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Champaign-Urbana Public Health District

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***Women Out Walking* Mini-Grant Awarded to Champaign-Urbana Public Health District**

New Community Walking Program to Promote Women's Health

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) is set to kick-off a new community walking program aimed at women. The Illinois Department of Public Health, Office of Women's Health, is awarding CUPHD \$4,500 for the nine-month program that focuses on improving women's health through physical activity.

Women Out Walking is a 12-week walking challenge for women in which participants use a step counter to track their daily steps. At the end of the week they will report their weekly step total to their team captain. The team structure is an important component of the program because it encourages participants to provide positive reinforcement to the other members of their team. The commitment to report step totals each week also will help keep participants involved in the program. There will be weekly challenges and prizes given to participants throughout the program. At the conclusion of the 12 weeks, recognition will be given to the winning team(s).

Registration to participate in the *Women Out Walking* program will be on the CUPHD website in February. CUPHD plans to host a *Women Out Walking* kick-off event to start the program on March 28, 2014. More details to follow.

For additional information, contact Nikki Hillier at 217-531-2914.

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