

Ready, Set, Hike



Ready, Set, Hike is your chance to ease into a more active lifestyle! Ready, Set, Hike is MIIA's hiking prep program that introduces basic fundamentals for a successful hike and/or trail walk. The program is fun, informative and gives a training plan with flexible workouts that can be adjusted to your schedule. All levels of experience are welcome.

For more program details, visit the registration page.

Free to all MIIA:

- employees and spouses
- retirees on a MIIA/Blue Cross health plan

**Tuesdays,
October 6th - 27th
5:00 PM to 5:30 PM**

Zoom

**Kerry McGinn,
Physical Therapist**

**[Register Here](#)
by October 6**



**Register on
your MIIA Mobile App**

Download the app
from the App Store or Google Play

