

# 5 WEEKS TO 5K



## Well Wisconsin 5K walk or run training program

Join your coworkers in following a 5 Week to 5K program designed to help you progressively improve your speed, endurance, and overall fitness as you prepare for your next 5K walk or run.

Choose the training level that best suits your current fitness level:

- Beginner – you're new to running or exercising and this is your first 5k
- Intermediate – you've done a few 5ks before or consider yourself a weekend warrior
- Advanced – you're a runner who frequently races
- Walker – you're a non-runner who still wants to participate with your friends in the next 5k and you want to improve your fitness

**Earn incentive credit for this employer-sponsored activity.**

Contact your employer well-being Champion for the 5K plan. Completing this training program (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness. Get started at [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin). Report completion of this event under "rewards" as an "employer-sponsored activity" using "physical activity" as the description.

## For extra motivation:

Schedule a call with a Health Coach or send a secure message at [www.webmdhealth.com/wellwisconsin](http://www.webmdhealth.com/wellwisconsin).

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

\*This program assumes that you have no major health risks or concerns, are injury-free, and have a basic level of cardiovascular fitness. You should always consult your healthcare provider before beginning any new exercise program. This general information is not meant to replace your healthcare provider. If you experience any pain or difficulty performing these exercises, stop and consult your healthcare provider.

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Healthier starts with you