

News Release

For immediate release

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Panhandle Co-op Recent Winner of a TrekDesk Walking Workstation

Nearly 30 employees from five Panhandle Co-op locations participated in National Walk @ Lunch Day on April 24. Marketing Director Susan Wiedeman said, "We were so excited that the Plaza Cenex even had 100% employee participation."

Panhandle Co-op was placed in a drawing to win a walking workstation along with more than 50 other organizations that participated in the promotional event sponsored by the Panhandle Worksite Wellness Council. The event was organized to get employees from around the area up and moving over their lunch break whether it was for 10, 15, or 30 minutes.

The walking workstation was presented to Co-op's Wellness Committee on Wednesday with a demonstration and safety briefing. Committee members were encouraged to try it out with Karen Carrington noting, "This will be very handy when I am working on various daily tasks with the desk large enough to spread items out." She added, "And now I will have the added bonus of being active while doing it!"

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," Worksite Wellness Coordinator Jessica Davies added.

For additional information about worksite wellness, visit www.pphd.org/pwwc.html or call Davies at 308-487-3600 extension 101 or for Scotts Bluff County contact Martha Stricker or Terri Allen 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.