

Ellis County Coalition Hosts Walk This Weigh

Ellis County Coalition is hosting a walking competition, WALK THIS WEIGH, for Ellis County residents. Walk This Weigh is focused on getting people up and moving. Anyone living, working or have children attending school in Ellis County is eligible to participate. The month long competition will run October 1st through October 31st.

The competition will consist of two categories, team and individual. For the team category, each team will be comprised of 4 persons and the teams with the most minutes of walking at the end of the month will receive prizes (1st, 2nd, 3rd). The individuals with the most minutes will receive prizes (1st, 2nd, 3rd); in addition anyone who has accumulated at least 900 minutes of walking over the month will be entered in a drawing for a prize.

For the purposes of the Walk This Weigh competition, the following description of walking should be followed: walking/jogging/running should be sustained for a minimum of 15 min. periods and should be performed for the specific goal of exercise. It is not measured by distance but by minutes.

Registration forms may be picked up at Newman Memorial Hospital in Shattuck, Farmers & Merchants Bank in Arnett, Oklahoma State Bank in Gage or the Fargo Town Hall. You can also get a form by emailing Jolena Graves, jolenag@health.ok.gov. Please submit your individual and/or team registration forms with \$15.00 per person registration fee by **September 15th** to Newman Memorial Hospital, care of Brittany Day. All registrations submitted by **September 15th** will receive a t-shirt at packet pick up. Registrations will still be accepted after September 15th until September 29th but those participants will not receive a t-shirt.

The t-shirts, guidelines and calendars will be available at to pick up at our event Kick off. This will be on September 29th at Newman Memorial Hospital between 10 am and 2 pm. Please have at least one person from the team there to pick up these items.

“Hopefully, by walking a month it will become a habit and everyone will feel the benefits.” states Jolena Graves. The proceeds from this event will go be divided amongst Ellis County’s Meals on Wheels programs. The more participants that register from your town, the larger the benefit!

If you have any questions about Ellis County Walk This Weigh, please feel free to contact one of the following committee members: Jolena Graves, OSDH. Partnership Consultant for Ellis County at 580-921-2029 or Joey Burgtorf, Newman Memorial Hospital at 580-938-5299.