



NEWS RELEASE

FOR IMMEDIATE RELEASE:

July 23, 2018

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Walk to Health Winners Announced

Southwest Nebraska Public Health Department's 15th annual **Walk to Health** program was recently completed. The program lasted for 12 weeks and included 445 residents of all ages in the SWNPHD nine-county service area. "We were very happy with the new Move Spring mobile application provided to the walking program," states Myra Stoney, Director of Southwest Nebraska Public Health Department (SWNPHD). "Excellent results were achieved by these motivated participants: 291,587,077 steps total were walked through Walk to Health."

Trent Spady of Chase County reached 2,142,661 steps, achieving first place in the Walk to Health program. His team, which included his wife Jodi Spady, finished first as well with the most steps: 1,582,082 averaged.

The rest of the results for the top ten individuals were:

2) Jason Banks	2,106,537	Chase County
3) Vike Francis	2,008,496	Hitchcock County
4) John Kershaw	1,991,801	Hitchcock County
5) Timmarie Messersmith	1,891,005	Perkins County
6) Bill Burton	1,860,679	Red Willow County
7) Rita McConville	1,846,100	Red Willow County
8) Ann Besler	1,778,770	Furnas County
9) Staci Blomstedt	1,757,030	Red Willow County
10) Angela Ruppert	1,742,944	Red Willow County

Team results were impressive again this year. Second place went to multi-year team winners the Dog Walkers, averaging 1,534,157 steps. Team members are Jolene Brown, Vike Francis, Chris Mcafoos and Richard Richardson. The third place team was The Walkie Talkies who averaged 1,368,563 steps, with members Shannon and Harry Sughroue, Michelle Dickes, Darcy Rouse, Deb and Caitlyn Smith, Peg and Mary Dueland, Afton Ralston, and Marisa Esch.

Sarah Wolford, Community Hospital Wellness Coordinator provided a gift to the 111 participants that made the Million Step Club this year. "Community Hospital is passionate about sharing opportunities for wellness with our community. Partnering with SWNPHD was a fun way to encourage physical activity with an end goal of one million steps for the

challenge. Making small changes to lifestyle behaviors, such as walking, can make a lasting impact on the health and vitality of our community,” says Wolford.

The program will continue this year with additional challenges. The next activity challenge will begin August 13th and go through Labor Day. Community members interested in participating can download the MoveSpring app from the App Store or Google Play, or create an account at <https://app.movespring.com> and use Organization Code WALK2H. The link to join the Summer Streak Challenge will be posted on SWNPHD’s Facebook and Twitter pages.

SWNPHD utilizes Healthy People 2020 national goals for the Walk to Health program, which is to increase the proportion of adults who engage in aerobic physical activity for at least 150 minutes per week. “We hope to inform, educate and empower the residents of southwest Nebraska about the positive outcomes of physical activity,” explains Stoney. “This is just one of SWNPHD’s efforts to reduce cardiovascular disease, diabetes and stroke.”

You can follow SWNPHD on Facebook and Twitter. For more information call 308-345-4223 or stop in at Southwest Nebraska Public Health Department 404 West 10th Street (one block north of Arby’s) in McCook or 501 Broadway (Moreland Building 5th Street entrance) in Imperial.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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