

2019 Couch to 5K Training Program For Walkers and Runners

Benefits of Participating in a 5K

- Helps with weight loss and management
 - Tones muscles
 - Strengthens heart and lungs
- Lowers blood pressure and cholesterol
- Prevents diseases such as diabetes, arthritis and heart disease
 - Improves mood and sleep
- Promotes feelings of empowerment and personal achievement
 - Increases energy
 - Broadens your social relationships

If you are looking to make any of these healthy lifestyle changes, let one of our coaches be your guide.

In Lexington's Couch to 5K Training Program, YOUR COACH WILL HOST A GROUP MEETING at least ONCE A WEEK FROM Monday, March 25, to Friday, June 7.

They will provide you with training tips and a schedule to help keep you on track. Choose the session that best works with your schedule or attend all sessions each week. Be prepared to start training the first week.

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>COACH/ FITNESS LEVEL SUPPORTED</u>
MONDAY (STARTS MARCH 25)	5PM	127 E. STATE ST GYMNASIUM	JEAN GINTER WALKERS AND RUNNERS
TUESDAY (STARTS MARCH 26)	12NOON	465 N. PERRY ST TRAINING CENTER	TONI PERSCH WALKERS AND RUNNERS
TUESDAY (STARTS MARCH 26)	3:30PM	405 CO HWY 114, ST. JOHNSVILLE MULTI PURPOSE RM	JEN MORSE AMANDA BRANDT WALKERS AND RUNNERS
WEDNESDAY (STARTS MARCH 27)	7:30AM	127 E. STATE ST GYMNASIUM	MICHELLE PERVEA WALKERS AND BEGINNING RUNNERS
THURSDAY (STARTS APRIL 4)	3:30PM	127 E. STATE ST GYMNASIUM	FRAN SCHNEIDER WALKERS

**If you have not participated in a regular exercise routine before, it is important that you check with your doctor before training.*

If you have any questions, please do not hesitate to contact Michelle Peryea at (518) 775-5420 or via email at

perveam@thearclexington.org.