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Panhandle

Public Health District

News Release

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Join Panhandle businesses and organizations for National Walk at Lunch Day, April 29, 2026.

The journey to a healthier, happier “good life” can start with one simple step. Walking is one of the easiest and most effective ways to improve physical and mental well-being—and it’s something nearly everyone can do.

Panhandle Public Health District invites local businesses and organizations to participate in National Walk at Lunch Day on Wednesday, April 29, 2026. Employees are encouraged to step away from their desks, head outside, and enjoy a short walk during their lunch break—right from their worksite door.

Just Step and Repeat

“National Walk at Lunch Day is a reminder that taking care of your health doesn’t have to be complicated,” said Nicole Berosek, Wellness and Prevention Program Manager. “Something as simple as a short walk can help people feel better physically and mentally, and it’s easy to fit into the workday.”

Prolonged sitting has been linked to numerous negative health outcomes, earning it the nickname “the new smoking.” Research shows that walking for 30 minutes a day, five days a week can significantly reduce the risk of chronic disease, including diabetes and certain cancers.

Panhandle businesses have found creative and engaging ways to participate in Walk at Lunch Day. In past years, organizations partnered with community groups, hosted themed walks, added photo stations, or encouraged employees to walk with family members. Others incorporated service projects such as litter clean-up walks or interactive “poker walks.” How organizations choose to get employees moving is entirely up to them.

“We encourage worksites to make this day their own,” Berosek said. “Whether employees walk together, walk on their own, or incorporate movement in a way that works best for them, every step counts toward better health.”

Participation is free and employers who register through the Panhandle Worksite Wellness Council website and share a photo from their walk on the Council’s Facebook page will receive one \$15 Subway® gift card per participating organization to use as an employee incentive. Participating organizations must be located within Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Grant, Kimball, Morrill, or Scotts Bluff counties.

Keep Moving with the May Walking Challenge

Participants are also encouraged to continue building healthy habits by joining the May walking challenge, “Take the Next Best Step,” running May 1–31, 2026. This month-long challenge focuses on progress over perfection, encouraging participants to take one positive step each day for their physical, mental, and emotional well-being.

Those who complete the monthly step tracker will be entered into a prize drawing. Registration and tracking links are available online.

For more information about Walk at Lunch Day or worksite wellness opportunities, visit www.pphd.ne.gov/pwwc.html or contact Nicole Berosek at 308-279-3496

For additional information about worksite wellness, visit the website or call Berosek at 308-279-3496. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District and specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.