Walk more.
Connect more.

let's walk together *in* OCTOBER

2022 Healthiest State Annual Walk

SUN	MON	TUE	WED	THU	FRI	SAT
Walk More. Connect More. in October *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:* ***#WalkMoreConnectMore***					THE	1 WARM-UP
2 THE	3 WARM-UP	4	5 **Healthiest State 12th Annual Walk Day!**	6	7	8
9	10	11	12	13	14 **DID YOU KNOW?** *Walkable communities offer more opportunities for social involvement and personal interactions.*	15
16	17 **GRAB A WALKING BUDDY:** *Integrating exercise into our social life has been shown to have a positive impact on our health.*	18	19	20	21	22
23 30	24 31	25	26 ALMOST	27 THERE!	28	29

Healthiest State
INITIATIVE