



## *Walk or Run your way to a healthier lifestyle.*

### **Getting Active**

Couch to 5K is a program designed to help you get active, with a goal of getting you ready to run or walk in one of the many 5K events held in Aroostook County. At the end of the program participants are encouraged to take part in UMPI's Spring Run Off taking place on Saturday, April 9.

### **Running Option**

Traditionally, the Couch to 5K is a program developed to help people get into running. It is designed to gradually build endurance over a period of 9 weeks with a mix of running and walking. Coach: Sarah Duncan

### **Walking Option**

We are now offering a walking option geared for people who are truly "couch potatoes" and have been mostly sedentary over the past year. It is a great place to slowly start to build a foundation and to get into the habit of an active lifestyle. Coach: Linda Menard

### **Who Should Participate?**

This program is open to the community. If you want to make a positive change in your health and life, please join us. Our coaching staff will help you have a safe, positive experience.

*If you have concerns regarding your health, please check with your primary care provider before starting the program.*

### **Program Basics**

Run or walk three days/week, with a day of rest or cross-training in between.

**Days:** **Tuesday & Thursday**  
*Walk/run an additional day on your own.*

**Times:** **6:00 a.m. or 4:45 p.m.**  
*Choose the time that works best for you!*

**Location:** **UMPI Indoor Track**

**Duration:** **Feb. 9 - April 15 (9 weeks)**

**Cost:** **\*\$40** for those without a Gentile Hall membership - includes open access to the walking track for 9 weeks

*\*Free for those with a current Gentile Hall Membership*

### **Informational Meeting**

**February 2 - 5 p.m. at Gentile Hall**

Join us to learn more about the program, get your questions answered, and register. Participants must sign a liability waiver form upon registering.

### **Questions?**

Running Program: Sarah Duncan, 768-4169  
scaron@emhs.org

Walking Program: Linda Menard, 768-4172  
lmenard@emhs.org

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