



Lorain County Public Health

For the Health of Us All

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MEDIA RELEASE

FOR IMMEDIATE RELEASE

CONTACT: Erin Rechin Murphy, MPH
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DATE: January 6, 2021

RE: Keystone health collaborative challenges Wellington to a winter step competition

January 6, 2021 (Lorain County, Ohio) – The Keystone Empowers You (KEY) collaborative challenges THRIVE! Southern Lorain County to a Winter Warm Up Challenge. During this Challenge, the residents in the Keystone Local School District will compete against residents of the Wellington Exempted Village School District to see which group walks the most steps. Participants may also earn steps with other physical activities, such as housework, shoveling snow, or stretching.

How to join:

- Set up an account on [Lorain County Walks](#); it's free!
- Click the "My Challenges" tab
- Click "Join Public Challenge"
- Choose the Winter Warm Up KEYSTONE v. WELLINGTON Challenge
- Choose your team – Keystone or Wellington
- Click submit and wait for a confirmation email
- Enter your steps every day of the challenge – Jan. 24 through Feb. 14 on [Lorain County Walks](#)

The mission of the Challenge is to encourage people to stay or get active during the cold weather months. Everyday activities can help you keep fit and increase your number of steps without having to go to a gym. Keeping active reduces the risk of chronic diseases, such as diabetes, heart disease and obesity. It also has a positive impact on mental health and mood. Keep active outdoors this winter and visit a local walking trail. Both Penfield Recreational Park and downtown Wellington have committed to plowing their trails and sidewalks this winter. View a list of other outdoor walking locations at [LorainCountyHealth.com](#).

The team with the highest daily average of steps will receive recognition and bragging rights. The mayor of the losing team will spend a day of shame wearing the opponent's school gear. Individual winners will receive recognition and prizes in categories for most tracked steps, participation and spirit. The individual on both teams with the highest number of tracked steps will receive a gift certificate from a local business. Participants on the Keystone team who regularly log steps will be entered into a drawing to win a t-shirt each day. Participants on the Wellington team who regularly log steps will be entered into prize drawings to win Duke (Wellington High School team) spirit gear, magnets, cups, and pedometers. Participants who post photos of staying active to the KEY or THRIVE! Facebook page will be eligible to win the Spirit Award.

KEY and THRIVE! are community-based collaboratives. KEY and THRIVE! are funded by United Way of Greater Lorain County. KEY is facilitated by Lorain County Public Health. The collaboratives

include partners from local businesses, agencies and organizations working toward one goal of making the healthy choice the easy choice. THRIVE! just finished a successful Worksite Wellness Walking Challenge in November. Follow KEY and THRIVE! on Facebook.

Wellington participants: Email Jennifer Arntz, executive director of Main Street Wellington, at jarntz@mainstreetwellington.com for more information.

Keystone participants: Email Sam Meluch at KeystoneEmpowersYou@gmail.com for more information.

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