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Registration Open! BWC's Annual Spring Into Health

SOUTHPORT— It may be winter, but the Brunswick Wellness Coalition (BWC) is already gearing up for Spring 2021! BWC will hold its annual Spring Into Health 5K/1M event virtually keeping in mind spring begins Saturday, March 20, 2021.

“We want to promote moving to help your body feel well,” said Carysa Overcash, owner of Cape Fear Fitness. “We thought it would be fun to partner with BWC to make Spring Into Health a run to embrace the health as spring blooms!”

Along with eating a predominately plant-based diet, simply walking every day for 30-60 minutes can have tremendous health benefits like more energy, improved mood and more consistent sleep patterns, better balance and coordination skills, stronger bones and muscles, and better weight control. Choosing a healthier lifestyle can also reduce your risk of developing a chronic disease like diabetes, heart disease, high blood pressure and cancer; and, if you have a chronic disease, adopting such a lifestyle can help you manage the condition and improve your quality of life.

Whether you plan to walk, run, stroll or roll through the 1M or 5K, join virtually any day, any time March 1-26 for your outdoor onsite microgroup (small team) or individual participation in the annual Spring Into Health. There is no age limit or experience expectation for participation; and not only is it flexible, it is affordable: adult registration fee is \$25; student fee is \$5 and children age 5 and under are free! Medals will be provided to all participants whose time is entered. The 5K best overall time will receive a medal. A team trophy will be awarded to the group who is most creative and shares their experience on social media. To add to our fun and awareness, on March 31, we will have a drawing of all participants for swag and prizes!

Registration is open. For more information, to register, to volunteer, or to donate, visit the Virtual 5k/1m Spring Into Health race site quick link <https://bit.ly/3aCF7oK>.

Special thank you to our sponsors and partners Cape Fear Fitness, Southport-Oak Island Kiwanis and Tropical Smoothie Café!

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Virtual 5K / 1M

SPRING INTO HEALTH

SATURDAY, MARCH 20

REGISTER YOUR TEAM TODAY
\$25 PER PERSON REGISTRATION FEE
\$5 Student Registration Fee
Free Registration for Age 5 & Under!

For information and flexible registration visit:
runsignup.com/Race/NC/Southport/BWCSpringIntoHealth