

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 6 to connect with co-workers, classmates, friends or family.



Healthiest State 11th Annual Walk October 6, 2021



Healthiest State
INITIATIVE

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