



NEWS RELEASE



FOR IMMEDIATE RELEASE:

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Walk to Health Walking Program Starts May 1st

Southwest Nebraska Public Health Department's 10th annual **Walk to Health** walking program kicks off May 1st. The program will last for 12 weeks and is open to residents of all ages in the SWNPHD eight-county service area.

"We are excited for another year of Walk to Health," states Myra Stoney, Director of Southwest Nebraska Public Health Department (SWNPHD). "This program was created by our staff to encourage residents to become more active and sustain a higher level of activity. We have seen excellent results of weight loss, inches lost and increased exercise with Walk to Health."

The benefits of being physically active are numerous. Major benefits include preventing heart disease and stroke. Walking is one way that you can get the blood flowing and your heart pumping, making the heart stronger. Physical activity and a healthy diet will help reduce your risk for heart disease and stroke. Be sure to check with your family physician prior to starting any new exercise program.

Upon registration, you will receive instructions for participation. Weekly motivational tips will be sent out via email or mailed to those without internet access. The purpose of the weekly postcards is to provide education and encouragement to participants throughout the 12-week program.

"After 12 weeks, participants will receive an ending evaluation form," explains Stoney. "Email or bring your evaluation form to the SWNPHD office in McCook and Walk to Health participants will receive a free t-shirt. We want to hear about your success through walking."

Interested persons may request a registration form by emailing info@swhealth.ne.gov or download a form on our website: www.swhealth.ne.gov. You may also register by calling 308-345-4223 or stop in at Southwest Nebraska Public Health Department 404 West 10th Street (1 block north of Arby's) in McCook.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties.

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