

## NEWS RELEASE



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### Walk to Health Team Challenge Starts April 7th

Southwest Nebraska Public Health Department's annual **Walk to Health Team Challenge** kicks off Monday, April 7th. This free walking program will last for 12 weeks and is open to residents of all ages in the SWNPHD nine-county service area.

"The Walk to Health program is a fun and easy way to increase your physical activity," states Sarah Minnick, Program Manager at Southwest Nebraska Public Health Department (SWNPHD). "The team challenge encourages participants to walk with a friend or in a group, and research shows this helps with motivation and reaching step goals, so they are more likely to finish the challenge and get the health benefits of walking."

This year a new step-tracking app called **Be Well** is being provided by Community Hospital of McCook's Wellness for Life program. Participants can use the web or mobile app to create an account and connect a device for tracking, recognition, and encouragement.

"Everyone who participates in the 12-week challenge and fills out an evaluation of the program, will receive a free Walk to Health t-shirt," explains Sarah Minnick. "Teams have fun competing against each other or going for the most steps. The top team will receive a special prize provided by this year's sponsor Chase County Community Hospital."

To register for the walking challenge, go to [walktohealth.thrives.app](https://walktohealth.thrives.app). Log in to your account or create an account if it is your first time. You may also download the **Be Well** app by TerryBerry from the App Store or Google Play. After you create your account, join a team or create your own by scrolling to the team section. You can register as a team of 2 to 10 people. Then add your team to the "Get Fit on Route 66" 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 and step journals are available on the SWNPHD website at [swhealth.ne.gov](https://swhealth.ne.gov).

For more information or to pick up paper step journals, visit SWNPHD at 404 West 10th Street in McCook or 418 North Spruce in Ogallala. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can also follow us on Facebook, You Tube, and Instagram or call 308-345-4223.

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