



PRESS RELEASE

Caltrans, District 2

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

Dignity Health, Mercy Medical Center Redding

First 5 Shasta

Good News Rescue Mission

Redding Rancheria

Redding School District

Pathways to Hope for Children

Shasta College

Shasta Community Health Center

Shasta County Office of Education

Shasta Regional Transportation Agency

Shasta Family YMCA

Shasta Head Start

Simpson University

The McConnell Foundation

Turtle Bay Exploration Park

University of California Cooperative Extension

Viva Downtown

Whiskeytown National Recreation Area

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Date: November 16, 2021

Walktober Challenge Teams Get Active & Announce Winners

SHASTA COUNTY- With 850 participants in 133 teams comprised of coworkers, families, school groups, and friends, the annual Walktober walking challenge encouraged participants to connect with a team and get active for a good cause. With a total of 181,192,002 steps or 71,405 miles, Walktober participants took enough steps to walk the length of the Pacific Coast of California through Washington over 55 times!

Healthy Shasta organized the Walktober Challenge to encourage participants to get active this October. Evidence demonstrates the health benefits of walking include strengthening the heart, lowering blood sugar, easing joint pain, boosting immune function, boosting energy, improving mood, and extending one’s life. The Walktober Challenge used an online platform to provide a virtual leaderboard that tracked average steps and provided social interaction.

For Walktober 2021, teams competed to have the highest average daily steps and to donate a grand prize of a \$1,000 to a Shasta County non-profit of their choice. The winning team with the highest cumulative average daily steps was Best-B Walkin’, of Best Behavior, LLC, with a daily average of 16,766 steps. “We’re so excited; we would like the donation to go to the Children’s Legacy Center. Thank you for putting on such an awesome event; we loved participating,” said the Best-B Walkin’ team captain.

Elizabeth Schroeder, Development Director of the Children’s Legacy Center, expressed gratitude for the donation and described the organization. She said, “The Children’s Legacy Center was built through collaboration to change the trajectory of children’s lives to ensure the next generation of adults has the foundation to reach their ultimate potential. We are a nongovernment agency partnering successfully with multiple government agencies and medical partners to bring hope, healing, and justice for children and youth impacted by abuse, neglect, or other significant trauma. We are so grateful and thankful for the gift!”

From the active teams of four or more walkers with over 6,000 average steps/day, Shasta County Office of Education was randomly selected for the second non-profit donation of \$500. One Safe Place was chosen. The Walktober Challenge targeted individuals, coworkers, family, and friends to walk more, but specifically workplaces to team up and get moving.

Healthy Shasta promotes physically active lifestyles and healthy eating throughout the year. To find more walking, health, and fitness resources, visit www.healthyshasta.org or follow us on

Phone 530.225.5351

2660 Breslauer Way, Redding, CA 96001

Fax 530.229.8460

www.healthyshasta.org



Facebook or Instagram. Healthy Shasta will host a Walks Passport in January 2022, and the Walktober Challenge will return in October 2022.

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Partnering with the community to promote healthy eating and physically active lifestyles through environmental, policy, and organizational changes.