



NEWS RELEASE



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Walk to Health Team Challenge 2022 Winners

Southwest Nebraska Public Health Department's (SWNPHD) annual **Walk to Health** Team Challenge 2022 was recently completed. The program lasted for 12 weeks and included 263 residents of all ages. "The goal of the Walk to Health program is to get people to increase their activity level," states Myra Stoney, Health Director of SWNPHD. "The results of the challenge were amazing, with 170,413,883 total steps taken by participants of the Walk to Health Team Challenge 2022." Over 90% reported an increase in their activity level.

Veronica Murillo of Chase County won first place for the most individual steps in the challenge, with 3,101,978 total steps. The first place for a team went to Barbie Long and Michael Long of team "Long Haulers" with the highest average total steps of 1,551,307. Winners were presented with a certificate and gift bag from SWNPHD. (picture)

Top Ten Individual Steppers

1 st	Veronica Murillo	3,101,978	Chase County
2 nd	Jackie Juhl	2,986,090	Furnas County
3 rd	Glenda Ellerton	2,072,792	Red Willow County
4 th	Michael Long	1,661,222	Red Willow County
5 th	Kate McClintock	1,599,067	Perkins County
6 th	Bret Hagan	1,468,441	Hitchcock County
7 th	Susan Hagan	1,467,721	Hitchcock County
8 th	Jan Mowry	1,430,870	Furnas County
9 th	Barbie Long	1,402,625	Red Willow County
10 th	Carol Nicholson	1,387,513	Red Willow County

Community Hospital Wellness for Life provided a gift to the 54 participants that made the Million Step Club this year, each getting one million steps by the end of the 12 weeks.

The program will continue this year with additional walking challenges. 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 challenge will be posted at swhealth.ne.gov and on SWNPHD's social media pages. The MoveSpring app is provided in partnership with Community Hospital of McCook.

SWNPHD utilizes Healthy People 2030 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 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 in our health district.”

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website www.swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. You can follow us on Facebook and Instagram. For questions, call 308-345-4223, one number three locations (McCook, Imperial & Ogallala), Southwest Nebraska Public Health Department.

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