



NEWS RELEASE

FOR IMMEDIATE RELEASE:

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Walk to Health Spring Challenge Winners

Southwest Nebraska Public Health Department's (SWNPHD) annual *Walk to Health* program was recently completed. The program lasted for 12 weeks and included 480 residents of all ages. "The Walk to Health program continues to surprise me with its growth. The goal of the program is to get people aware of and to increase their activity level," states Myra Stoney, Director of SWNPHD. "The results of the challenge were amazing, with 316,945,307 steps total walked through Walk to Health Spring 2019."

Daphne Tidyman of Red Willow County won first place for the most individual steps in the challenge, with 3,200,000 total steps. The first place for a team went to Misti Raburn and Myrah Brown of team "Walknburn" with the highest daily step average of an incredible 20,329. Winners were presented with a certificate and gift bag at Community Hospital of McCook on July 2. (picture)



Top Ten Individual Steppers

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|------------------|----------------|-----------|-------------------|
| 1 st | Daphne Tidyman | 3,200,000 | Red Willow County |
| 2 nd | Misti Raburn | 3,021,578 | Red Willow County |
| 3 rd | Alicia Ortiz | 2,100,554 | Hitchcock County |
| 4 th | Jan Mowry | 2,087,465 | Furnas County |
| 5 th | Jackie Juhl | 1,971,834 | Furnas County |
| 6 th | Sheryl McCurdy | 1,939,022 | Furnas County |
| 7 th | Ivana Burgos | 1,918,894 | Frontier County |
| 8 th | Tim Stevens | 1,789,050 | Red Willow County |
| 9 th | Mary Jo Vontz | 1,773,834 | Red Willow County |
| 10 th | Ashli Maris | 1,704,432 | Chase County |

Tricia Wagner, Community Hospital Wellness Coordinator provided a gift from the Wellness for Life program to the 105 participants that made the Million Step Club this year, each getting one million steps by the end of the 12 weeks. “Community Hospital always enjoys getting to be a part of the Walk to Health program through SWNPHD. Walk to Health is a fun opportunity for us to share our passion for wellness with our community, and the Million Step Club is a great way to encourage community members to set healthy goals that turn into healthy habits,” says Wagner.

The program will continue this year with additional challenges. The next activity challenge will begin in August 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 challenge will be posted at swhealth.ne.gov and on SWNPHD’s Facebook and Twitter pages. The MoveSpring app is provided in partnership with Community Hospital.

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.”

For more information visit swhealth.ne.gov, 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. You can also follow us on Facebook and Twitter.

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