

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 Walk/Run/Roll?

- The QLife 5K Walk/Run/Roll is a 3.1 mile activity.
- Runners, walkers and participants of all abilities can complete the QLife 5K event wherever they choose.
- You can take as long as you need to complete the QLife 5K event.
- You may choose to complete your 5K using your preferred method of movement (e.g., walking, running, biking, roller blading, etc.).



Getting started: Steps for success

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

First Step: Find a good pair of shoes

You can wear shoes you already own as long as the tread is not too worn and they feel comfortable. The inside of the shoe will often begin to break down before the tread or outside of the shoe show signs of wear and tear.

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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