

News Release

For immediate release

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Are you ready to feel refreshed and renewed to push through the afternoon workday slump? Then get ready for National Walk @ Lunch Day April 24, 2013. Where do you go to walk? Step right out your worksite door.

“It’s really just that simple,” Jessica Davies, Panhandle Worksite Wellness Council Coordinator said. “We are asking employees to don their **business on top, fitness on bottom** and get up and get moving over their lunch break whether it’s for 10, 15, or 30 minutes.”

Sitting is now considered the new smoking due to the number of negative effects it has on our health. A 30 minute walk, five days a week reduces the rate of people becoming diabetic by more than half and for men it can lower the risk of colon cancer by 50% and prostate cancer by two-thirds.

“It’s not really about running marathons, but the evidence clearly shows that we need to get up and move throughout the day,” Davies added.

Kaiser Permanente CEO, George Halvorson, notes “the single most effective thing that employers can do to improve the health of their population and make health care more affordable is to get people to walk.”

“So let’s give employees parole from their desk sentence and take a walk on April 24,” Davies concluded. “Starting with something as simple as this can lead to a life-long healthy habit.”

Organizations that register on the Panhandle Worksite Wellness Council website at www.pphd.org/pwwc.html for National Walk @ Lunch Day will be entered into a drawing for a TrekDesk© walking workstation for employees to benefit from the effects of walking year round and throughout the work day. There is no charge to participate and organizations do not need to be a member to participate.

For additional information about worksite wellness, visit the website or call Davies at 308-487-3600 extension 101 or for Scotts Bluff County contact Martha Stricker at 308-630-1559. The Panhandle Worksite Wellness Council is a division of Panhandle Public Health District in partnership with Scotts Bluff County Health Department. The council offers extensive membership benefits to help build evidence-based worksite wellness initiatives for local organizations.