

Walk This Weigh Beaver County

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Walk This Weigh



Beaver County

Participants
reported a total of
106,434
minutes which equals
74 days
of walking!

The 2nd Annual Walk This Weigh Beaver County Contest was held the month of June. 115 individuals participated and 23 teams of 4 were formed. A \$5.00 registration fee was charged and many generous donations helped provide t-shirts, water bottles and prizes to the contestants.

To be eligible for prizes, each contestant had to report a minimum of 900 minutes of walking for 30 days in June. Only minutes, not mileage, were reported for this competition. This was to encourage 30 minutes of daily walking as recommended for better health. Each contestant must have walked at least 10 consecutive minutes in order for their time to count.

The Walk This Weigh committee consisted of OSU Extension Service, Beaver Chamber of Commerce, BHAP, and OKDHS. Sponsors were OSU, Beaver Co Memorial Hospital, Cabot Oil, Tri County Electric, PTCI, Colvin Mills, Bittersweet Junction, First Security Bank, Loves, Beaver Co. OHCE, Plateau Energy, Doug and Kathy Shultz, Bank of Beaver City, Funky Printing, Drum and Venable and Howard Drilling. High level sponsors had their names advertised on the back of the t-shirts. Beaver County OSU Extension Service provided this year's orange screen printed t-shirts.

IMPACTS

- A total of 106,434 minutes were walked in one month which equals 74 days of walking!
- An Award Ceremony was held during the monthly BHAP meeting. Almost \$3000.00 was awarded in prizes, Chamber Bucks, and local gift certificates.