



JEFFERSON COUNTY PUBLIC HEALTH SERVICE

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

Contact: Cecilia Wirth, 315-786-3759

January 2, 2024

Join the 2024 APHA Winter Keep It Moving Challenge with Jefferson County

Watertown, NY ~ Jefferson County Public Health Service (JCPHS) invites all county residents to participate in the American Public Health Association (APHA) 2024 Winter Keep It Moving Challenge. The challenge kicks off on Sunday, January 1st and ends on Sunday, April 7th, the last day of APHA's celebration of National Public Health Week.

Evidence shows that consistent physical activity helps prevent chronic disease, improve quality of life, maintain mental health, and promote healthy aging. With APHA's new app, you can track any kind of physical activity and convert it into distance to contribute to the challenge. By focusing on movement, not just steps, everyone can find a fun way to compete in the challenge.

During the 2023 Winter Keep It Moving Challenge, Jefferson County's team had 97 team members with a combined total of 34,547,882 steps.

You can join Jefferson County's team by downloading the APHA Move app on your smartphone. The app is free and can pair to wearable fitness devices. So, register today, and let's get moving! Once you download the APHA Move app, complete the in-app registration process, and join our team: *Jefferson County, NY Wellness Warriors*.

To learn more about how physical activity can improve your health, follow us on [Facebook](#), [X](#), and [Instagram](#). You can also go to www.jcphs.org for information on how you can improve your health and the health of the community.

~End~