



# Couch to 5K!

Yes even **YOU** can go from the couch to running 3 miles!

**Join Manchester Parks Recreation  
and get your family started on a new fitness routine!**



*Too many people have been turned off running simply by trying to start off too fast, their body's rebel and they wind up feeling miserable, wondering why anyone would possibly want to do this to themselves. You should ease into your running program gradually. In fact, the beginners' program we will do is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to runner, getting you to a 5K by Thanksgiving!*

Each session should take about 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness.

Schedule will start on **Tuesday, September 29<sup>th</sup> 5:00** at Masconomo Park. The program will take place every **Tuesday and Thursday evening**. Then do the third day on your own or with a smaller group. If you can't make one day during the week you can always do the work out on your own. The group workouts tend to be more successful, but you can always do it on your own if it doesn't fit your schedule on one of the days.

If you have any questions please email Cheryl Marshall at [marshallc@manchester.ma.us](mailto:marshallc@manchester.ma.us).

*Masks must be worn during the program and it will take place rain or shine outside at Masconomo Park.*

Cost of this program is only **\$29 per person**  
Online registration available at [www.mbtsrec.com](http://www.mbtsrec.com)!