

On Your Mark, Get Set

# May 13, 2019 **MOVE!**

6-8pm Summer Run/Walk Kick-Off Event & Shoe Expo  
at Mercer Health inside Meeting Rooms, 800 W Main St. Coldwater, OH

**FREE. Open to the Community.  
All Runners and Walkers Welcome.**

## EVENT WILL INCLUDE:

- Presence of Physical Therapy Staff for Questions & Screens
- Healthy Nutrition Tips
- Wellness Tips, Couch to 5k, & InBody® Scale
- Body Composition Testing
- FREE Chair Massages from The Revival Spa at the Galleria
- Entry forms for Mercer Health 5k Challenge, Grand Lake Marathon & Kids Fun Run, and Community Healthy Waves Challenge
- Door Prizes!

## SHOE EXPO:

- Professional shoe fittings and demos with Can't Stop Running Company
- Take the shoes for a run before purchase.
- Special promotions on shoes ordered at the event.

## LIVE INTERACTIVE ACTIVITIES!

- **6:00pm:** Yoga for Runners  
by Amy Kemper, RYT-200, RN, Haught Yoga
- **6:30pm:** Getting the most out of your workouts: Activating your Glutes & Core  
by Jennifer Bills, CPNP & Personal Trainer, Mercer Health
- **7:00pm:** Foam Rolling for Mobility & Injuries  
by Christy Diller, PT, Community Sports and Therapy
- **7:30pm:** Fueling for Optimal Performance & Recovery  
by Rachel Steinke, RDN, Mercer Health

## PRESENTED BY:



This is my **H**Health

[www.mercer-health.com](http://www.mercer-health.com)