



Iowa Lions District 9EC

District Diabetes Chairperson | Kim Seligman
411 Parkington Dr. | Muscatine, IA 52761

It's time to Walk on the Healthiest State Initiative Annual Walk Day Wednesday, October 2

1. **Click on link:**

<http://www.iowahealthieststate.com/events/annual-walk/>

In 2011, the Healthiest State Initiative kicked off efforts to become the healthiest state in the nation with the Start Somewhere Walk. **Join the 9th annual walk on Wednesday, October 2, 2019!** Let's have all District 9EC Iowa Lions Clubs represented on the map and help bring awareness to obtaining 30-minutes of daily activity and promote a healthy lifestyle through enjoyable exercise/movement activities while supporting those affected with diabetes.



Goal:

Increase Lions' visibility within the community and promote a healthy lifestyle through enjoyable exercise/movement activities while supporting those affected with diabetes.

Healthiest State Annual Walk | Wednesday, October 2

- Iowans in all 99 Iowa counties supported the Healthiest State Initiative in 2018 with 30 minutes of walking, marking the third consecutive year in the Healthiest State Walk's eight-year history that organized walks were held in all of Iowa's 99 counties!
- 9EC Lions Clubs can hold a Strides Walk in conjunction with the Healthiest State Annual Walk on October 2. The Healthiest State Initiative is excited to have our clubs participate!



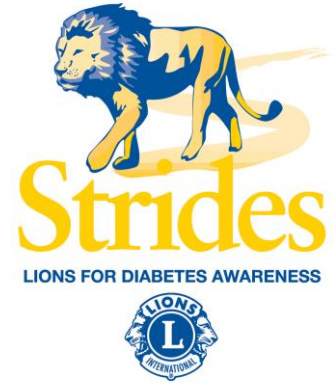


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- ***LCI will recognize a Lions club with a free Strides Banner Patch Award if the club has met the following conditions:**

- Hosted a Strides: Lions for Diabetes Awareness event that promotes exercise such as walking, running, cycling, dancing, skating, yoga, Zumba or other healthy exercise activity.
- Assisted another Lions club(s) in organizing and conducting a Strides event.
- Fulfilled the award criteria and reported the Strides event online in MyLCI by selecting the category “Strides Walk” on Service Report (SAR).
- The current Lions club president will receive the banner patch award for the club’s first reported Strides event in each fiscal year. Each club may receive only one patch per fiscal year.



- **Strides Objectives:**

- Heighten Lions’ interest in diabetes awareness
- Empower Lions to take action and join the fight against diabetes
- Generate community involvement in a Strides event
- Promote a healthy lifestyle through enjoyable exercise/movement activities
- Enable Lions to implement Strides events with ease and confidence
- Convey a sense of optimism and Lions’ community support for those affected with diabetes
- Prevent vision loss through greater awareness of diabetes and diabetic retinopathy
- Increase Lions’ visibility within the community