



NEWS RELEASE



FOR IMMEDIATE RELEASE:

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SWNPHD Walk to Health Winners Announced

Southwest Nebraska Public Health Department's 11th annual **Walk to Health** walking program was recently completed. The program lasted for 12 weeks and included 350 residents of all ages in the SWNPHD nine-county service area. Each participant that completed the program received a free t-shirt.

"We are pleased to announce our top performers and teams for 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."

Excellent results were achieved by these motivated participants: 193.6 pounds lost, 153.25 inches lost, 49,196,384 steps walked and 224,889 minutes walked through Walk to Health.

Top individual results include:

- Ronee Kruger (Imperial) – most weight & inches lost
- Chris Dimmitt (McCook) – most minutes walked 16,970
- Glenda Ellerton (McCook) – most steps walked 1,395,963

Team results (averaged by the number of people on team) include:

- Maggie's Mighty Morphin Power Walkers – most inches lost, 7.1 inches average
Maggie Potter (Cambridge) Rebekka White (Curtis)
- Holy Walkamolies – most weight lost: 14.0 pounds average
Courtney Einspahr (McCook) Kelly Hammerlun (Imperial)
- ADH Photography – most steps walked: 954,266 average
Adrianna Gass & Pat Hagan (McCook)
- Walking Lions – most minutes walked, 5,809 average
Trenton: Candy Carfield, Emma Carfield, Jordan Carfield, Samantha Carfield
McCook: Chris Dimmitt, Anna Gray, Tyler Gray, Jim Pleinis, Dylen Trehal

"We appreciate the support of sponsors which allows us to keep providing free t-shirts for participants," praised Stoney. Sponsors included: AFLAC Missy Nelson, Community Hospital, Dundy County Hospital, Perkins Country Health Services and Tri Valley Health System.

SWNPHD utilizes Healthy People 2020 goals set as a nation for our Walk to Health program. Our plan is to increase the proportion of adults who engage in aerobic physical

activity of at least moderate intensity for at least 150 minutes per week. “We hope to inform, educate 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 cardiovascular disease, diabetes and stroke.”

We appreciate all the individuals and teams that completed the Walk to Health program. For a listing of additional winners and teams go to our website at www.swhealth.ne.gov .

You can follow us on Facebook.com/swnphd and Twitter@swpublichealth.. If you are interested in participating next year, calling 308-345-4223 or stop in at Southwest Nebraska Public Health Department 404 West 10th Street (one 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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