

INTRODUCING...



.....
**CRIMSON
COUCH
TO 5K**
.....

2011



2010 Crimson Couch to 5K Quotes

This is what our participants had to say...

“Crimson Couch to 5K was an excellent program! I have never had so much fun walking/jogging 3.1 miles! Please keep it up in the future.”

“I enjoyed this program very much and look forward to participating again next year; I appreciate the opportunity to improve my health and the support and encouragement the program provided. Sometimes self-motivation is hard to come by, and this was the perfect 'boost'! Thanks to everyone at the Wellness Program!”

“I think that this is a great way to bring UA employees together and concentrate on wellbeing at the same time.”

This program got me off of my butt and onto my treadmill! I've since participated in another local 5K (walked it as well) with plans on doing more. I'm even thinking about starting to jog.

Thanks for the encouragement and please do this again.



Introducing the 2011 Crimson Couch to 5K

Program Overview:

This 9-week physical activity and wellness program is designed specifically for UA faculty and staff and their families to provide the tools and resources to help motivate individuals to move more, feel better, and improve their quality of life.

The program will kick off on September 7, 8, & 9 in various locations and culminates with a closing Crimson Couch to 5K (3.1mi) Walk/Run Event on November 13, 2011.



Crimson Couch Kick-off September 7, 8 and 9

Pick up your training packet which will include your training guide, calendar of activities, personal tracker and fitness tips

Individual and Team forms will be available to track your progress throughout the training program

Optional health checks to include body mass index, blood pressure, waist and hip circumference will be available.



Crimson Couch to 5K Check in Locations

IT ALL BEGINS WITH A FIRST STEP. TRY OURS.

HERE'S HOW TO GET STARTED:

- 5K Walk/Run Event Nov. 13**
- 1 Participate as an individual or on a team of 3-5
 - 2 Register online at wellness.ua.edu, call our office at 348-0077 or register with your coordinator
 - 3 Take the first step to your 5K with free onsite training

Crimson Couch to 5K is a free nine-week wellness program specifically designed for faculty and staff at The University of Alabama.

Participate as an individual or a team of 3-5 members striving to move from the couch to walking or running a 5K (3.1 miles) on Sunday, November 13, 2011.

Coordinators are set up all over campus to help you register. Sign up with your area coordinator or complete your registration online at wellness.ua.edu and get ready for change. We look forward to hearing from you!

Have any questions? Give us a call at 348-0077 or email us at wellness@ua.edu

Come to one of these check-ins with your team members:

WEDNESDAY (9/7) midpoint: 10/5 final: 11/2	8:30 A.M. - 10:00 A.M.	GORGAS LIBRARY (ROOM 205)
WEDNESDAY (9/7) midpoint: 10/5 final: 11/2	7:30 A.M. - 9:00 A.M.	UA MEDICAL CENTER
WEDNESDAY (9/7) midpoint: 10/5 final: 11/2	11:00 A.M. - 12:00 P.M.	FACILITIES (SHOP AREA)
THURSDAY (9/8) midpoint: 10/6 final: 11/3	7:30 A.M. - 10:00 A.M.	ROSE (GROUND FLOOR)
THURSDAY (9/8) midpoint: 10/6 final: 11/3	11:00 A.M. - 1:00 P.M.	FERGUSON CENTER (IN FRONT OF THEATER)
THURSDAY (9/8) midpoint: 10/6 final: 11/3	1:00 P.M. - 2:00 P.M.	COLISEUM (C.M. NEWTON ROOM)
FRIDAY (9/9) midpoint: 10/7 final: 11/4	3:00 P.M. - 4:00 P.M.	BREWER PORCH

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Training Locations & Times

Campus Outdoor Team Trainings begins Monday, September 12

- Days: Mondays & Wednesdays
- Times: 7:00am, 12:10pm & 5:10pm
- Location: Begin at The Quad/Denny Chimes

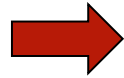


*Trainers available for both walking and running groups
Group Training will be led by the
Health and Wellness Team and the Exercise Physiology Club*



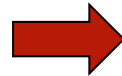
Registration Details: <http://wellness.ua.edu>

Step 1



Click here to begin your individual or team registration

Step 2



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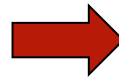
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Faculty, Staff, Students
 user name:
 password:

Forgot your password?
 Need an account?
 myBama FAQs
 Make this my homepage

Guests, Parents, Friends
 Information and services, including guest payments

Step 3



Couch to 5k Registration

Team Name	Name	Bama Email	Phone #	Dept	T-Shirt Size
Team Kelly	Kelly, Rebecca K	rkelly@bama.ua.edu	205-348-0083	Academic Affairs	L

Couch to 5k Checkins

Click the button to register for your Crimson Couch to 5K checkin location, date and time

Registration and Additional Information

Office of Health Promotion & Wellness

The University of Alabama

321 Russell Hall - Box 870363

Registration available online at :

<http://wellness.ua.edu>

For more information, please call or email us at:

348-0077 | wellness@ua.edu

Rebecca K. Kelly, PhD, RD Director | Kay Whites, Coordinator

Linda Faulkner, Office Associate

Jason Ng, MS Graduate Assistant | Robert Herron, MA, CSCS, Graduate Assistant

