



# Healthiest State 12th Annual Walk **TALKING POINTS**



***Walk More. Connect More.***

*Presented by:*

 **DELTA DENTAL®**

# Thank you for participating in the Healthiest State 12th Annual Walk!

Here are some talking points you can use when educating and motivating your team about the Healthiest State 12th Annual Walk, presented by Delta Dental of Iowa, ahead of October 5:

## **ABOUT THE EVENT:**

- The Healthiest State 12th Annual Walk encourages Iowans to walk for 30 minutes on Wednesday, October 5.
- Workplaces, schools, organizations and individuals are all encouraged to register a walk at [www.IowaHealthiestState.com/Walk](http://www.IowaHealthiestState.com/Walk).
- Our 2022 theme is "Walk More. Connect More." We know now more than ever how important being both physically active and socially connected is to our physical and mental health. Going for a walk with friends, family, or coworkers helps address both.

## **WHY FOCUS ON WALKING?**

- Walking is an excellent way for most Iowans to increase their physical activity. People can get substantial health benefits by adding brisk walking to other physical activities.
- Walking is an easy way to start and maintain an active lifestyle! It's inexpensive, can be done year round, is inclusive of all ages, and most people are able to walk or move with assistive devices.
- Walking is multipurpose! People can walk as transportation, to have fun, socialize, walk the dog or exercise.

## **BENEFITS OF SOCIALLY CONNECTED COMMUNITIES:**

- Improve safety and security: Having community members regularly walking on the street discourages criminal or nuisance activity.
- Increase road safety: Research shows that drivers slow down and take more care in streets that have lots of people walking and playing nearby.
- Boost local businesses: Research shows people who walk or catch public transport to the local shops go more often, stay longer and spend more money. Shopping in your local area means you contribute to your local economy, creating jobs and livelihoods in your community.
- Create a positive cycle: As people see others walking, they feel safer about walking themselves and over time, more and more people walk.
- Walking cultivates community: The more we walk, the more we know about where we live, the people we meet and share our neighborhood

## **HEALTH BENEFITS OF WALKING:**

- Being physically active is one of the most important steps that people of all ages and abilities can take to improve their health.
- Increasing people's physical activity level will significantly reduce their risk of chronic disease and premature death, support positive mental health and promote healthy aging.
- The U.S. Surgeon General recommends that adults get at least 150 minutes of moderate-intensity aerobic physical activity each week and that children and adolescents be active for at least 60 minutes everyday. Adults who walk are 3-times more likely to meet those guidelines.
- Despite the health benefits of exercise, only half of U.S. adults reported levels of physical activity consistent with the guideline.
- To learn more about the many health benefits of walking, [click here](#).

### **Physical health benefits of walking:**

- Decrease premature death
- Reduce development of and improve diabetes
- Reduce risk of dementia
- Treatment of hypertension
- Prevent or mitigate risk of obesity
- Strengthen bones and improve balance
- Reduces joint and muscular stiffness and pain

### **Social health benefits of walking:**

- Provide supportive relationships for behavior change
- Provide friendship and support with buddy systems or walking groups
- Create social cohesion

### **Mental health benefits of walking:**

- Reduce symptoms of anxiety
- Increased self-reported energy levels
- Improve sleep quality
- Increased psychological well-being
- Improved cognitive functioning
- Promote the release of endorphins – “happy” hormones
- Release adrenaline – the body's own “mood-lifting” chemical

Use the hashtags **#WalkMoreConnectMore**  
and **#HSIWalk2022** to connect on social media!