

FOR IMMEDIATE RELEASE:  
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## Walk to Health Holiday Cheer Challenge Starts December 6th

Southwest Nebraska Public Health Department's **Walk to Health** program is offering the Holiday Cheer Challenge starting Monday December 6<sup>th</sup> through December 31<sup>st</sup>. This free walking program is open to residents of all ages in the SWNPHD nine-county health district.

“Our Holiday Cheer Challenge is a good opportunity for folks to get their steps in and keep their mood up during the stress of the holidays,” states Joy Trail, Program Manager at Southwest Nebraska Public Health Department (SWNPHD). “Walking is a great stress reliever and a fun way to spend time with family and friends.”

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.

To register for the challenge, 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 “Holiday Cheer Challenge”. You will be able to connect your fitness device to track activity automatically, or you can manually enter your daily steps into the app or on the paper step journal. Instructions are available on the SWNPHD website at [swhealth.ne.gov](http://swhealth.ne.gov).

“Everyone who completes the challenge and fills out a survey will receive a free gift from Community Hospital’s Wellness for Life Program,” explains Joy Trail. “We are grateful for their partnership that is benefiting the community by encouraging physical activity to reduce chronic disease among residents of southwest Nebraska.”

If you do not want to use internet access, you may register for the challenge by stopping in at Southwest Nebraska Public Health Department, 404 West 10<sup>th</sup> Street (1 block north of Arby’s) in McCook. You can also email [info@swhealth.ne.gov](mailto:info@swhealth.ne.gov) or find information by following SWNPHD on Facebook, Instagram, and Twitter. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties.

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