



Vilas County Public Health Department

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For Immediate Release: April 18, 2016

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Vilas County gets Moving with a Kick Start Program

Community members who want to get motivated to keep their feet moving, and have the chance to earn prizes, will want to sign up for Vilas County Kick Start Program. Eagle River Ministry Medical Group, Vilas County Public Health Department and Northland Pines School District will host a kick-off meeting on Monday, May 2, at 5:00 p.m. in the LGI Room at Northland Pines High School, Eagle River. Information about the 5K program will be provided at the meeting. The program is free and open to the public but registration is required. Weekly training sessions start on Monday, May 9 at the Northland Pines High School commons area.

“We want to encourage our community to get moving! We thought organizing a Kick Start Program would be an excellent way to get folks of all fitness levels involved”, said Heidi Karns, LCSW, Eagle River and Woodruff Ministry Medical Group.

The Kick Start Program helps participants get ready to walk, jog, or run a 5K or 3.1 miles. Registered participants, who must be 18 years of age, will be provided with a 10-week training schedule that includes at least two required workouts per week at the Northland Pines High School location. Each week, the training schedule adds duration leading up to the final week when participants will be prepared to complete a 5K: the Moonlight 5K Fun Run/Walk on July 16, 2016 in Eagle River.

This is the first Kick Start program sponsored by Eagle River Ministry Medical Group, Vilas County Public Health Department and Northland Pines School District. Organizers hope that by hosting this year’s program during the summer months of May through July, the participation rate will be high.

For more information and/or questions about the program, please call Heidi Karns, Eagle River Ministry Medical Group, at 715-477-3062.

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