



Live Well Clover

Be Active • Eat Well • Live Strong

WHERE

Walking Track on Memorial Drive, beside Blue Eagle Academy

WHEN

Starting Monday, March 2, 2015, runs will be held each

Monday, Wednesday and Friday

at 6:30pm.

Each session will be approximately 30 minutes.

WHAT IS COUCH TO 5K

Couch to 5K is a running plan developed to help absolute beginners get into running. The plan involves three runs per week, with a day of rest in between. It starts with a mix of running and walking, gradually increasing run time to build up fitness and stamina.

For more information, call Town Hall at 222-9495 or visit www.cloversc.org.

If you have any health concerns about beginning an exercise program such as Couch to 5K, make an appointment to see your doctor and discuss it with them first.