

**By Sheri Hink-Wagner**

**The Wauneta Breeze**

Southwest Nebraska Public Health Department (SWNPHD) recently announced its 10th annual "Walk to Health," a 12-week self-directed walking program.

Walk to Health begins May 1 and will end July 29. The goal of the program is to increase physical activity among those who take part.

Participants who complete the program and its requirements will receive a free Walk to Health t-shirt and have a chance at winning prizes.

Prizes will be awarded for the most miles walked, most weight lost and the most inches lost. Those participating as a team will be considered for prizes based on the totals for the team.

To take part in the program participants log their minutes, miles or steps walked each day and then turn in an evaluation form at the end of the program.

Residents throughout the SWNPHD service area including Chase, Dundy, Hayes, Hitchcock, Frontier, Furnas, Perkins and Red Willow Counties can participate individually or in teams of two to 10 individuals.

Registration forms are available by emailing SWNPHD at [info@swhealth.ne.gov](mailto:info@swhealth.ne.gov), calling 308-345-4223 or can be picked up at the SWNPHD office at 404 West 10th Street in McCook.

Forms are also available at The Imperial Republican.