

## Week of activity planned to boost health

By Travis Sloat / Phoenix Staff Writer | Posted: Tuesday, April 1, 2014 12:04 am

Jason Shelor wants you to get off the couch and on the trails and sidewalks of Muskogee this week.

Shelor and the Muskogee Wellness campaign are providing special activities every day this week for Muskogee residents who want to get more points for the Wellness Challenge or who just want to get up and get moving.

"We're trying to get people out to walk, run and ride," Shelor said. "There are locations all over town. In fact, I just got done riding every bit of the Centennial Trail."

Shelor also said the events counted for groups participating in the Muskogee Wellness Challenge.

"People who are involved in the challenge, just three of their five team members have to participate for the entire team to get the points," he said. "You just need to come out. We're also giving T-shirts to those who participate. It's spring time, it's so nice, and we want people to come out and enjoy this weather."

The focal point of the week is a walk with Mayor Bob Coburn from 12:30 to 1:30 p.m., Wednesday, starting at City Hall. Shelor said the events are all a part of their Eat Better, Move More and Be Tobacco Free initiative.

"We want people to take 20 to 30 minutes a day and just go walk with a friend," he said. "If you're not a runner or a biker, that's fine. Our organization is all about health promotion. Living well, that's ultimately what we want for people. So far, it's been a huge success."

Shelor said the organization didn't get the community feedback they would have liked when they launched in 2008, but now the community is taking them more serious, he said.

"We're pretty happy with how things are going," Shelor said. "We want people to love what we're doing. I don't think I've ever turned anyone down if they've wanted to go for a walk, run or a ride."

Shelor said even though some of the trails in Muskogee have a reputation for being dangerous, they are actually very well protected because there are police officers on the Centennial Trail.

"And I bet I saw 100 people out there tonight," Shelor said. "We are so blessed to have that in our community. It's an enormous resource and we're lucky to have it."

Reach Travis Sloat at (918) 684-2908 or [tsloat@muskogee phoenix.com](mailto:tsloat@muskogee phoenix.com).

**Activity schedule:** Some groups will leave the location at the posted time, so arrive a few minutes early.

Today:

- 3:50-4:20 p.m., Harris Jobe Elementary Walking Trail, Group Run/Walk, Dr. Justin Walker
- 5:30-6:30 p.m., Centennial Trailhead at Hatbox, Arline & 34th St., Group Ride, Doug Walton
- 6-7 p.m., Civitan Park Playground, Group Walk, Brooke Hall
- 6-6:30 p.m., OK Music Hall of Fame, Centennial Trailhead, Group Run, Shane Keeter

Wednesday:

- 10-10:30 a.m., Arrowhead Mall, Las Fuentes Entrance, Group Walk, Lisa Susanne
- 12:30-1 p.m., City Hall, Walk with Mayor Bob Coburn

Thursday:

- 5:30-6:30 p.m., Honor Heights Park Playground, Group Walk/Run, John Hasler
- 5:30-6:30 p.m., Robison Park Playground, Group Run/Walk, Martin Updike
- 7-7:30 p.m., First Baptist Church parking lot, Group Run, Shane Keeter

Friday:

- 11 a.m.-12:30 p.m., Spaulding Park Playground, Group Walk, Brooke Hall
- 5:30-6:15 p.m., Three Rivers Museum, History Mystery, Group Walk, Jonita Mullins

Saturday:

- 8 a.m.-9 a.m., Centennial Trailhead at Hatbox, Arline & 34th St., Group Run, Dr. Diego Humphrey
- 9-11 a.m., OK Music Hall of Fame, Centennial Trailhead, Group Ride, Doug Walton
- 11 a.m.-12 p.m., Honor Heights Playground, Group Walk/Hike, Brooke Hall