

## NEWS RELEASE



FOR IMMEDIATE RELEASE:

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### **Walk to Health Program Starts April 1st**

Southwest Nebraska Public Health Department's 16th annual **Walk to Health** program kicks off Monday, April 1st. This free walking program will last for 12 weeks and is open to residents of all ages in the SWNPHD nine-county service area.

"We are excited to kick off the 16<sup>th</sup> year of one of our favorite programs. The Walk to Health program is a great way to increase awareness of the benefits of physical activity," states Joy Trail, Program Manager at Southwest Nebraska Public Health Department (SWNPHD). "It's no joke that we're kicking off a health program on April Fool's Day."

Through a grant provided by Community Hospital of McCook, 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. Paper step-tracking forms are also available.

Registration is open March 18<sup>th</sup> to April 1<sup>st</sup>. To register, go to <http://app.movespring.com> or download MoveSpring from the App Store or Google Play. Use organization code **WALK2H** to create an account and join the Walk to Health Spring 2019 challenge. You can register as a team of 2 to 10 people, or as an individual. You will be able to connect your fitness device to track activity automatically, or you can manually enter your daily exercise. Instructions are available on the SWNPHD website: [swhealth.ne.gov](http://swhealth.ne.gov).

If you do not want to use internet access, you may register by calling 308-345-4223 or stop in at Southwest Nebraska Public Health Department 404 West 10<sup>th</sup> Street (1 block north of Arby's) in McCook or 501 Broadway (5<sup>th</sup> Street entrance) in Imperial. You can also fax your information to 308-345-4289 or email: [info@swhealth.ne.gov](mailto:info@swhealth.ne.gov).

"Everyone who completes the 12-week challenge and fills out a survey will receive a free Walk to Health t-shirt," explains Joy Trail. "Teams have fun competing against each other or going for the most steps, and the top team receives a prize." 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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