



News Release

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### **Fitness challenge involves local churches**

For Immediate Release

**(COLUMBUS, Neb.)** – In an effort to encourage physical activity in the community, the Platte County Lifestyle Coalition is working with local churches to offer the Walk to Jerusalem program in Columbus. The program will take place Feb. 20-April 17.

The Walk to Jerusalem is an intergenerational, imaginary walk beginning in the town where the church is located and ending in Jerusalem, Israel.

To take part, participants log miles (or mile equivalents for children or those with limited mobility) to make up the 7,500-mile-distance between Columbus and Jerusalem. There's also a curriculum with the walk that includes scripture, meditation and prayers.

"The Walk to Jerusalem is a great way to encourage physical activity and fellowship in our churches as we approach Easter," said Gene Vis, Platte County Lifestyle Coalition coordinator.

Vis added that the Walk to Jerusalem program offers more than physical benefits.

"It's also a time to reflect on our own spiritual journey," he said. "We remember what Jesus did for us, and how difficult his final walk to Jerusalem was, knowing he was going to die to fulfill the Father's plan. We can reflect on that in our church communities and enjoy the devotionals included in the program."

The Walk to Jerusalem is also beneficial because it allows people to spend more quality time with community members they know, and it gives them an opportunity to meet new people.

There is still time for churches to sign up, and the walk is also open to people who are not affiliated with a church or faith-based organization.

Anyone interested in signing up should contact Gene Vis at [edvis@columbushosp.org](mailto:edvis@columbushosp.org) or 402-562-4686.

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