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NEWS

SEDGWICK COUNTY COMMUNICATIONS AND COMMUNITY INITIATIVES
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FOR IMMEDIATE RELEASE

September 5, 2013

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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 area worksites, attractions, museums and trails 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.

Anyone can participate by setting a goal to walk five days each week during the month of October and visiting participating attractions and museums. There are several ways to participate in Walktober:

- 1) Join the Family Challenge through your child's school.
- 2) Join the Worksite Challenge through your employer's wellness program.
- 3) Join the Community Challenge through the Health & Wellness Coalition of Wichita.
- 4) Join the Senior Challenge through your neighborhood senior center.

To be eligible for reduced or free admission into the participating attractions, download a challenge-tracking card at the Health and Wellness Coalition's website or the Sedgwick County website. Present your card at the designated attraction on the date listed. Keep walking all month, use the designated trails and develop a routine for the entire year.

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Walktober participants can also participate in the new initiative, GoWalk. GoWalk is designed to help individuals of all ages become healthier through walking. GoWalk will be an eight week program that begins in October and ends with the two mile Turkey Trot event. There will be weekly group walks, including three clinics on October 5, 19 and 24. Contact either GoRun locations 316-978-9690-West or 316-613-2479-East.

To participate, visit www.hwcwichita.org or www.sedgwickcounty.org to download a challenge card, or call Debbie at 316-264-4066 ext. 5591 or Sedgwick County Health Department, Health Promotion program at 316-660-7251. E-mail inquiries may be directed to support@hwcwichita.org.

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