



NEWS RELEASE



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Walk to Health Team Challenge Winners

Southwest Nebraska Public Health Department's (SWNPHD) annual **Walk to Health** Team Challenge 2025 was recently completed. The program lasted for 12 weeks and included 127 residents of all ages.

“The goal of the Walk to Health program is to get people to increase their activity level,” states Myra Stoney, Health Director of SWNPHD. “The results of the challenge were great, with over 57 million total steps taken by participants of the Walk to Health Team Challenge.”

The first place for a team (2 or more people) went to Kelsey Landreth, Jackie Juhl, Dixie Jauken, Jan Mowry, Monica Carmona, and DeLaina Wulf of the “TVHS Girls” team, with total steps of 7,665,953. Winners are presented with a certificate and gift from SWNPHD.

The Walk to Health program will continue this year with additional walking challenges. Community members interested in participating can download the Be Well app from the App Store or Google Play or create an account at <https://walktohealth.thrives.app>. The link to join future challenges will be posted at swhealth.ne.gov and on SWNPHD's social media pages. The Be Well app is provided in partnership with Community Hospital of McCook.

SWNPHD utilizes Healthy People 2030 national goals for the Walk to Health program, which is to increase the proportion of adults who engage in aerobic physical activity for at least 150 minutes per week. “We hope to inform and empower the residents of southwest Nebraska about the positive outcomes of physical activity,” explains Stoney. “This is just one of SWNPHD's efforts to reduce heart disease, diabetes, and stroke in our health district.”

If you have questions about physical activity guidelines or the Walk to Health program call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website www.swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. Follow @swnphd on Facebook and Instagram.

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