

Get moving this winter with Lansing health rally



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(Photo: File)

Need help getting active this winter? Stop by the Winter Warm Up Kickoff and Choosing Health Rally at the Lansing Mall this weekend and get connected to local resources for getting moving and staying healthy.

The free event will be from 9:30 a.m. to noon Saturday near the Macy's wing of the mall, at 5330 W. Saginaw Highway. Here's what you'll find:

- Children's activities with the YMCA
- A demonstration of easy, healthy comfort food by the MSU Extension
- Displays and demonstrations from local organizations working to make healthy lifestyle resources available to the community
- Mental health resources from Community Mental Health

- A FIT check by Hayes Green Beach Memorial, including balance testing, flexibility, body composition and blood pressure checks

The event will also kick off of the annual Winter Warm Up and Blues Community Challenge. Now in its 12th year, the Winter Warm Up is a free, eight-week program for anyone in the mid- Michigan area.

The Winter Warm Up "encourages people to increase their physical activity and live a healthy lifestyle," said Alicia Armstrong, chair of the Community Partners in Health coalition and director of community outreach for the Playmakers Fitness Foundation. "It connects people to resources and events that promote healthy lifestyles."

There are over 50 free community fitness activities associated with this year's Winter Warm Up, Armstrong said. All activities are listed online at www.cphlansing.com/events (<http://www.cphlansing.com/events>). Community members can also pick up a calendar at Saturday's rally.

The Winter Warm Up also features the Blues Community Challenge sponsored by Blue Cross Blue Shield of Michigan. During the eight weeks from Jan. 24 to Mar. 22, participants set individual goals for physical activity, Armstrong said. Any kind of physical activity counts — even shoveling snow — and that activity gets converted into miles.

B.J. Puchala, community liaison for Blue Cross Blue Shield of Michigan, said this year's goal is to log 250,000 miles of exercise in the tri-county area. Participants can log their physical activity at www.cphlansing.com (<http://www.cphlansing.com/>).

At the end of the challenge, there will be a free celebration and 5K at Hawk Island Park Mar. 22.

Saturday's rally is one of two semiannual health rallies held by the [Capitol Area Health Alliance](http://capitalareahealthalliance.org/) (<http://capitalareahealthalliance.org/>) each year. This is the second year the winter rally has been combined with the Winter Warm Up kickoff, said Kathy Hollister, outreach director for the Capitol Area Health Alliance.

"The goal of these rallies are to connect the community to healthy living resources." Hollister said. "We want to showcase all the healthy living options and opportunities we have in the area."

For more information about the Capitol Area Health Alliance's Choosing Health rallies, visit www.choosinghealth-caha.org (<http://www.choosinghealth-caha.org/>).

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