

October 7, 2025

For Immediate Release

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Get Fit, Stay Healthy: Southwest Nebraska Public Health Department Encourages Physical Activity for Better Health

Southwest Nebraska Public Health Department (SWNPHD) is encouraging all residents to prioritize their health by getting active. Just 150 minutes of moderate-intensity aerobic activity per week—that’s a little over 20 minutes a day—can make a big difference in your overall well-being.

On average, the number of residents in SWNPHD reporting no leisure-time physical activity in the past 30 days has been 4% higher when compared to the Nebraska state average between 2011 and 2020.

In addition to aerobic activity, SWNPHD recommends including moderate- to high-intensity muscle-strengthening activities—like lifting weights or using resistance bands—at least two days per week.

"Physical activity is one of the most powerful tools we have to support both physical and mental health," said Sarah Minnick, Program Manager at SWNPHD. "It helps manage stress, improves mood, boosts energy, supports better sleep, and significantly reduces the risk of chronic diseases."

Even small changes can add up. Whether you're walking your dog, dancing in your kitchen, biking with your kids, or working in your yard—move more and sit less throughout the day. The key is to start where you are and build up gradually.

"It’s never too late to get moving," continued Minnick. "Every step counts—your body and your brain will thank you."

More information on getting active and staying healthy may be found at www.swhealth.ne.gov or by calling SWNPHD at 308-345-4223, one number, two locations, McCook and Ogallala. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. Information can also be found on Facebook, Instagram and YouTube.

