Employees: Take a Hike!
THRIVE! Southern Lorain County Sponsors
“Worksite Wellness Walking Challenge”

WELLINGTON, OH – Many employees in the Wellington area will soon get their walking papers – for THRIVE! Southern Lorain County’s Worksite Wellness Walking Challenge, that is.

THRIVE!, a community collaborative funded by United Way of Greater Lorain County, has a three-part mission to improve the physical, nutritional and social/emotional health of southern Lorain County residents.

“THRIVE!’s Walking Challenge presents an opportunity to address key health issues facing many southern Lorain County residents. A 2019 Lorain County Health Assessment reported that 32 percent of adults were overweight, and 38 percent were identified as obese based on body mass index (BMI),” says Carol Burke, facilitator of THRIVE!.

Adds Jennifer Arntz, executive director of Main Street Wellington, which is managing the Challenge, “Stress from COVID-19 cancellations and closings has hurt morale in many businesses. Walking and other physical activities are a great way to reduce stress and have fun. A friendly group competition can also build team spirit and rapport within companies.”

The Walking Challenge: How It Works
Businesses and organizations in the Wellington area are encouraged to form teams and sign up for the Walking Challenge, which begins Sunday, November 1 through Monday, November 30.

FIRST: Businesses must register their teams by Sunday, October 25, by first calling Main Street Wellington at 440-647-3987; or by emailing Jennifer Arntz, executive director, at jarntz@mainstreetwellington.com.

SECOND: Then, once a team is created, each individual walker must sign up by November 1 with the Lorain County Public Health (LCPH) Walks Portal at https://walks.loraincountyhealth.com/. It is free to join. (You can go to https://www.mainstreetwellington.org/walking-challenge.html for step-by-step instructions on how to register.)
Then, each team member must log in the number of steps he or she takes on a Fitbit or pedometer and report the total number of steps walked each week using the LCPH portal. Participants will be able to track their team’s progress against other teams throughout the Challenge.

For those without a tracking device, THRIVE! has purchased and will provide walkers with pedometers free of charge. The team that accrues the most steps will win the Challenge.

Thus far, Main Street Wellington, THRIVE! Southern Lorain County, SLCAD EMS, North Coast Wireless, Wellington United Church of Christ, SGR [Town Hall Walkers], Rochester Roadies, On Track Nutrition, PT Services, Colonial Barbershop/Heather’s Massage Therapy, LCCC-Wellington Center, Allstate Insurance and King Realty have signed up for the Challenge.

Prizes!
THRIVE! is funding the prizes, which include:

Team Prize (for one business): a choice of $250 worth of Bread-N-Brew gift certificates or a water cooler with three, five-gallon water jugs (valued at $275)

“Spirit Awards” (for up to three people). Teams will nominate a Spirit Award recipient by filling out a form between December 1 and December 15, 2020. Participants are encouraged to get photos of themselves walking and then posting their progress on social media. They will earn points toward the Spirit Award, based on their participation, social media presence and progress, when their colleagues tag @thrivesoloco or #thriveslcwalkingchallenge.

The Spirit Award includes the choice of a Fitbit Inspire or a $50 gift certificate to Bread-N-Brew.

Companies and employees: join in the fun and start walking!

About THRIVE! Southern Lorain County
The mission of THRIVE! Southern Lorain County is to build upon local culture to provide affordable opportunities for all to live healthier through Healthy Eating, Active Living and Social/Emotional support. The ultimate goal of the Collaborative is to reduce the risks of obesity, heart disease and diabetes in the areas served. The communities served by THRIVE! are Brighton, Camden, Huntington, Kipton, Pittsfield, Rochester and Wellington. THRIVE! is generously funded by a grant from United Way of Greater Lorain County. Website: www.thriveslc.org; Facebook: www.facebook.com/thrivesoloco
Where to Walk for the THRIVE! Worksite Wellness Walking Challenge!

**INDOORS**

**VILLAGE OF WELLINGTON TOWN HALL (GYMNASIUM),** 115 Willard Memorial Square, Wellington; tel. 440-647-4626. Indoor walking, **Hours: Monday-Friday, 8 a.m. to 2:30 p.m.**

https://www.villageofwellington.com/Facilities/Facility/Details/Town-Hall-1

**OUTDOORS**

**FINDLEY STATE PARK,** 25381 State Route 58, Wellington; tel. 440-647-5749. **Hours: 6 a.m. to 11 p.m., 7 days a week**

https://www.alltrails.com/parks/us/ohio/findley-state-park

**LEININGER PARK,** State Route 58 just south of State Route 162, Huntington Township; tel. 440-647-0040. **Hours: Dawn to dusk (daylight hours), 7 days a week**

http://www.huntingtontwp.org/leininger-park.html

**LORAIN COUNTY FAIRGROUNDS,** 23000 Fairgrounds Road, Wellington; tel. 440-647-2781. **Hours: Dawn to dusk (daylight hours), 7 days a week**

https://loraincountyfair.com/

**LORAIN COUNTY METRO PARKS:**

- **Carlisle Reservation,** 12882 Diagonal Road, LaGrange; tel. 440-458-5121. **Hours: 8 a.m. to sunset, 7 days a week**

https://www.google.com/maps/place/Carlisle+Reservation/@41.299879,-82.1382308,17z/data=!3m1!4b1!4m5!3m4!1s0x8830a184ff5b25c1:0x2f21a9b3771a075e18m2!3d41.299879!4d-82.1360421

- **Caley Reservation,** 18207 West Road, Pittsfield Township; tel. 440-458-5121. **Hours: 8 a.m. to sunset, 7 days a week**

https://www.google.com/maps/place/Caley+Reservation/@41.2188697,-82.1766237,17z/data=!3m1!4b1!4m5!3m4!1s0x8830a6556d9521eb:0x1aeb80a09cf807cd!8m2!3d41.219368!4d-82.1806346

- **Wellington Reservation,** 535 Jones Road, Wellington; tel. 440-647-2509. **Hours: 8 a.m. to sunset, 7 days a week**

https://www.google.com/maps/place/Wellington+Reservation/@41.1471581,-82.2335397,17z/data=!3m1-1

**THRIVE! Southern Lorain County:** tel. 440-987-9182  www.thriveslc.org

Main Street Wellington: tel. 440-647-3987  https://www.mainstreetwellington.org/