

## News Release

FOR IMMEDIATE RELEASE:

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### Healthy Heart Challenge Started February 1st

Southwest Nebraska Public Health Department's **Walk to Health** program is offering the "Healthy Heart" Challenge started February 1st and runs through February 28th. This free walking program is open to residents of all ages in the SWNPHD nine-county health district.

"Our Healthy Heart Challenge is a good opportunity for people to get inspired to get their steps in to increase their heart health," states Sarah Minnick, Program Manager at Southwest Nebraska Public Health Department (SWNPHD). "Walking is a fun and beneficial way to spend time with family and friends."

Through a grant provided by Community Hospital of McCook, Walk to Health participants track their steps with **Be Well** - a fun and easy-to-use wellness platform. Participants can use the web or mobile app to create an account and connect a device for tracking, recognition, and encouragement. Paper step-tracking forms are also available.

To register for the challenge, type [walktohealth.thrives.app](https://walktohealth.thrives.app) into a browser. Log in to your account or Create an Account. You may also download the **Be Well** Health App from the App Store or Google Play. Create an account online and join the "Healthy Heart" challenge. You will be able to connect your fitness device to track activity automatically, or you can manually enter your daily steps into the app or on the paper step journal. Instructions are available on the SWNPHD website at [swhealth.ne.gov](https://swhealth.ne.gov).

If you do not want to use internet access, you may register for the challenge by visiting Southwest Nebraska Public Health Department, 404 West 10<sup>th</sup> Street (1 block north of Arby's) in McCook or 418 North Spruce Street in Ogallala. You can also email [info@swhealth.ne.gov](mailto:info@swhealth.ne.gov) or find information by following SWNPHD on Facebook, Instagram, and YouTube. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties.

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