



# let's walk together in **OCTOBER**

2021 Healthiest State Annual Walk

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Walk More. Connect More. in October</b>            Each year, we commit to walk for 30 minutes on the first Wednesday of October. Keep the momentum going and set a goal to walk 30 minutes <u>every</u> day in October! Mark an "X" on each day you walk. Your 30 minutes can be done all at once or completed throughout your day. Share on social media using: <b>#WalkMoreConnectMore</b></p>					1	2
					THE	WARM-UP
3	4	5	6	7	8	9
THE		WARM-UP		<b>Healthiest State 11th Annual Walk Day!</b>		
10	11	12	13	14	15	16
						<b>DID YOU KNOW?</b> <i>Walkable communities offer more opportunities for social involvement and personal interactions.</i>
17	18	19	20	21	22	23
<b>GRAB A WALKING BUDDY:</b> <i>Integrating exercise into our social life has been shown to have a positive impact on our health.</i>						
24	25	26	27	28	29	30
<b>ALMOST THERE!</b>						31



Healthiest State  
INITIATIVE