
CLEVELAND COUNTY HEALTH DEPARTMENT

FOR IMMEDIATE RELEASE

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11th Annual Step One Challenge Walking Contest Kicking Off July 22, 2016
Walk for the health of it!

(Shelby, NC)—Registration for the 11th annual Step One Challenge county-wide walking contest, sponsored by the Cleveland County Public Health Center and its partners, will begin on July 22, 2016. This contest is a community-wide approach to increasing physical activity and supporting obesity prevention strategies for all residents of the county.

The Step One Challenge is a county-wide event in which all Cleveland County residents, ages 12 and up, are eligible to participate at NO COST. Participants must form teams of between 3-6 individuals, with each team having a name and captain. All participants will receive a FREE pedometer and walking log to monitor daily steps taken. Entry forms are available from the Cleveland County Public Health Center, and all Cleveland County YMCA sites and public libraries. Entry forms are also posted on the Step One Challenge web site at www.steponechallenge.org. All team registrations for this year's walking contest are due by 5 p.m. on Friday, August 19th to Tyler McDaniel at the Cleveland County Public Health Center. Forms may be dropped off, faxed to 980-484-5365, or emailed to tyler.mcdaniel@clevelandcounty.com.

Team captains will pick up the team packets consisting of walking logs, reporting sheets and pedometers on Friday, August 26th from 8:00 am – 5:00 pm at the Cleveland County Public Health Center located at 200 S. Post Rd, Shelby. The contest kicks off on Saturday, August 27th and runs through Friday, October 7th.

In addition to this year's competition is the "5th Annual Step One 5K and Fun Run." This event, presented by Home Trust Bank, will happen on Saturday, August 27th at 9:00 a.m. at Aldersgate UMC in Shelby. Participants, ages 8 and up, can run, jog or walk the 3.2 mile route and at 10:00 a.m. the ¼ mile Fun Run for ages 8 and younger will occur. Registration for the 5K and Fun Run is now open at www.steponechallenge.org and on the Cleveland County Public Health Center's Facebook page. The cost for the 5K is \$15 for pre-registration and \$20 for registration the day of the race. The Fun Run is FREE.

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All participants of the 5K that pre-register by Friday, August 25th will be guaranteed a t-shirt, and all fun run participants will be given a race medal.

Walking can be achieved easily by most people, and serves as an inexpensive way of increasing your physical activity levels. Proven health benefits of walking include improved physical condition, improved cardiovascular functioning, increased calorie expenditure, as well as reductions in cholesterol and high blood pressure.

The Step One Challenge is a great opportunity for individuals to become active participants in the improvement of their health status. Participation is crucial to the success of this year's event. Please join in helping to make Cleveland County healthier! For more information about the Step One Challenge please visit www.steponechallenge.org. Happy trails!

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