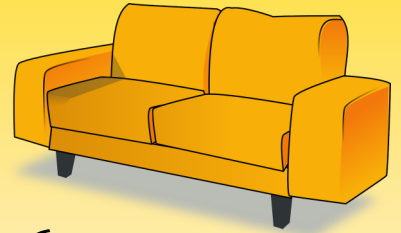
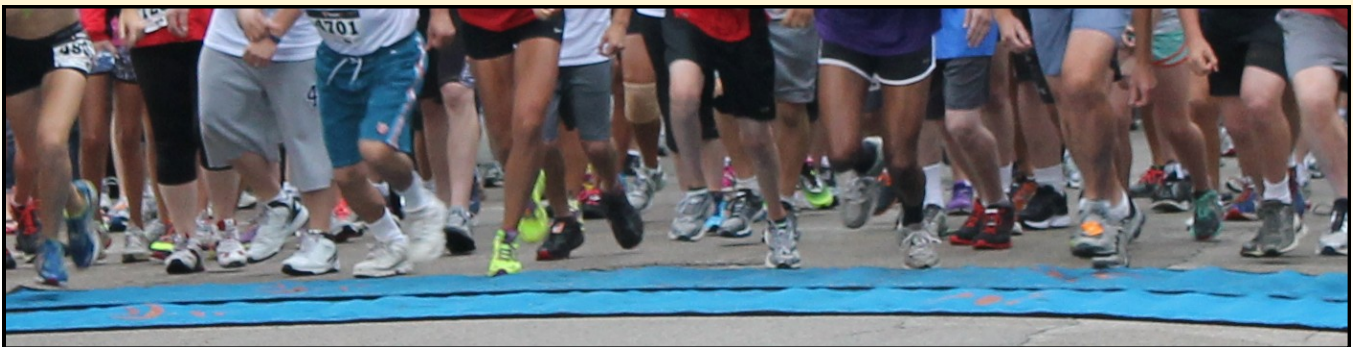


# From the Couch to a 5K

**BEGINNERS  
WELCOME!**



**Wednesday, April 27<sup>th</sup>, 5:15-6 p.m.  
MCHC Physical Therapy Department**



## **Tips to Prepare for a 5K Run/Walk:**

- Building up to the race - setting goals
- Warm up exercises
- Sports drinks vs. Water?
- Nutrition
- Race day preparation

**PLUS: Drawing for a 1/2 hour massage  
gift certificate at MCHC**

*Madelia*  
**Community**  
Hospital & Clinic

121 Drew Ave. SE, Madelia, MN 56062  
Clinic Appointments: 507.642.5200  
[www.mchospital.org](http://www.mchospital.org)

**Care from the *People You Know!***

