



News Release

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### **Platte County Lifestyle Coalition and Local Churches Offering Walk to Jerusalem**

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

The program officially started Sunday, January 26 and it runs until Easter Sunday, April 12. However, some participating churches are starting their walks on Ash Wednesday, February 26 instead.

In this free program, 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 coalition offers this program to encourage members of the community to participate in physical activity," said Danielle Frewing, BSN, RN, director of Columbus Community Hospital's Occupational Health Services and the contact for the PCLC, "The coalition's mission is to promote healthy lifestyles and this definitely fits in with that."

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

"Not only is walking good for you. It's good exercise and a good activity. But it also helps strengthen relationships and strengthening social relationships and social connection is so important to overall health," she said.

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

"Whether you're walking with your neighbor, a friend you go to church with, your husband, niece, nephew or aunt, whatever the case may be, it strengthens social relationships," Frewing



said. "And if you're new to a church and maybe don't know a lot of people, this is a good opportunity to get involved."

So far, four churches are participating in the program: St. Anthony's Church, First United Methodist Church, 1C The Sanctuary and Federated Church. However, there is still time for more churches to sign up and the walk is also open to people who are not affiliated with a church or faith-based organization.

If people would like to sign up, but they're not affiliated with one of the participating churches, they should contact Frewing at 402-562-4483 or [dafrewing@columbushosp.org](mailto:dafrewing@columbushosp.org). For more information on the Walk to Jerusalem or about the coalition, contact Frewing.

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