

FOR IMMEDIATE RELEASE:

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Walk Your Way to the Top Challenge Starts August 14th

Southwest Nebraska Public Health Department's **Walk to Health** program is offering the "Walk Your Way to the Top" Challenge starting August 14th through September 11th. This free walking program is open to residents of all ages in the SWNPHD nine-county health district.

"Our Walk Your Way to the Top Challenge is a good opportunity for people to get inspired to get their steps in to increase their physical activity," states Sarah Minnick, Program Manager at Southwest Nebraska Public Health Department (SWNPHD). "Walking is a fun and beneficial way to spend time with family and friends."

Through a grant provided by Community Hospital of McCook, Walk to Health participants track their steps 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 "Walk Your Way to the Top" 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.

"Everyone who completes the challenge can receive a free gift from Community Hospital's Wellness for Life Program," explains Minnick. "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 10th Street (1 block north of Arby's) in McCook. You can also email info@swhealth.ne.gov or find information by following SWNPHD on Facebook and Instagram. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties.

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