



Kim Reynolds
GOVERNOR

OFFICE OF THE GOVERNOR

Adam Gregg
LT. GOVERNOR

Dear State of Iowa employees:

Nine years ago, the Iowa Healthiest State Initiative launched the “start somewhere” walk as an opportunity to engage Iowans to help us make Iowa the healthiest state in the nation.

Walking is the easiest, most affordable and most accessible form of physical activity and one of the best ways to stay healthy. It’s also one of the best ways to connect with others. Through walking, you get to catch up and refresh your mind — and the physical benefits add up too.

On October 2, hundreds of thousands of Iowans will lace up their shoes for the 30-minute Healthiest State Annual Walk. I’m pleased to announce that this statewide effort will include state agencies.

This year’s annual walk theme — “Walk more. Connect more.” — encourages Iowans to walk 30 minutes a day and extend an invitation to a co-worker, family member or friend. This event represents more than just 30 minutes of walking. It represents our dedication to the long-term goal of changing lives of Iowans by making the healthy choice an easy choice. It shows how devoted we are to the future of the communities where we live and work, and it shows the state of Iowa is invested in the well-being of our employees.

Please join Director Clabaugh, Director Kurtenbach and Director Wise at noon on the west side of the Capitol building on Wednesday, October 2. I’ll be participating nearby in the Western Gateway walk in downtown Des Moines, and Lt. Governor Gregg will be joining walks in Mason City and Corwith. Together, we can all do something great for ourselves and for Iowans across the state.

Sincerely,

Governor Kim Reynolds