

Falls City Hospital Encouraging People to Walk at Work

(KTNC) - Wednesday is National Walk at Work Day, a day when people are encouraged to get out and walk during the day.

Falls City's Community Medical Center is taking that concept a few steps further, with a Walk at Work Week next Monday through Friday.

Linda Santo, the hospital's Marketing and Events Coordinator, says they're asking businesses to encourage employees to get out and walk during breaks and over their lunch hours next week.

She says getting out for a walk has many health benefits, including helping lower cholesterol when combined with rest and a proper diet. Walking can also help a person lose weight and reduce stress. Santo says that can reduce health insurance costs.

Santo says the Walk at Work Week is designed to complement, not compete with, a person's busy lifestyle.

Businesses are asked to log the time each participant walks during the course of the week, and Santo says there will be small prizes for participants. She says they hope to make this an annual event.

Anyone with questions about Walk at Work Week can contact Linda Santo at the hospital, at 402-245-6704.

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