



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

MEDIA RELEASE

For Immediate Release

Faith Lustik, Health Planner
(315) 786-3723

Jefferson County Needs Team Members for Billion Steps Challenge

Watertown, NY ~January 2, 2020 ~ The Jefferson County Public Health Service(JCPHS) invites all county residents to join in the American Public Health Association's Billion Steps Challenge. Last year, the Jefferson County team, *Jefferson County Wellness Warriors*, logged a total of 19,319,337 steps. The team ranked 47th out of the 351 teams participating. By opening the team up to all residents we hope to surpass this number.

The Billion Steps Challenge makes it easy and fun to promote good health and physical activity in our community. The contest began 1/1/20 and will conclude on 4/12/20 as JCPHS and all health departments across the US celebrate National Public Health Week. The Walker Tracker app is free and there is no cost to participate.

When joining you'll be able to track how many steps you take, see total steps for our team and the collective progress of all teams toward the goal of more than 1 billion steps. You can sync your step counting device or enter steps manually if you don't have a device. So register today, and let's get walking! We'll have a lot of fun, improve our health, and walk more than any other team! [Join today by clicking here](#). The team is named Jefferson County Wellness Warriors.

To learn more how physical activity can improve your health, follow us on our social media of [Facebook](#), [Twitter](#), or [Instagram](#). Also, the JCPHS website, www.jcphs.org, has lots of great information about how you can improve your health and the health of the community.

~END~