

# Attention All DeKalb Medical Employees



## Looking to up your run game?

Join our "Couch to 5K" employee wellness challenge! This program is designed to guide anyone considered *inactive* or *sedentary* on a walk/run program over the course of eight weeks. Weekly tips will be provided that offer assistance in proper nutrition, strength training, cadence/timing, etc. to help achieve the ultimate goal of running a continuous 5K!

## Why join the "Couch to 5K" challenge?



Build self confidence



Achieve an attainable goal



Gain comfortability



Become mentally accomplished

## May 7th - June 24th

Sign up at [www.DeKalbMedical.cooleaf.com](http://www.DeKalbMedical.cooleaf.com). Not a member yet?

Visit [www.JoinCooleaf.com](http://www.JoinCooleaf.com) to register now.



**DeKalb Medical**  
*With You all the way.™*