

NEWS RELEASE



FOR IMMEDIATE RELEASE:

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Walk to Health Team Challenge Starts April 5th

Southwest Nebraska Public Health Department's **Walk to Health** program kicks off Monday, April 5th. 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). "Walking is easy and has many benefits, like better mood, better health now and later in life, and can be done alone or with 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.

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 2021. 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.

If you do not want to use the MoveSpring app, you may 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. You can also fax your information to 308-345-4289 or email: info@swhealth.ne.gov.

"Everyone who completes 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."

SWNPHD 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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