

# 2012 Winter Warm-Up

Featuring the Blues' Community Challenge



**What:** A **FREE** 8-week **WALKING/PHYSICAL ACTIVITY PROGRAM** to improve your health and fitness – featuring the **Blues' Community Challenge**.

**The Blues' Community Challenge:** A contest between **9 Greater Lansing communities!** Teams from each community compete by signing up community members to log physical activity. **Blue Cross Blue Shield of Michigan** is providing GRANTS to participating communities – rewarding each, but more will go to those having the **MOST PEOPLE**, logging the **MOST ACTIVITY!** Everyone's welcome! Join now and **YOU** can be part of this journey to wellness, while also helping win a portion of this grant for a project of public health and wellness in your community!

**How and Where:** Participants conduct their physical activity on their own schedule, within their own community. (For information on local, organized events and activities click on [www.cphlansing.com](http://www.cphlansing.com).)

In addition, **The Community Partners in Health** will continue to run our Weekly Walking Program at the Lansing Mall. Everyone is welcome to join us Saturday mornings 9:00 a.m. – 10:00 a.m. for indoor walking, Good Form Walking Clinic, blood pressure checks, weekly wellness information and online assistance for logging your activity for the **Blues' Community Challenge**.

**When:** January 21 – March 10, 2012  
**Join us Jan. 21<sup>st</sup> at 9:00 a.m. for the Kick-Off activities with Becky Dantonio, Winter Warm-Up Spokesperson and Lauren Evans, WILX at the Lansing Mall (5530 W. Saginaw Hwy, Lansing, 48917):** 6 baseline health measurements, health and wellness displays, information about awards and more!

**On March 10<sup>th</sup> (9:00 a.m. – 10:30 a.m.) everyone is welcome to join us at the Lansing Mall for our Celebration Festivities. Blues' Community Challenge winners and community grants will be announced. Participant Certificates and Healthy Lifestyle Promoter Awards will be presented.**

**Request Information:** Contact your **community coordinator**; or Alicia Armstrong, Playmakers, [alicia@playmakers.com](mailto:alicia@playmakers.com), **517-349-3803**; or Janine Sinno, Ingham County Health Dept, [jsinno@ingham.org](mailto:jsinno@ingham.org), **517-887-4664**

**Sign-up Easy as 1-2-3!**

1. Online at [www.cphlansing.com](http://www.cphlansing.com); or
2. On-site at the Lansing Mall Saturday morning walks; or
3. Contact the coordinator of your selected community team (listed on reverse).

**Teams and their Coordinators:**

<b>Charlotte</b>	Patrick Sustrich	517-543-1050 x5860 <a href="mailto:psustrich@hgbhealth.com">psustrich@hgbhealth.com</a>
<b>East Lansing</b>	Kathleen Miller	517-333-2580 x30 <a href="mailto:kmiller@cityofeastlansing.com">kmiller@cityofeastlansing.com</a>
<b>Grand Ledge</b>	Amee King	517-627-2149 <a href="mailto:aking@grand-ledge.com">aking@grand-ledge.com</a>
<b>Lansing</b>	Kalea Delezenne	517-483-4291 <a href="mailto:kdelezenne@lansingmi.gov">kdelezenne@lansingmi.gov</a>
<b>Williamston</b>	Debbie Richards	517-896-2800 <a href="mailto:richadebbie@gmail.com">richadebbie@gmail.com</a>
	Cindy Winter	517-896-7308 <a href="mailto:thewintercrew@gmail.com">thewintercrew@gmail.com</a>
<b>Delhi Township</b>	Tricia VanderPloeg	517-694-2137 <a href="mailto:Tricia.VanderPloeg@delhitownship.com">Tricia.VanderPloeg@delhitownship.com</a>
<b>Delta Township</b>	Kathy Sobczyk	517-323-8555 <a href="mailto:ksobczyk@deltami.gov">ksobczyk@deltami.gov</a>
	Barb Kellogg	517-323-8555 <a href="mailto:bkellogg@deltami.gov">bkellogg@deltami.gov</a>
<b>Lansing Township</b>	John Daher	517-485-2272 <a href="mailto:johndahe@lansingtowship.org">johndahe@lansingtowship.org</a>
	Kay Hoffman	517-485-1700 <a href="mailto:hoffmank@lansingtowship.org">hoffmank@lansingtowship.org</a>
	Kim Rose	517-485-5470 <a href="mailto:kimy@westsidewater.com">kimy@westsidewater.com</a>
<b>St. Johns</b>	Bill Schafer	989-224-8944 x227 <a href="mailto:bschafer@ci.saint-johns.mi.us">bschafer@ci.saint-johns.mi.us</a>
	Kate Livingston	989-224-8944 x227 <a href="mailto:klivingston@ci.saint-johns.mi.us">klivingston@ci.saint-johns.mi.us</a>

**Your Reward: Improved health and well-being is the greatest prize of all!**



***Proudly presented by: The Community Partners in Health 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