

Southwest Nebraska Public Health Department's 11th annual "Walk to Health" program kicks off Sunday, April 6. This free program will last for 12 weeks and is open to residents of all ages in the SWNPHD eight-county service area.

"We are excited for another year of 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 weight loss, inches lost and increased exercise with Walk to Health," she said.

Upon registration, you will receive instructions for participation. Weekly motivational tips will be sent out via email. The purpose of the weekly contact is to provide education and encouragement to participants throughout the 12-week program.

Registrations are due on Friday, April 4.

Interested persons may request a registration form by emailing [info@swhealth.ne.gov](mailto:info@swhealth.ne.gov) or download a form found on their website: [www.swhealth.ne.gov](http://www.swhealth.ne.gov). People may also register by calling 308-345-4223 or stop in at Southwest Nebraska Public Health Department, 404 West 10th Street, in McCook.

"After 12 weeks, participants will receive an ending evaluation form," explains Stoney.

"Email or bring your evaluation form and walking journal to the SWNPHD office in McCook to receive a free Walk to Health t-shirt. We want to hear about your success through walking," she said.

To compete for inches lost and weight loss prizes, turn in your health check form with your walking journal and completed evaluation.

The benefits of being physically active are numerous. Major benefits include preventing heart disease and stroke. Walking is one way that people can get the blood flowing and your heart pumping, making the heart stronger. Be sure to check with a family physician prior to starting any new exercise program.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow Counties.