

Couch to 5k



Ever thought about completing a 5K but never been a runner? Here's your chance to ease into a more active lifestyle and participate in a local 5K road race! Either walking or running, the program introduces basic fundamentals to a successful process. The flexible, weekly workouts - all performed on your own - can be adjusted to your schedule. All levels of experience are welcome!

If you attend three out of four live zoom sessions and submit a picture of you walking/running a 5k race between May 20, 2026 - July 4, 2026 you will be entered to win a running gift basket!

For more program details, visit the registration page.

Free to all employees, spouses and retirees on a MIIA/Blue Cross plan (for all MIIA accounts)!

**4 Classes, Tuesdays
April 28 to May 19
5:00 PM to 5:30 PM**

Zoom Program

**Paul Connolly and Heidi Roth,
Certified Personal Trainers**

**Register Here
by May 19**



**Register on
your MIIA Mobile App**

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from the App Store or Google Play

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