



Who We Are

Vision statement: To see a healthy, active Michigan.

Mission statement: Motivate people to engage in regular physical activity and healthy eating habits.

Target population: People who want to become more active to prevent illness and disease.

Program history: The Community Partners in Health Winter Warm Up, a free and fun community-wide walking program in the Greater Lansing area, was designed to improve the health and fitness of the community. Created in 2004, the program features helpful health tips, encouragement and health screenings. For additional information, please visit www.cphlansing.com or call Alicia Armstrong at (517) 349-3803.

Program goals:

- Encourage people to increase physical activity by raising awareness of the importance of being active.
- Create awareness about the role of nutrition in healthy living.
- Connect people to resources and community events that promote healthy lifestyles year-round.
- Maintain a web site that facilitates communication between the Mid-Michigan community and CPH.

Community partners:

American Cancer Society ~ American Diabetes Association ~ American Heart Association ~ Arthritis Foundation of Michigan ~ Blue Cross Blue Shield of Michigan ~ Blue Care Network ~ Capital Area District Library ~ City of Lansing ~ Delta Township Parks and Recreation ~ East Lansing Department of Parks and Recreation ~ Ingham County Health Department ~ Ingham County Parks ~ Ingham Regional Medical Center ~ Lansing Community College ~ Lansing Mall ~ Michigan Trails and Greenways Alliance ~ MSU Health4U Program ~ Playmakers ~ Sparrow Health System ~ UAW Local 602 GM Lansing Delta Township ~ WLNS TV-6 ~ YMCA of Lansing