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News Release

For Immediate Release

City employees log nearly 13,000 miles in second walking challenge

City of Springfield employees walked nearly 13,000 miles, exceeded their goal by 772 miles and raised more than \$1,000 for the American Heart Association during the City's second employee walking challenge April 8-22. The 12,772 miles logged is the equivalent of walking from Springfield to Anchorage, Alaska, down to San Diego, across the U.S. to Miami, up to Boston and back down to Springfield.

Organized by inBalance, (the City's employee wellness program) the walking challenge encourages employees to track all steps taken during the two-week time period with a pedometer and log them via an online survey tool. Because City jobs vary so widely, the challenge includes a desk division and a field division.

With 352,588 average steps per team member and 2,820,706 total team steps, first place in the desk division went to a team called "Sole Mates," from the Building Development Services department. "Smooth Operators" from the Public Works department took second in the desk division, with 288,165 average steps per team member and 2,305,232 total team steps. In the field division, a team from the Springfield-Branson National Airport won first place with 317,767 average steps per team member and 317,767 total team steps. "SGF Zoo Crew," comprised of Dickerson Park Zoo staff, placed second in the field division, with 314,523 average steps per team member and 2,516,185 total team steps.

First-place winners received inBalance hooded sweatshirt and a \$20 gift card to Big Momma's or Price Cutter. Second-place winners received a \$10 gift card to Big Momma's or Price Cutter and an inBalance salad shaker.

inBalance offers a variety of programs and services designed to positively influence the overall well-being of City of Springfield employees. This year's programming includes wellness seminars, yoga classes, a smoking cessation program, cooking classes, Weight Watchers at Work, "boot camp" workout groups at various City locations, annual health-risk assessments and access to Mercy's digital mammography bus.

For more information, please contact inBalance coordinator Emily Hegg at 417-864-2077 or inBalance@springfieldmo.gov.