COLUMBUS COMMUNITY HOSPITAL

News Release
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Join the 100 Miles in 100 Days walking program

For Immediate Release
(COLUMBUS, Neb.) – Every journey starts with the first step. That's why Columbus Community Hospital and the Platte County Lifestyle Coalition invite you to give yourself the gift of better fitness by participating in the 100 Miles in 100 Days walking program.

As life gets busy, it's hard to take time to focus on ourselves. Too often, we put family, work and other responsibilities first, leaving our health on the back burner. The 100 Miles in 100 Days walking program is for people of all ages, sizes and athletic abilities. Plus, it's a great way to start working toward your fitness goals!

"With the prevalence of sedentary jobs and our kids getting less activity, we've seen a significant rise in overweight individuals and a dip in fitness levels," said Gene Vis, Platte County Lifestyle Coalition coordinator. "The goal of the 100 Miles in 100 Days initiative is to get people active. Walking is a simple activity with so many benefits. You can do it by yourself, with a pet or with a loved one."

Throughout the program, participants will track the additional miles, aside from normal steps and household activities, and report the amount to Vis at edvis@columbushosp.org or by calling 402-562-4686. Program participants will also have access to online informational and motivational messages from local medical professionals.

The program begins on Friday, Sept. 23, and ends on Saturday, Dec. 31. To register, visit columbushosp.org.

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