

# Physical activity tips for the first-time runner

**QuadMed advises you to consult with a physician before starting a new physical activity program.**

## What is the QLife 5K?

- A 5K event is 3.1 miles.
- Runners, walkers and participants of all abilities can complete the QLife 5K Walk/Run/Roll event.
- You can take as long as you need to complete the 5K event.
- You may opt to complete your 5K using your bicycle, rollerblades or other devices.



## Getting started: Steps for success

If you haven't participated in a 5K before, here are the steps you need to follow for a successful event.

### **First Step: Find a good pair of shoes**

Feel free to use shoes you already own as long as the tread is not too worn and they feel comfortable.

Consider purchasing a pair of running or walking shoes from a running store. A good running store can assess your gait and help you find a shoe that will fit you well.

Good running or walking shoes can give you the proper support your feet need to run or walk without pain or injury.

### **Second Step: Register for the 5K event**

Visit the [QLife 5K Walk/Run/Roll registration page](#) to sign-up.

### **Third Step: Begin training for the event**

Tell friends and family about the event. They can hold you accountable and cheer you on as you work toward your goal.

## **Running safety tips**

- If you are running, walking or biking when it is dark outside, wear light-colored or reflective clothing and bring a light or flasher. Be aware of your surroundings as you train and participate in the 5K event.
- A good safety rule is to use the "buddy system." Runners, bikers and walkers should also let someone know the route they are taking and how long they will be gone.
- Bring water with you to stay hydrated.

# QLife Wellness

**Questions?** Contact  
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