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# NEWS

SEDGWICK COUNTY, KANSAS – COMMUNICATIONS AND COMMUNITY INITIATIVES

**FOR IMMEDIATE RELEASE**

May 9, 2014

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**WALK AT WORK MAY 21**

(Sedgwick County, Kan.) – The Sedgwick County Health Department is celebrating National Employee Health and Fitness Day on Wednesday, May 21, by sponsoring the 9<sup>th</sup> annual Walk at Work event. The event will begin at noon on the west steps of the Sedgwick County Historic Courthouse, 510 N. Main Street. The Sedgwick County employee Walk at Work event will include one-, two- and three- mile walks.

In addition to Sedgwick County employees, more than 93 local employers are sponsoring Walk at Work events at their worksites on May 21. Businesses interested in receiving free promotional posters should contact Shelley Rick at [srich@sedgwick.gov](mailto:srich@sedgwick.gov) or 316-660-7387.

The Health Department is encouraging all Walk at Work worksite contacts to record their walk at [www.surveymonkey.com/s/walkatwork2014](http://www.surveymonkey.com/s/walkatwork2014). Worksites will be competing for a first, second, or third place Wellness Cup trophy with the number of employees who walk that day. There will be three employer size categories: Small Employer (fewer than 100 employees), Medium Employer (101 – 500 employees), and Large Employer (501 or more employees).

The National Employee Health and Fitness Day is a national health observance created to promote the benefits of physical activity for individuals through their worksite health promotion activities. The Sedgwick County Health Department encourages regular physical activity such as walking because it helps people achieve and maintain healthy body weight and reduces the risk of stroke and diabetes.

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