

NEWS RELEASE



FOR IMMEDIATE RELEASE:

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Walk to Health Team Challenge Starts April 4th

Southwest Nebraska Public Health Department's **Walk to Health Team Challenge** kicks off Monday, April 4th. This free walking program will last for 12 weeks and is open to residents of all ages in the SWNPHD nine-county service area.

“The Walk to Health program is a great way to increase your physical activity,” states Joy Trail, Program Manager at Southwest Nebraska Public Health Department (SWNPHD). “The team challenge encourages participants to walk with a friend or in a group, and research shows this helps with motivation and reaching step goals, so they are more likely to finish the challenge and get the healthy benefits of walking.”

Through a grant provided by Community Hospital of McCook's Wellness for Life program, 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.

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 Team Challenge 2022. 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.

“Everyone who participates in 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 individual and top team receive a prize.”

The Health Hub program at SWNPHD is offering 3 health coaching sessions to women between ages 40 to 74 that participate in the team challenge this year. The health coaching includes help with goal setting and information on healthy living, as well as a before and after health screening to see improvements. Women who are interested can call SWNPHD at 308-345-4223 to sign up.

For those who do not want to use the MoveSpring app for the challenge, paper step trackers are available at SWNPHD at 404 West 10th Street (1 block north of Arby's) in McCook and online at swhealth.ne.gov. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can also follow us on Facebook and Instagram.

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