

# 2012 Winter Warm-Up

Featuring the Blues' Community Challenge

Weekly Theme Calendar – January 21 – March 10, 2012



**The Community Partners in Health's 2012 Winter Warm-Up** is an entirely FREE program which offers resources for the development of positive habits of physical activity and healthy eating within one's daily routine. The 8-week program provides tools, information and the support-network for you to do just that – all within your own community! Experts say identifying a positive routine and sticking with it for 21 days will initiate a "habit." Why not make health and wellness your best new habit of 2012? **The Community Partners in Health** believe by working together we can and will move mid-Michigan communities toward being the healthiest in Michigan!

## **EXCITING AWARDS FOR ALL:**

**Your Community – Blues' Community Challenge** - a contest between 9 Greater Lansing Communities . . . which can sign-up the most people to log the most activity? Significant grants will be awarded from Blue Cross Blue Shield of Michigan to all participating community teams – with larger rewards going to those having the **MOST PEOPLE** logging the **MOST MILES**. These grants will be focused on public health and wellness projects in each community.

**The traveling Golden Shoe Trophy will be presented to the winning community.**

**You, as an Individual** – All registered participants will receive a Winter Warm-Up Certificate. A gold star will be added for those who have met the 2008 CDC (Centers for Disease Control & Prevention) Physical Activity Guidelines:

- Youth (6-17 years of age) – sixty (60) minutes or more of physical activity each day
- Adults (18 years of age and older) – two (2) hours and thirty (30) minutes/150 minutes or more of physical activity 5 or more days a week

**NEW this year – ten (10) "Healthy Lifestyle Promoter" Awards!** We will be looking for healthy lifestyle champions throughout our region! Individuals will be selected who have had an outstanding Winter Warm-Up experience. They may have:

- Realized significant personal goals
- Inspired others to join them in healthy lifestyle practices
- Facilitated a unique and fun healthy lifestyle event in the community, workplace, place of worship, etc.
- Other innovative efforts/activities which are positively impacting healthy lifestyles for others

**Please submit nominations to your elected official and/or team coordinator by March 1<sup>st</sup>.** Awards will be presented at the Celebration on March 10<sup>th</sup>.

**Jan. 21<sup>st</sup>**

**9:00–10:30am**

**KICK-OFF!**

**KICK-OFF! The 9<sup>th</sup> Annual CPH Winter Warm-Up ~ featuring the Blues' Community Challenge –**

**EVERYONE** is invited to the Lansing Mall (Houlihan's entrance in front of Macy's) to kick-off this community-wide event! We want you with us!

- ❖ **CPH Partners** will be on hand conducting FREE baseline health assessments for all participants – fitness test, body composition analysis, balance testing, nutritional evaluation, blood pressure check and flexibility assessment. To monitor your progress, follow-up baseline measurements will be offered in April and September during the free and fun Walking In Our Community Series monthly walks.
- ❖ Healthy lifestyle displays and information provided by **CPH** partner organizations.
- ❖ Sign-up and join your **Blues' Community Challenge** team.

**The following weekly themes will be available in a single-page newsletter. Newsletters will be e-mailed weekly and paper copies will be available at the Lansing Mall information desk and during the Lansing Mall weekly program. If you would like to receive the newsletter by mail, contact Alicia Armstrong, Playmakers at 517-282-5035.**

**Jan. 28<sup>th</sup>**

**“What should you wear and what equipment should you have?”**

Having the correct clothing and shoes are an essential first step in starting a workout routine. Learn how to dress for both cold and hot weather, find the right shoe for you and stay injury free.

**Feb. 4<sup>th</sup>**

**“Moving can help you feel good”**

Walking and exercise improves the flow of oxygen to your brain and the endorphins that are produced during exercise provide natural stress relief! Learn how physical activity can help you manage stress.

**Feb. 11<sup>th</sup>**

**“Are you getting the most out of your workout?”**

February is heart month. How do you measure the intensity of your workout? Learn how to use heart rate and rating of perceived exertion as a means to determine intensity and maximize your training.

**Feb. 18<sup>th</sup>**

**“Fuel Up for Your Workout”**

People who begin an exercise program need to know the importance of nutrition in fueling their body. Learn what foods to eat before and after exercise to improve performance, maximize weight loss and feel great!

**Feb. 25<sup>th</sup>**

**“Balance and align your body and mind”**

Falls are the leading cause of injury in the elderly. Learn how to train your body to prevent yourself from falling during exercise.

**Mar. 3<sup>rd</sup>**

**“Pump it up!”**

Learn how strength training will allow you to achieve a healthy weight. This will not only enhance your ability to walk, but help prevent illness, injury and disease.

**Mar. 10<sup>th</sup>**

**9:00–10:30am NOW LET’S CELEBRATE!** All participants are invited to return to the Lansing Mall for the Grand **CELEBRATION!** Finale! The winners of the ***Blues’ Community Challenge*** will be revealed and individual awards presented.

Continuing with wellness opportunities beyond the winter months, Community Partners in Health’s 2012, “Walking in Our Community Series” calendar of events will also be presented! The path to wellness spans the calendar year, and all years of a lifetime! CPH is proud to offer our programs and to share this journey with you!

***Proudly presented by: The Community Partners in Health (CPH) Coalition***

American Cancer Society  
Barry-Eaton District Health Department  
Capital Area District Library  
Capital Area Health Alliance  
City of St. Johns  
Hayes Green Beach Memorial Hospital  
Ingham County Parks  
Lansing Community College  
Meridian Township Parks and Recreation  
MSU Health4U Program  
Sparrow Health System

American Heart Association  
Blue Cross Blue Shield of Michigan and Blue Care Network  
Delta Township Parks and Recreation  
City of Lansing  
East Lansing Parks, Recreation and Arts  
Ingham County Health Department  
Ingham Regional Medical Center  
Lansing Mall  
Michigan Trails and Greenways Alliance  
Playmakers  
YMCA of Lansing