



## NEWS RELEASE



FOR IMMEDIATE RELEASE:

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

Southwest Nebraska Public Health Department's 10th annual **Walk to Health** walking program was completed on August 9th. The program lasted for 12 weeks and included 388 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 306.25 pounds lost, 112.88 inches lost and 20,275.14 miles were walked through Walk to Health."

#### Top individual results include:

- Terri Winder – most weight lost 20.75 pounds
- Tonya Auders – most inches lost 12.5 inches
- Nicole Muirheid – most miles walked: 777.12 miles.

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

- ADH Photography – most weight lost, 10.4 pounds average
- Whirligig Girls – most inches lost, 7 inches average
- ADH Photography – most miles walked: 532.14 miles average

Thank you to the great teams that participated: 711 Steppers, Adams Bank & Trust, ADH Photography, AmFirst Friends and Family, Basement Babes, Bieroc Babes, Brumo, D&D, DCH Triple F, Frontier County, Girls of the Hill, Good-Neigh-Bears, Green Turf LawnCare, Happy Feet, Hauxwell II, Huffman Hearts, Isovue 300, Keystone Kuties, KWW, OES, PCHS #1, PCHS #2, PCHS #3, PCHS #4, PCHS #5, Pink Bandits, Potato Pacers, Quick Stepping Sisters, Rays of Health, Rotary Road Runners, Sara Squared, S'milers 1, S'milers 2, Summer Steppers, SW Walkers, Team Curves AM, Team Curves PM I, Team Curves PM II, Team Curves PM III, Team Lemon, Team Ollie, Team Rouse The Steppers, Walking Wonderwomen, The "B" Team, VP, Whirligig Girls, WOW Factor, WOW Wannabees, Wild Women Walking, and You & Me.

Photos are posted on our website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) of top performers. 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 (1 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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