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NEWS

SEDGWICK COUNTY COMMUNICATIONS AND COMMUNITY INITIATIVES
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FOR IMMEDIATE RELEASE

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GET MOVING DURING WALKTOBER!

(Sedgwick County, Kan.) – Sedgwick County Health Department and the Health and Wellness Coalition of Wichita have partnered with Bike Walk Wichita, New Balance, Central Plains Area Agency on Aging and Safe Kids to get the community moving. Walktober is a month-long walking program in October designed to encourage walking on a daily basis. Walking is a low-impact exercise that packs surprisingly powerful health benefits, and Walktober inspires people to make walking a part of their healthy lifestyles.

The Wichita area community is challenged to collectively walk a million minutes during the month of October. Grab your family, friends and neighbors, and register on www.hwcwichita.org to join in the fun! After registering, participants will download a calendar to track the number of minutes they walk each day. Minutes are to be reported on Nov. 1 via www.surveymonkey.com/s/2014_Wichita or mailed, by Nov. 7, to:

Becky Tuttle, Greater Wichita YMCA
402 N. Market
Wichita, KS 67202

After submitting their minutes, walkers will receive an admission coupon to one of a number of local attractions.

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Walktober is for the kids too! More than 30 area schools will be contributing minutes this year and families are encouraged to join their student for International Walk to School Day on Oct. 8.

For more information on registering and participating in Walktober, go to www.sedgwickcounty.org or www.hwcwichita.org/walktober. Questions can also be directed to Becky Tuttle at becky.tuttle@ymcawichita.org or 316-246-4066 ext. 5591.

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