

NEWS RELEASE

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For immediate release

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Show Your Heart Some Love this Month: Don't let the weather keep you from being active

February is known for being heart month so show your heart some love by staying active. There are a couple of free options in Kimball at the Main Street Market and Kimball Health Services' North Campus.

Both locations in Kimball offer space to walk when it's windy, rainy, snowy, icy, or you just plain don't want to walk outside! Many Kimball community members have been taking advantage of indoor walking at the hospital's North Campus and Main Street Market.

Indoor locations to walk in Kimball for no charge:

- **Kimball Main Street Market:**
815 East 3rd St.
M-F: 6am-8pm
Sat/Sun: 6am-8pm
- **Kimball Health Services:
North Campus**
301 South Howard St.
M-F: 8am-5pm

At North Campus, eight trips around gets you a little over one mile. At Main Street Market, twelve laps around will get you one mile. The journey to a happier and healthier "good life" begins with one step.

Walking is the single most powerful thing you can do for yourself. We make time for the things that matter most – our families, their future, and our to-do list. Walking is an easy way to make sure you are healthy enough to keep it all together. And it's simple. Just Step and Repeat.

The Kimball Active Living Advisory Committee is coordinated by Panhandle Public Health District and comprised of community, local business, school, county, and city representatives. They've been meeting monthly to implement strategies identified from a planning meeting last spring.

Be sure to join the Activate Kimball Facebook group and any interested community members are welcome to attend the next monthly meeting on **March 9** from **1:30-3:30 pm** at the **Kimball Elementary School**. The committee will be discussing a sensory hallway at the elementary school and a grant funding opportunity to enhance the work.

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.