



LEE COUNTY SCHOOL DISTRICT

Lee County School District superintendent Greg Adkins, on left in orange shirt, has taken part in runs with school officials as part of The Million Mile Movement.

'One more mile'

Mantra spurs Lee County School District to surpass goal in Million Mile Movement

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It has become a mantra around the Lee County School District.

"One more mile."

Started by human resource members and actively backed by Superintendent Greg Adkins, the school district has logged in more than 60,000 miles in the Million Mile Movement. That's more than twice as many miles it pledged when the Healthy Lee initiative kicked off on Jan. 9.

Helped by the school district, the Million Mile Movement is projected to log in 637,000 miles. That's far short of the goal, but 277,000 more than last year. Nearly 3,000 individuals, some participating in teams with businesses, or-

ganizations, churches, and civic groups, have joined the challenge.

"We have people throwing on tennis shoes and moving in the hallways," said Angela Pruitt, chief human resources officer. "It's also led people who have not been talking to start walking.

"There are a group of ladies who were walking. We really have pushed this and there's a real camaraderie in this department where everyone supports everyone else. We're all in."

Helping inactive people get active is crucial in this county.

According to recent data com-

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Movement

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pledged by Lee Health, more than 65 percent of Lee County residents are overweight, and nearly 30 percent are obese. With more than 56 percent of employed residents in jobs that entail sitting or standing for the majority of the day, less than 30 percent of Lee County residents engage in moderate physical activity as part of their daily lifestyle.

Adkins, a triathlete who has competed in Hawaii, has gone on runs with district co-workers the past few months and will continue them after the movement is over. About 400 people are participating and 300 are regularly active.

It's helped lead to a healthier school district. Unlike a lot of businesses, Pruitt said its health-care costs haven't risen while 4,800 employees have taken part in proactive health screenings.

How we're doing

Amount local businesses have accumulated in the Million Mile Movement since the challenge began on Jan. 9 with mile count/pledge. Stats are as of March 22.

Local business	Mile count	Pledge
Lee County School System	63,058	25,000
City of Cape Coral	43,394	40,000
Physicians Primary Care	43,138	11,000
Lee Health	40,612	60,000
Lee County Port Authority/Paradies	17,569	9,000
Greater Fort Myers Chamber	14,361	25,000
Edison National Bank	12,260	5,000
LCEC	9,217	5,000
The News-Press	8,072	15,000
Markham Northon Mostellar Wright	6,459	10,000
Jason's Deli	5,340	35,000
McHale Caruso Scullion Knox	4,954	5,000
Gravity Benefits	4,902	10,000
Owen-Ames-Kimball	1,388	5,000
Around The Clock Fitness	NA	15,000
Chamber of SWFL	NA	10,000

There are other great stories of businesses and individuals logging miles.

Physicians Primary Care of SWFL is pushing the City of Cape Coral for the No. 2 spot among

businesses with more than 43,000 miles logged. Physicians shattered its Jan. 9 goal of 11,000.

Almost half the employees – 155 of 314 – have taken part. While some run marathons, employees also walk during lunch.

"It's driven by all levels, physicians as well as managers at each of our offices," said Fran Barker, human resources manager. "We have certificates and give gifts to people who reach milestones and we present it to them."

At Chapel By The Sea on Fort Myers Beach, congregation members are closing in on 10,000 miles, much of it through a Zumba class and a walking club – the Chapel Sea Dolphins – where 10-15 people gather on Tuesday morning and go out for 30 minutes.

"Our pastor, Steve Adkinson, has promoted this and spoken about this," parish nurse Ann Fossum said. "He also has brought in his tally sheet like the others. I found some cheap pedometers and we handed them out to people.

"It really has been a team effort. As the organizer, I have people coming up and telling me how they did that week. It's gotten people out and they've established connections."

LCEC encourages its employees to walk around the campus, and holds Boot Camp on Fridays, which has resulted in more than 9,200 miles logged, surpassing its original goal of 5,000.

Lee County Port Authority/Paradies, which holds weekly prize drawings for registered participants, is close to doubling its goal of 9,000 miles. Under the direction of movement co-chair Ben Siegel, the group often has walking meetings.

Amazingly, Fort Myers Beach is pushing Cape Coral as the most active city in Lee County. Both are closing in on 200,000 miles.

Full disclosure: The News-Press pledged 15,000 miles but will fall short by about 5,000. I pledged 450 miles but will miss my goal by about 50 miles.

To register or log your miles, go to healthylee.com/news-events/million-mile-movement