

Walk More. Connect More.

Walk for your *physical health*

Walking increases our cardiovascular health and leads to stronger bones, muscles and improved balance.

Walk for your *mental health*

Exercise releases endorphins which have a positive effect on our mood. Walking can also help reduce stress.

Walk for your *social health*

We walk *together* for 30 minutes on October 5 to connect with co-workers, classmates, friends or family.



Healthiest State 12th Annual Walk October 5, 2022



Healthiest State
INITIATIVE

PRESENTING SPONSOR:

 DELTA DENTAL®

IowaHealthiestState.com/Walk @HealthiestIowa #WalkMoreConnectMore