



HEALTHIEST STATE MONTH WEEK 1 BULLETIN

#HealthyChoicesCount IowaHealthiestState.com



1 OR MORE HOUR OF PHYSICAL ACTIVITY

Regular physical activity is essential for weight maintenance and prevention of chronic disease such as cancer, diabetes, and heart disease.

7 WAYS TO STAY ACTIVE THIS FALL

1. Visit a pumpkin patch
2. Go on a nature walk
3. Play a backyard game
4. Go for a bike ride
5. Jump in a leaf pile
6. Go apple picking
7. Go geocaching



DID YOU KNOW?

Children who are raised in families with active lifestyles are more likely to stay active as adults!



HEALTHIEST STATE ANNUAL WALK

WALK WITH US ON OCTOBER 4!

Healthiest State 13th Annual Walk

October 4

#WhyIWalk #HSIWalk2023

Register: iowahealthieststate.com/Walk

2023 Healthiest State Month:

Oct. 1-7: 1 hour of physical activity

Oct. 8-14: 5 or more fruits & vegetables

Oct. 15-21: 2 hours of less of screen time

Oct. 22-28: 0 sugary drinks - more water!



Healthiest State
INITIATIVE

