

# 2008 Winter Warm-Up Calendar of Events Lansing Mall, Center Court



**Jan. 12, 2008, 9:00 am – 11:00 am: “Winter Warm-Up Kick Off – Mayor Bernero’s Challenge”**

*Keynote testimonial by Jodi Davis, Blue Cross Blue Shield of Michigan’s Walking Wellness Spokesperson.*

Baseline Assessment: Blood Pressure, Body Composition Analysis, 15-Minute Timed Walk;

Bone Density Screening, Activity Logging and Contest Information.

Virtual Walk - Michigan Trails and Greenways Alliance

**Jan. 19, 2008, 9:00 am – 10:00 am: “Why is Walking and Physical Activity Good for Us?” – YMCA**

Blood Pressure Checks - Lansing Community College Student Nurses

Virtual Walk - Michigan Trails and Greenways Alliance

**Jan. 26, 2008, 9:00 am – 10:00 am: “Healthy Bones and Joints” – YMCA; Arthritis Foundation, Michigan Chapter; Mid-Michigan Physicians Imaging Center**

Bone Density Screening

Blood Pressure Checks - Lansing Community College Student Nurses

Virtual Walk – Delta Parks and Recreations

**Feb. 2, 2008, 9:00 am – 10:00 am: “Eat Smart” – Ingham Regional Medical Center**

Blood Pressure Checks - Lansing Community College Student Nurses

Virtual Walk – Michigan Trails and Greenways Alliance

**Feb. 9, 2008, 9:00 am – 10:00 am: “Healthy Hearts” – American Heart Association; Sparrow Health System**

Cholesterol Screening (\$15.00 Fee) - Sparrow Health System

Blood Pressure Checks - Lansing Community College Student Nurses

Virtual Walk – Michigan Trails and Greenways Alliance

**Feb. 16, 2008, 9:00 am – 10:00 am: “All About Diabetes” – American Diabetes Association**

Blood Pressure Checks - Lansing Community College Student Nurses

Virtual Walk – Ingham County Parks

**Feb. 23, 2008, 9:00 am – 10:00 am: “Happy Healthy Kids”– Blue Care Network**

Blood Pressure Checks - Lansing Community College Student Nurses

Virtual Walk – East Lansing Department of Parks and Recreation

**March 1, 2008, 9:00 am – 10:00 am: “Footwear and Apparel Matters” – Playmakers**

Blood Pressure Checks - Lansing Community College Student Nurses

Virtual Walk – Ingham County Parks

**March 8, 2008, 9:00 am – 10:00 am: “The NEXT Step: Ways to Keep Moving and Eating Healthy” – Capital Area District Library; American Cancer Society; UAW Local 602 GM Lansing Delta Township**

Blood Pressure Checks - Lansing Community College Student Nurses

Virtual Bike: Ready, Set, Bike – League of Michigan Bicyclists

**March 15, 2008, 9:00 am – 11:00 am: “Winter Warm-Up Celebration” announcing the Mayor’s Challenge Winner, plus Participant Prize Drawings**

Blood Pressure Checks - Lansing Community College Student Nurses

Therapeutic Chair Massages – Lansing Community College Students

Virtual Walk – Michigan Trails and Greenways Alliance

**Grand prizes (Participants must sign-in for 8 of the 10 Saturday walks between Jan. 12 & March 15, 2008 to be eligible for grand prizes):** \$150 Lansing Mall Gift Certificate, 3-month YMCA Family Membership, 1-month Michigan Athletic Club Membership and many other prizes.

Sponsored by *Community Partners in Health*

American Cancer Society ~ American Diabetes Association ~ American Heart Association ~ Arthritis Foundation, Michigan Chapter ~ Blue Cross Blue Shield of Michigan ~ Blue Care Network ~ Capital Area District Library ~ Delta Township Parks and Recreation ~ East Lansing Department of Parks and Recreation ~ Ingham County Health Department ~ Ingham County Parks ~ Ingham Regional Medical Center ~ City of Lansing ~ 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-Young Broadcasting ~ YMCA of Lansing

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