



NEWS RELEASE



FOR IMMEDIATE RELEASE:

August 2, 2016

Contact: Denise Garey, (308)345-4223 email: educate@swhealth.ne.gov

SWNPHD Walk to Health Winners Announced

Southwest Nebraska Public Health Department's 12th 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). "We were very impressed that 23 participants achieved the million steps mark during their 12 weeks of walking. Excellent results were achieved by these motivated participants: 88,637,556 steps walked, 138.5 pounds lost, 18.63 inches lost, and 182,493 minutes walked through Walk to Health."

Top individual results include:

- Theresa Eschliman (Indianola) – most steps walked 1,557,621
- Rachelle Kotschwar (McCook) – most minutes walked 12,618
- Mary Shirkey (McCook) – most inches lost
- Josie Lytle (Palisade) – most weight

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

- We Are Back – most inches and pounds lost
Lori Beard and Cindy Roesener (Imperial) past team winners
- Rhythm Keeping Nurses – most steps walked: 1,313,153 average
Kris Earnest (Benkelman) and Marilyn McDaniel (Imperial)
- Curves AM – most minutes walked, 6,772 average
Rachelle Kotschwar and Sharon King

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](https://www.facebook.com/swnphd) and [Twitter@swpublichealth](https://twitter.com/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, Keith, Perkins and Red Willow counties.

###