

**PRESS RELEASE**

For Immediate Release

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**TAKE ONE STEP TO A HEALTHIER YOU**

**3<sup>rd</sup> Annual Run for Your Heart Fitness and Wellness Program  
Kicks Off on Monday, June 28**

The Michigan CardioVascular Institute Foundation (MCVI Foundation) and the YMCA of Saginaw will offer the **Run for Your Heart Fitness and Wellness Program** this year beginning on Monday, June 28, 2010. Registration is available online at [mcvifoundation.org](http://mcvifoundation.org) or [active.com](http://active.com) or by calling the MCVI Foundation at (989) 754-3319.

Run for Your Heart is a 10-week training program that culminates in patient participation in a 5K walk or run at the *MCVI Foundation and YMCA of Saginaw Run for Your Heart Community Races* on Saturday, September 11, 2010. Program partners Saginaw Valley Bone and Joint Center, Saginaw County Department of Public Health, Runners, and Pace Management have helped to design a training program that is safe, fun and affordable. Even more importantly, it is one that helps participants embrace a healthier lifestyle for a lifetime. Since beginning two years ago, the Run for Your Heart program has worked with close to 200 people as they take steps to get more active and live healthier.

The 3<sup>rd</sup> annual program kicks off on Monday, June 28, at 6 PM at the YMCA. Saginaw County Department of Public Health nutritionists will help participants get started on the right foot with a nutritional workshop on Tuesday, July 6. Participants will begin meeting weekly with their team coaches for guided workouts the following week. The public health nutritionists will be on hand weekly to provide dietary guidance and weight loss support as well as the athletic trainer from Saginaw Valley Bone and Joint who joins each training session to troubleshoot aches and pains so injuries can be avoided or minimized.

Educational and motivational seminars are included every other week on the following topics:

- *Injury or Sore: When to keep going and when to stop* presented by Kurt Menapace, M.D. & Toby Blosser, Athletic Trainer, Saginaw Valley Bone and Joint Center
- *Making Changes One Step at a Time* presented by Sandra Garth, president of One Body One Lifetime, a certified personal trainer, certified lifestyle and weight management specialist, and an adjunct faculty member of the Lifelong Wellness Division of Delta College
- *Conquering the Plateau: What do your thoughts say about you?* presented by Sandra Garth. Garth speaks from personal experience after life distractions sidelined her. She

appeared on CNN's New You Revolution in January of 2005. With the help of Dr. Sanjay Gupta, she regained her health and got back on the fitness bandwagon.

- *Race Day 101: The Day Has Arrived* presented by the Saginaw Community Runners Club

All Run for Your Heart Fitness and Wellness Program participants also receive:

- Pre- and post-race health assessments through MCVI
- 5K run or walk training plan customized for various fitness levels
- Fitness program t-shirt, training booklet, BPA-free water bottle, and a nylon sack pack
- Gait analysis along with a discount on running and walking footwear and apparel at Runners
- Free entry into the Run for Your Heart race on September 11 (includes race day t-shirt)
- Certified athletic trainer available from Saginaw Valley Bone & Joint Center for injury prevention and assessment

Exercise is one of the best weapons we have in the fight against heart disease. Regular physical activity helps to control weight; lowers the risk of coronary heart disease, diabetes and certain cancers; contributes to healthy bones, muscles and joints; and reduces symptoms of anxiety and depression.

To register for the program, go online to [www.mcvifoundation.org](http://www.mcvifoundation.org) or [www.active.com](http://www.active.com) contact Diane Fong at [dfong@mcvi.com](mailto:dfong@mcvi.com) or (989) 754-3319 to request a registration form. The cost to join is \$85 with a \$10 discount offered to those who join with a friend (\$160 for two). Financial assistance is available to those for whom the registration fee presents a barrier. Contact Matt Markey at the YMCA of Saginaw to apply for scholarship funds, (989) 753-7721. Questions can also be directed to Diane Fong or Matt Markey.

This program is made possible thanks to the support of Blue Cross Blue Shield of Michigan, Michigan CardioVascular Institute, Runners: Performance Footwear and Apparel, Saginaw Valley Bone and Joint, The Joe 97.3, 98FM-KCQ, The Bay 104 FM, and more.

The Michigan CardioVascular Institute Foundation is a nonprofit organization striving to create a community that is healthy and vibrant by championing causes related to the education, prevention and treatment of cardiovascular-related disease.

The YMCA of Saginaw is an association of all people united in a common effort to put Judeo-Christian principles into practice through programs that enrich the spirit, mind, and body

for all. Through its mission of service, the YMCA conducts programs that bring people from all walks of life together.

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