

## **Walk this Weigh Perry**

During National Hospital week, Perry Memorial Hospital along with co-sponsors Exchange Bank and First Bank and Trust will be sponsoring a walking challenge for the community area of Perry.

America is becoming over weight and inactive. In the last 10 years obesity rates have increased from 12% to 20%. “Walk this Weigh Perry” is a walking challenge campaign to improve the health of the Perry Community. Walking is easy, fun, and free with benefits including, major reductions in both type 2 diabetes and heart disease. It is know to decrease high blood pressure and increases in bone density.

The first day to sign-up for the challenge will begin on April 25<sup>th</sup> at the PMH Health Fair held in the Heritage Center on the corner of 6<sup>th</sup> and Cedar from 6:30 a.m. to noon. There will be a \$5.00 registration fee for all participants. We encourage you to use your own pedometer if you have one. Hospital pedometers will be handed out on a first come, first served basis. Information on how to enter your walking steps will be handed out at the time of registration. After the PMH Health Fair individuals wanting to participant may sign up in the Administration Office at Perry Memorial Hospital. I truly appreciate Exchange Bank and First Bank and Trust for their financial support to provide prizes to help motivate our citizens to get active, Duerr stated.

To encourage participation, prize money will be awarded in individual and team categories. You must be registered to be eligible for a prize. Three individuals reaching the averaged steps required for each tier will be entered in a drawing for Perry bucks totaling \$100.00 for first place, \$75.00 for second and \$50.00 for third. Tiers for the individual walking challenge will be 10,001 and above, 5,001 to 10,000 and 2,500 to 5,000 average steps per day. The top three teams (consisting of 5 members per team) who walk the most steps will win prizes. Each member of the team will receive Perry bucks totaling \$100.00 for first place, \$75.00 for second and \$50.00 for third place.

The kick-off for this event will take place Monday, May 11 at 6:00 p.m. located at the Court House pavilion on the downtown square. Joe Duerr, CEO of Perry Memorial Hospital, will kick-off the event followed by warm-up and stretching lead by the PMH Physical Therapy Department. After the warm-up all participants are encouraged to join in on a lap around the square. The Shining Star Twirlers and the PMH Cheerleaders will provide entertainment at the event. Exchange Bank, First Bank and Trust and Perry Memorial Hospital invite you to join us for a fun filled night at the “Walk This Weigh Perry” challenge.