



NEWS RELEASE



FOR IMMEDIATE RELEASE:

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Walk to Health Walking Program Starts April 9th

Southwest Nebraska Public Health Department's 15th annual **Walk to Health** program kicks off Monday, April 9th. This free program will last for 12 weeks and is open to residents of all ages in the SWNPHD nine-county service area.

"This walking program has been a hit from its inception. It is a great way to increase awareness regarding physical activity," states Crystal Lakey, Health Educator at Southwest Nebraska Public Health Department (SWNPHD). "This is a great way to have fun with friends and/or coworkers while getting your exercise."

Through a grant provided by Community Hospital, Walk to Health is partnering with **MoveSpring** - a fun and easy-to-use wellness platform. Participants can use the web or mobile app to create an account and connect a device for tracking, recognition and encouragement.

Registration is open April 1st to April 9th. To register, go to <http://app.movespring.com> or download MoveSpring from the App Store or Google Play. Use organization code WALK2H to join the Walk to Health challenge. You can register as a team of 2 to 10 people, or as an individual. Teams can't be created after April 9th; however, individuals can still join existing teams. You will be able to connect your fitness tech device to track activity automatically, or you can manually enter your daily exercise. Instructions are available on the SWNPHD website: swhealth.ne.gov.

If you do not have internet access, you may register by calling 308-345-4223 or stop in at Southwest Nebraska Public Health Department 404 West 10th Street (1 block north of Arby's) in McCook or 501 Broadway (5th Street entrance) in Imperial. You can also fax your information to 308-345-4269 or email: info@swhealth.ne.gov.

"After 12 weeks, participants will complete an ending evaluation," explains Joy Trail, Program Assistant for SWNPHD. "When we receive the evaluation, participants will receive a free Walk to Health t-shirt." Community Hospital's Wellness for Life program is also providing a special recognition for all those who reach the Million Step Club by getting one million steps by the end of the 12 weeks.

You can also follow us on Facebook and Twitter. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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