

# THE MORNING JOURNAL

## THRIVE! Southern Lorain County sponsors Worksite Wellness Walking Challenge

- [Staff report news@morningjournal.com](mailto:news@morningjournal.com) @MorningJournal on Twitter
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Many employees in the Wellington area soon will get their walking papers – for THRIVE! Southern Lorain County’s Worksite Wellness Walking Challenge.

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, according to a news release.

“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),” said Carol Burke, facilitator of THRIVE!.

Jennifer Arntz, executive director of Main Street Wellington, which is managing the Challenge, offers support.

“Stress from COVID-19 cancellations and closings has hurt morale in many businesses,” Arntz said. “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."

## **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 runs from Nov. 1-30.

Businesses must register their teams by Oct. 25, by first calling Main Street Wellington at 440-647-3987; or by emailing Arntz at [jarntz@mainstreetwellington.com](mailto:jarntz@mainstreetwellington.com).

Once a team is created, each participant must register with the Lorain County Public Health Walks Portal at <https://walks.loraincountyhealth.com/>.

It is free to join.

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 County Public Health portal.

Participants can 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, King Realty, Daniel Gossman of Allstate Insurance, Colonial Barber Shop, Heather's Massage Therapy, P.T. Services Rehabilitation Inc., LCCC Wellington Center and On Track Nutrition have signed up for the Challenge.

## **Prizes**

THRIVE! is funding the prizes, which include a team prize for one business with a choice of \$250 worth of Bread-N-Brew gift certificates or a water cooler with three, five-gallon water jugs, valued at \$275.

The Spirit Awards are for up to three people and teams will nominate a recipient by filling out a form between Dec. 1 and Dec. 15.

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.