansing Charter Twp., in partnership with the Winter Warm-Up Series

**February 21<sup>st</sup> | Saturday | 10:00-11:00 am**

Lansing Mall, Macy's Wing at 5330 W. Saginaw Hwy., Lansing, in partnership with the Winter Warm-Up Series

**March 22<sup>nd</sup> | Sunday | 1:00 pm**

Hawk Island Park at 1601 E. Cavanaugh Rd., Lansing, in partnership with the Winter Warm-Up Celebration

**April 18<sup>th</sup> | Saturday | 10:00-11:00 am**

Valhalla Park at 4000 Keller Rd., Holt

**May 2<sup>nd</sup> | Saturday | 2:00-3:00 pm**

Fenner Nature Center at 202 E. Mount Hope Ave., Lansing, in partnership with the *Choosing Health!®* Spring Rally

**June 6<sup>th</sup> | Saturday | 10:00-11:00 am**

Brenke Fish Ladder/ Lansing River Trail at E. Grand River Ave., Lansing, in partnership with NorthWest Initiative

**July 11<sup>th</sup> | Saturday | 9:00-10:00 am**

CIS Trail/Clinton County Courthouse at 100 E. State St., St. Johns, in partnership with the City of St. Johns

**August 18<sup>th</sup> | Tuesday | 7:00-8:00 pm**

Benjamin Davis Park/ South Lansing Pathway at 5614 Pleasant Grove Rd., Lansing, in partnership with the South Lansing Community Development Association

**September 26<sup>th</sup> | Saturday | 10:00-11:00 am**

ALIVE at 800 Lawrence, Charlotte, in partnership with the Family Health & Fitness Day



*Let's Walk & Talk with a Doctor* and the printing of this brochure are funded by the MI Health & Wellness 4 x 4 Plan grant.



Helping make mid-Michigan a healthy, active place.

**2015 Winter Warm-Up**  
featuring the  
**Blues Community Challenge**

Sign-up instructions inside

**When:** January 24 – March 22, 2015

**What:** FREE 8-week program for all Mid-Michigan residents designed to improve your health and fitness.

- Encourages people to increase physical activity.
- Connects people to resources and community events that promote healthy lifestyles.
- Inspires people to get moving with the popular Blues Community Challenge!

**Where:** At the Lansing Mall or locations throughout the Tri-County area. Please note that events will be offered throughout the week.

**Weekly updates:** Lauren Evans, WILX-10, Fridays at 6:00 pm

For a complete listing of Winter Warm-Up events, visit [www.cphlansing.com](http://www.cphlansing.com).



Nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association



# Blues Community Challenge

The Blues Community Challenge is an opportunity for the Mid-Michigan community to get more active and engage in healthy lifestyles. Led by nine municipalities and supported by Blue Cross Blue Shield of Michigan, this Challenge is open to all Tri-County area residents. The Blues Community Challenge is for all participants, working together, to log 250,000 miles of walking, jogging, and any other physical activity.

We welcome participants of any age and ability, as long as they are **willing to increase their physical activity** for the 8-week Challenge.

All kinds of physical activity (exercise) can be counted, as long as it is **above and beyond the normal activity** that you engage in for daily living. Examples include:

- Time spent playing in a basketball league or at practice
- Time spent deliberately taking the stairs instead of an elevator
- Time spent taking a jog/walk when you would otherwise not



## To register for the 2015 Blues Community Challenge:

1. Visit [www.cphlansing.com](http://www.cphlansing.com).
2. Click on the link for the Blues Community Challenge. You will be directed to an activity logging website.
3. Create your personal profile, and start logging your exercise.

Log back in regularly to report your activity and help us reach our goal of 250,000 miles!

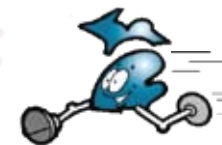
**Questions?** Contact your Municipality Coordinator.

## Municipality Coordinators

- Charlotte** Patrick Sustrich, 517-543-1050 x5860  
psustrich@hgbhealth.com
- Delhi Twp** Tricia VanderPloeg, 517-694-2137  
Tricia.VanderPloeg@delhitownship.com
- Delta Twp** Barb Kellogg, 517-323-8555  
bkellogg@deltami.gov
- East Lansing** Kathleen Miller, 517-333-2580 x6963  
kmiller@cityofeastlansing.com
- Grand Ledge** Ameer King, 517-627-2149  
aking@grand-ledge.com
- Lansing** Kalea Sanford, 517-483-4291  
kalea.sanford@lansingmi.gov
- Lansing Twp** Kathy Rodgers, 517-485-2272  
rodgerskm@lansingtownship.org
- St. Johns** Bill Schafer, 989-224-8944 x227  
bschafer@ci.saint-johns.mi.us
- Williamston** Debbie Richards, 517-896-2800  
richadebbie@gmail.com

## Questions? Contact:

**Alicia Armstrong**  
Playmakers Fitness Foundation   
517-282-5035 or [alicia@playmakers.com](mailto:alicia@playmakers.com)



## Community Partners in Health Coalition Members

- American Cancer Society
- American Heart Association
- Barry-Eaton District Health Department
- Blue Cross Blue Shield of Michigan and Blue Care Network
- Capital Area District Libraries
- Capital Area Health Alliance
- City of Lansing
- City of St. Johns
- Conquest Health & Fitness Foundation
- Delta Township Parks and Recreation
- Delhi Township Parks and Recreation
- East Lansing Parks, Recreation and Arts
- Eaton County Parks
- Hayes Green Beach Memorial Hospital
- Ingham County Health Department
- Ingham County Parks
- Lansing Community College
- Lansing Mall
- McLaren Greater Lansing
- Meridian Township Parks and Recreation
- Michigan State University Extension
- Michigan Trails and Greenways Alliance
- Mid-Michigan District Health Department
- MSU Health4U Program
- Playmakers Fitness Foundation
- St. Joseph Tabernacle Church
- Sparrow Health System
- WILX-10
- YMCA of Lansing



*Choosing Health!*<sup>®</sup>

Facilitated by the **Capital Area Health Alliance**  
and incorporating Michigan's 4 x 4 Plan

We have teamed up with *Choosing Health!*<sup>®</sup> and the Michigan Health & Wellness 4 x 4 Plan. Through the 4 x 4 Plan, the *Choosing Health!*<sup>®</sup> movement is working to increase access to healthy food options and access to places where people can be physically active in safe and enjoyable ways.