



## NEWS RELEASE

FOR IMMEDIATE RELEASE:

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### **Walk to Health Program Winners Announced**

Southwest Nebraska Public Health Department's 11th annual **Walk to Health** walking program was completed on June 28th. The program lasted for 12 weeks and included 350 residents of all ages in the SWNPHD eight-county service area.

"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. We have seen excellent results of 198.5 pounds lost, 145.3 inches lost and 450,050 minutes walked through Walk to Health."

#### Top individual results include:

- Lori Beard (Imperial) – most weight lost 25 pounds
- Lori Beard (Imperial) – most inches lost 19.5 inches
- Adrianna Hagan (McCook) – most minutes walked 13,470

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

- Beard/Roesener (Imperial) – most inches lost, 12.75 inches average (Lori Beard & Cindy Roesener)
- Beard/Roesener (Imperial) – most weight lost: 16.5 pounds average
- ADH Photography (McCook) – most minutes walked, 8,815 average (Adrianna Hagan, Pat Hagan & Jordan Gass)

Thank you to the great teams that completed the Walk to Health program: ADH Photography, Aphrodite, Beard/Roesener, Belle Donne, Curves 1, Curves 2, Four Non-Blondes, Gravity is Not our Friend, I Don't Know Girls!, KRD-Walkaholics, KT, Linda Maiden State Farm, Mountain Do'ers, Patty Tripeds, Sara Squared, Second to None, Shoot for the Moon, Southwest Fitness, Striders, Team Nicholson, Team Payton, The Street Walkers and Valmont.

Our congratulations to the winners in each category – they are from McCook unless we list their hometown.

#### **Most inches lost**

Individuals: 2<sup>nd</sup> Jean Niebur, 3<sup>rd</sup> Shastyn Harsh, 4<sup>th</sup> Zachary Baker, 5<sup>th</sup> Teresa Thomas.

Teams: 2<sup>nd</sup> Four Non-Blonds (Jean Niebur, Toni Matson, Alissa Richardson & Beth

Bethell) and 3<sup>rd</sup> Belle Donne (Katie Andrews (Holbrook), Stephanie Bricker, Shastyn Harsh & Kayley Schwing).

**Most weight lost**

Individuals: 2<sup>nd</sup> Shirley Ryser, 3<sup>rd</sup> Jennifer Hinze, 4<sup>th</sup> Zachary Baker, 5<sup>th</sup> Brian Thomas, 6<sup>th</sup> Pam Frecks (Cambridge).

Teams: 2<sup>nd</sup> Curves 1 (Rachelle Kotschwar, Teri Barnard (Palisade), Jo Ann Brand, Denise Carfield, Darla Jordan, Ariel Rose & Cindy Swanhorst) and 3<sup>rd</sup> Curves 2 (Christi Evans, Kim Korgan, Brenda Morell, Shirley Riener (Palisade), Cherie Wallace, Terri Winder, Paula Yeager & Linda Zahl (Stratton)).

**Most minutes walked**

Individuals: 2<sup>nd</sup> Rachelle Kotschwar, 3<sup>rd</sup> Shastyn Harsh, 4<sup>th</sup> Brett Lauer, 5<sup>th</sup> Cherie Wallace, 6<sup>th</sup> Cindy Swanhorst.

Teams: 2<sup>nd</sup> Belle Donne, 3<sup>rd</sup> Beard/Roesener (Imperial), 4<sup>th</sup> KT (Brett Lauer, Jade Brown & Deidre Doyle (Bartley)).

Photos are posted on our website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) of top performers. You can also follow us on Facebook and Twitter. If you are interested in participating next year, you can get more information by calling 308-345-4223 or stop in at Southwest Nebraska Public Health Department 404 West 10<sup>th</sup> 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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