



NEWS RELEASE



FOR IMMEDIATE RELEASE:

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Walk to Health Team Challenge Winners

Southwest Nebraska Public Health Department's (SWNPHD) annual **Walk to Health** Team Challenge was recently completed. The program lasted for 12 weeks and included 422 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 260,342,299 total steps taken by participants of the Walk to Health Team Challenge 2021." Over 90% reported an increase in their activity level.

Jackie Juhl of Furnas County won first place for the most individual steps in the challenge, with 2,084,821 total steps. The first place for a team went to Darcy Rouse and Betty Rouse of team "Sunset Walkers" with the highest daily step average of 18,264. Winners were presented with a certificate and gift bag from SWNPHD. (picture)

Top Ten Individual Steppers

1 st	Jackie Juhl	2,084,821	Furnas County
2 nd	Jan Mowry	2,054,880	Furnas County
3 rd	Glenda Ellerton	1,913,957	Red Willow County
4 th	Theresa Eschliman	1,661,911	Red Willow County
5 th	Sheryl McCurdy	1,651,263	Furnas County
6 th	Betty Rouse	1,640,178	Hitchcock County
7 th	Jill Barry	1,640,101	Perkins County
8 th	Steven Faimon	1,582,010	Red Willow County
9 th	Carol Nicholson	1,575,872	Red Willow County
10 th	Kate McClintock	1,570,316	Perkins County

Tricia Wagner, Community Hospital Wellness Coordinator provided a gift from the Wellness for Life program to the 74 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 walking 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 social

media pages. The MoveSpring app is provided in partnership with Community Hospital of McCook.

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). 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, Instagram and Twitter.

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