

Kicks Off Feb 4

MPMC invites your company to inspire Employee Wellness with a Couch to 5 Miler Training Program with Olympian Trainer Phil Wharton

\$45 Program Includes:

- ✓ Registration for the MPMC 5 Miler
- ✓ Kickstart Feb 4th, 5:30 pm - "Getting Ready" Workshop with Olympian Trainer Phil Wharton at Mercersburg American Legion
- ✓ A weekly gradual workout schedule - tailored to beginner or intermediate level
- ✓ Weekly training meet ups to keep you on track
- ✓ Additional workshop with Phil - Preventing injuries, building strength, and endurance
- ✓ Workshop with experienced runners who share their secrets to getting started and staying committed

MPMC is fortunate to have Phil Wharton to share his training expertise with us!

"For years the Whartons have been considered the 'gold standard' in the field of musculoskeletal health and fitness." USA Today

Read more and listen to (and try!) 25 second "Simply Helpful Tips" at www.whartonhealth.com

Create a Team in your work place:

Maintaining a regular fitness activity will lower your employees' risk of:

- ✓ Heart Attack
- ✓ Stroke
- ✓ Diabetes
- ✓ Obesity

It will also improve mood and productivity!

Complete and send registration forms by Jan 20, 2020 with \$45 registration fee per participant to
MACWell
PO Box 216
Mercersburg, PA 17236
For information contact:
mac4wellness@gmail.com

Consider incentivizing your employee by reimbursing their sign up fee if they complete the race!

5 Miler
on
May 9



A MACWell
INITIATIVE

ALL STAR
SPONSOR

DL MARTIN
CO.

Johnston Run

9AM - Lions Club Park, Mercersburg PA

5 Miler Awards: 10 Year Age Groups M/F & ★★ ★ Finisher Medals for All ★★ ★

For Sponsorship & Volunteer Opportunities, Questions:
717-261-7617, ask for Ingrid or mac4wellness@gmail.com