



Northwest Iowa  
Community College

603 West Park Street  
Sheldon, Iowa 51201  
Phone 712-324-5061 or  
toll free 1-800-352-4907, Ext. 105

**NEWS**

**RELEASE**

*May be published  
when received.*

## **SHELDON AREA “START SOMEWHERE” WALK SET FOR OCTOBER 7**

Sheldon, Iowa –September 28, 2011– Residents of the Sheldon area will join with thousands of other Iowans in a one-kilometer “Start Somewhere” Walk at 12 noon on Friday, October 7. Local walkers will be able to start their walk at their choice of 7 convenient locations including: Village Northwest Unlimited, Fareway, Hy-Vee, Sheldon Community Building, Sanford Sheldon Medical Center, Sheldon Community High School, and the Lifelong Learning and Recreation Center on the campus of Northwest Iowa Community College.

Statewide, coordinators hope to set a new world record for the number of people walking one kilometer simultaneously in an organized event. A kilometer is about 7.5 city blocks and a 12-minute stroll for the average walker. Walkers can sign up for the event at [www.StartSomewhereWalk.com](http://www.StartSomewhereWalk.com).

“The Start Somewhere Walk is the kick-off of the five-year Healthiest State Initiative,” said Greta Giese, local coordinator. “By itself, a one-kilometer walk is not enough to change the health of the state, of course. But it’s a symbolic first step on our path to becoming the healthiest state.”

In early August, Governor Terry Branstad announced the plan to make Iowa the healthiest state in the nation within five years as measured by the Gallup-Healthways Well-Being Index®. In 2010, Iowa ranked 19th compared to all other states.

“This Healthiest State Initiative will assist Iowans in learning about and applying proven methods to live longer, happier, and healthier lives,” Branstad said. “We control more than 70 percent of the factors that influence our health. It is within our power to make a positive difference in our lives.” Branstad also noted that addressing comprehensive lifestyle changes could allow the State to redirect as much as \$16 billion over the next five years to grow the state economy [versus being consumed by health care (\$11 billion) and lost productivity (\$5 billion)]. The success of this initiative is critical to the economic viability of the State and translates to a healthier Iowa and better quality of life for all its residents.

The Healthiest State Initiative is a privately led, public effort that will engage Iowans and their communities throughout the state. It will involve individuals, families, businesses, faith-based organizations, not-for-profits and the public sector in a broad-based community-focused effort. For more information, visit [www.iowahealthieststate.com](http://www.iowahealthieststate.com).

Local Contact: Greta Giese  
Coordinator Northwest Iowa Lifelong Learning and Recreation Center  
(712) 324-2493  
[ggiese@nwicc.edu](mailto:ggiese@nwicc.edu)