

TCRHCC HEALTH PROMOTION DISEASE PREVENTION PROGRAM

2024

GET FIT CHALLENGE

8-12 WEEK TRAINING PROGRAM FOR
2024 PHOENIX HOT CHOCOLATE RUN

5K - 10K - 15K

MUST BE 8YO OR OLDER TO PARTICIPATE. AGE REQUIREMENT DIFFERS BY RACE CATEGORY



HPDP PROVIDES:

- WEEKLY TRAINING SCHEDULE
- MONTHLY GROUP PRESENTATIONS
- GROUP RUNS
- TEAM TUBA CITY VOUCHER

TEAM HUDDLES:

SEPTEMBER 23RD - INTRO TO TRAINING PROGRAM
OCTOBER 22ND - INJURY PREVENTION
NOVEMBER 12TH - STRENGTH TRAINING SESSION
DECEMBER 10TH - MOTIVATIONAL SPEAKER

REGISTRATION
DEADLINE
OCT. 25

ASK ABOUT HPDP VOUCHER

AVAILABLE TO AT RISK YOUTH (8-17YO) & ADULTS

FOR MORE INFO CONTACT HPDP AT 928-283-1420 OR EMAIL: JMIREGISTRATION@TCHEALTH.ORG