

FOR IMMEDIATE RELEASE

Contact:

Brunswickwellnesscoalition@gmail.com

Registration Open! BWC's 3rd Annual Spring Into Health

SOUTHPORT— It may be winter, but the Brunswick Wellness Coalition (BWC) is already gearing up for Spring 2020! BWC will hold its 3rd annual Spring Into Health 5K/1M event on Saturday, April 4, 2020 at 9 a.m in downtown Southport. This year, BWC is adding a splash of color to the race thanks to event sponsor, Cape Fear Fitness. That's right, if you attend this year's event you'll have the option to be sprayed with color!

"We like to tell people to eat the rainbow which is a simple reminder to eat a variety of fruits, vegetables and other plant-based foods so you get the vitamins and minerals your body needs to 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 color run to embrace this notion of eating the rainbow by experiencing the rainbow!"

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 or wheel through the 1M or 5K, join us on April 4, 2020 for BWC's 3rd annual Spring Into Health. Race starting line is at Doshier Memorial Hospital located at 924 N. Howe St. Southport, NC. There is no age limit or experience expectation; and it is affordable: only \$15 for early bird entry (before February 25) and \$25 for regular and day-of entry. Children age 12 and under also attend free! Free T-shirt for those who register before March 21. The 5K is timed with awards based on age and overalls; 1M will not be timed.

Registration is now open so register today by visiting <https://brunswickwellness.org/springintohealth/>. Use this same link if you'd like to volunteer for the event.

Special thank you to our sponsors Cape Fear Fitness and Tropical Smoothie Café!

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SPRING INTO HEALTH *5K / 1M* COLOR RUN

SATURDAY, APRIL 4 AT 9AM
DOWNTOWN SOUTHPORT

\$15 EARLY BIRD ENTRY (BEFORE 2/24)

\$25 REGULAR & DAY-OF ENTRY

Free Registration for Age 12 & Under!