



NEWS RELEASE



FOR IMMEDIATE RELEASE:

July 29, 2024

Contact: Sarah Minnick, Program Manager (308) 345-4223

Walk to Health Team Challenge 2024 Winners

Southwest Nebraska Public Health Department's (SWNPHD) annual **Walk to Health** Team Challenge 2024 was recently completed. The program lasted for 12 weeks and included 285 residents of all ages. "The goal of the Walk to Health program is to get people to increase their activity level," states Myra Stoney, Health Director of SWNPHD. "The results of the challenge were amazing, with 173,649,190 total steps taken by participants of the Walk to Health Team Challenge."

Jackie Juhl of Furnas County won first place for the most individual steps in the challenge, with 3,112,749 total steps. The first place for a team (2 or more people) went to Veronica Murillo and Olga Dunn of "The Trampling Turtles" team, with the highest average total steps of 1,679,344. Winners are presented with a certificate and gift from SWNPHD.

Top Five Individual Steppers

1 st	Jackie Juhl	3,112,749	Furnas County
2 nd	Veronica Murillo	2,631,415	Chase County
3 rd	Glenda Ellerton	2,110,193	Red Willow County
4 th	Michael Carpenter	1,548,635	Red Willow County
5 th	Julie Fraley	1,515,353	Dundy County

Community Hospital's Wellness for Life program provided a gift to the 40 participants that made the Million Step Club this year, each getting one million steps or more by the end of the 12-week challenge.

The Walk to Health program will continue this year with additional walking challenges. Community members interested in participating can download the Walker Tracker app from the App Store or Google Play or create an account at <https://walktohealth.thrives.app>. The link to join future challenges will be posted at swhealth.ne.gov and on SWNPHD's social media pages. The Walker Tracker app is provided in partnership with Community Hospital of McCook.

SWNPHD utilizes Healthy People 2030 national goals for the Walk to Health program, which is to increase the proportion of adults who engage in aerobic physical activity for at least 150 minutes per week. "We hope to inform 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 heart disease, diabetes, and stroke in our health district."

If you have questions about physical activity guidelines or the Walk to Health program call SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website www.swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. You can follow us on Facebook and Instagram.

###