

Area residents encouraged to ‘Walk This Weigh’

By Josh Newton, Press Staff Writer

Local leaders are encouraging the public to participate in the next segment of the “Walk This Weigh” campaign, Saturday, March 4.

The walk begins at the Cherokee Courthouse Square in Tahlequah at 9 a.m. and will last until 11 a.m. “We want to regularly increase awareness that people need to be physically active,” said Carol McKiel, coordinator for the Community Health Coalition, Cherokee County Health Department. “We hope it makes someone decide to become more physically active – walking, riding a bike, whatever may be beneficial to them.”

The walk, sponsored by the Community Health Coalition, Cherokee County Health Department and Cherokee Nation Healthy Nation, will revolve around the Cherokee Courthouse Square so participants will be able to talk with the local leaders walking for awareness.

State Rep. Mike Brown, Tahlequah Mayor Ken Purdy, Associate District Judge Mark Dobbins, Tahlequah Police Chief Steve Farmer, Tahlequah City Councilor Jason Nichols and Tahlequah City Councilor JoAnn Bradley are among those expected to be on hand to walk and talk for a healthier Tahlequah.

“I will be there to support the event and to raise awareness for health issues in the community,” said Brown, who has previously participated in the event.

McKiel said it’s important to raise this awareness.

“Physical activity improves health, including cardiovascular diseases,” she said.

“Walk This Weigh” is free and will offer breakfast being provided by Cherokee Nation Healthy Nation. The first 100 people at the event will receive free T-shirts and pedometers.

McKiel said a similar walk is scheduled quarterly as part of the ongoing process of raising health awareness. For more information on “Walk This Weigh,” contact McKiel at the Cherokee County Health Department at (918) 456-8826.