

Jackson County group wins Step Challenge

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Full Plate Living, a non-profit organization, recently sponsored a challenge to walk from Ardmore to Altus within 35 days. Their mission is to encourage, educate, support, and inspire anyone to live a healthier lifestyle connecting employee groups and organizations across Oklahoma to live healthier and active lifestyles. Jackson County Community Health Action Team, along with First National Bank of Ardmore, Ardmore Chamber of Commerce, and Full Plat Living all had teams competing. The challenge was to encourage participants to get out of their seats and walk an average of 4.5 miles per day.

Jackson County Community Health Action Team (JCCHAT) won the challenge and the bragging rights to the OK Step traveling trophy. The trophy will remain in their hands until the next challenge is completed. At that point the trophy will have the opportunity to travel to another team.

“We hope the amount of employee groups and organizations will grow, and we will have more competition,” said Michelle Sinkler of Full Plate Living. “Giving an activity monitor, such as a pebble with Mylnertia or a Fitbit is a good way for you to encourage your employees to lead more active lifestyles.”

Representatives from the Ardmore Institute of Health will be at the JCCHAT Nutrition and Fitness Task Force meeting on Monday, Sept. 28, to present the trophy. The Nutrition & Fitness Task Force is a sub-committee of JCCHAT with a focus on health and wellness.