

Walkers trampling goals step by step in Healthy Lee Million Mile Challenge

More than half a million miles have been logged in the past two months in response to Healthy Lee's Million Mile Movement Challenge to Lee County.

Individuals and teams have posted more than 510,000 miles — which is equal in distance to more than 20 trips around the earth (24,901 miles) since Healthy Lee issued the official challenge to the community Jan. 9 to move one million miles by March 31.

Nearly 3,000 individuals, some participating as teams associated with businesses, organizations, churches and civic groups, have joined the challenge.

"We need everyone that is able to get moving and help Lee County reach the goal," said Christin Collins, co-chair of the movement, and Lee Health Business Partner for Health and Wellness. "We have a couple of weeks left to meet the challenge, and I know working together, our community can do this."

The challenge is open to all of Lee County to encourage the community to get active, thereby supporting Healthy Lee's mission to empower and inspire healthy lifestyle choices through education and action.

Whether you walk, run, bike, swim or participate in other aerobic activities that energize your body and mind, every step counts — for yourself and the community.

Local businesses are encouraging employees to get moving, and the

results are smashing original goals set for the challenge.

LCEC encourages its employees to walk around the campus, and holds Boot Camp on Fridays, which has resulted in 8,816 miles logged, surpassing its original goal of 5,000 miles set at the challenge kickoff.

- Lee County Port Authority/Paradies, which holds weekly prize drawings for registered participants, smashed its goal of 9,000 miles, and is still logging miles at 16,561.

- Physicians Primary Care has more than tripled its original goal of 11,000 miles, logging 39,000-plus miles to date.

- Lee County Schools has logged 56,555 miles — more than doubling its pledge of 25,000 miles.

Join in the challenge at www.HealthyLee.com.

Get your family and friends to join, too, and create or join an existing team. Set a goal, then get moving, and track your miles on the website. If you already have a regular activity routine, join the challenge and log your miles. If walking is not your thing the website has an Activity Conversion Chart to help you convert your favorite activity into miles.

Although this challenge is to move 1 million miles, the ultimate goal is a healthier community.

For more information about the Million Mile Movement and Healthy Lee, visit www.HealthyLee.com. ■



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