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For the 8th consecutive year, Blue Cross Blue Shield of Michigan and its affiliates are the exclusive health insurance organization in partnership with the Playmakers Fitness Foundation for the presentation of the Winter Warm-Up program.

The eight-week program includes one weekly zoom session, a daily workout calendar, and an optional in-person training session once per week. All sessions will be conducted by Playmakers' certified Good Form Running and Walking coaches. The training program will run from January - March with the finale 5K Fun Run/Walk event and celebration at Hawk Island Park March 19, 2022. If in-person events are not possible, the finale event will be held virtually.

In addition, participants will receive a weekly newsletter, timely Facebook posts about training, Blue Cross Blue Shield nutrition information, information about local wellness events and news about the program.

Program Dates: January 24 - March 19, 2022

Community Teams: Charlotte, Delhi Twp/Holt, Delta Twp, DeWitt, East Lansing, Ingham County Health Dept., City of Lansing, Meridian Township, MSU, St. Johns, and Stockbridge.

Program Cost: FREE - Courtesy of Blue Cross Blue Shield of Michigan and Blue Care Network

Goal Event: Blue Cross® Winter Warm Up 5K Celebration Sun., March 19, 2022 at Hawk Island

Training Includes: Weekly Zoom meeting, training calendar, and in person training (optional).

For More Information: Contact Cynthia@playmakersfitnessfoundation.org.

To Register: Go to <https://runsignup.com/bcbswwuchallenge>. Registrations accepted until Feb. 21 or until the program location is full.