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News Release

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For more information, contact: Nicole Berosek, 308-279-3496 or nberosek@pphd.ne.gov

Walk at Lunch Day – Wednesday, April 30th

Join other Panhandle businesses and participate in Walk at Lunch Day.

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. It’s also a great way to spend time with the people you care about ... to connect, share your life and create memories. Getting started is simple.

Just Step and Repeat #WalkNE.

Join us as we step and repeat on National Walk @ Lunch Day, Wednesday, April 30, 2025.

Where do you go to walk? Step right out of your worksite door.

“Taking a short walk during lunch is a small change that can make a big difference,” Nicole Berosek, Wellness and Prevention Program Manager, states “It’s an easy way to boost energy, improve focus, and support overall well-being.”

Sitting is now considered the new smoking due to the number of negative effects it has on our health. A 30-minute walk, five days a week reduces the rate of people becoming diabetic by more than half. For men it can also decrease the risk of colon cancer by 50% and prostate cancer by two-thirds.

Berosek added, “We’ve already had several Panhandle businesses sign up. It’s completely free and an easy way to promote good health to employees! All businesses that sign up will receive an incentive for participating.”

Businesses like Panhandle Coop, based in Scottsbluff, have been quite creative with the walk. In previous years, they partnered with the Panhandle Humane Society and encouraged employees to walk a dog along the community path. Chadron Community Hospital made their walk fun by adding a photo booth station with fun props. In previous years, Platte Valley Companies had a Mexican-themed walk for employees...taco bout a great time!

Others fit the walk to match their employee population like Northwest Community Action Partnership, based in Chadron, who encouraged their employees to walk with their kiddos at the Morning Marathon Club.

We've also seen employers hold a "Poker Walk" or local recycling organizations challenge employees to grab trash bags and pick up trash when they are out walking. However, they choose to get employees moving is up to them!

"A little movement can go a long way," Berosek said. "By stepping away from our desks and taking a walk, we're not just improving our health for the day—we're building a habit that can last a lifetime."

There is no charge to participate, and organizations need not be a member to participate. Organizations that register on the Panhandle Worksite Wellness Council website at www.pphd.ne.gov/pwwc.html for National Walk at Lunch Day, post a picture to Panhandle Worksite Wellness Council's Facebook page, will receive one (1) \$15 Subway® gift card per participating organization to use as an incentive for walking. Must be within our counties: Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Grant, Kimball, Morrill, Scotts Bluff.

Also, join us for the **Motion and Mindfulness Challenge!** Complete 31 miles and 31 mindfulness activities over 31 days from May 1st to May 31st. Submit your completed tracker, and you'll be entered into a drawing! Participants can earn miles by walking, running, biking, rolling, or other forms of movement. We encourage you to get active at a local park or explore a new state park in the Panhandle! Participants can also engage in mindfulness practices to help improve focus, reduce stress, and enhance overall well-being.

To be eligible for the drawing, all participants must register here: <https://tinyurl.com/yc4b6hnr>. Then return the completed calendar to Nicole at nberosek@pphd.ne.gov, by June 6, 2025.

For additional information about worksite wellness, visit the website or call Berosek at 308-279-3496. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District and specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

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.