

FOR IMMEDIATE RELEASE:
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Holiday Challenge Starts December 1st

Southwest Nebraska Public Health Department's **Walk to Health** program is offering the "Snowflake Trek" Challenge starting December 1st through December 21st. This free walking program is open to residents of all ages in the SWNPHD nine-county health district.

"Our Snowflake Trek Challenge is a good opportunity for people to get inspired to get their steps in during the busy holiday season," states Sarah Minnick, Program Manager at Southwest Nebraska Public Health Department (SWNPHD). "Walking is a fun and a 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 **Be Well** - a fun and easy-to-use wellness platform. Participants can use the website to create an account and connect a device to the mobile app for tracking, recognition, and encouragement. Paper step-tracking forms are also available.

To register for the challenge, type walktohealth.thrives.app into a browser. Create an account or log into your current account and join the "Snowflake Trek" challenge. Download the Be Well Health App from the App Store or Google Play. 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.

If you do not want to use the internet to sign up, 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 or 10 North Spruce Street Suite B, in Ogallala. You can also email info@swhealth.ne.gov or find information by following SWNPHD on Facebook, Instagram, and YouTube. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties.

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