



All of the WCSD schools took part in the statewide walk last week. At Lincoln Elementary, there were 382 walkers accumulating over 470 miles! Looking at it statewide: Iowa walkers exceeded last years numbers by approximately 6000 walkers, reaching a record number of more than 297,000 Iowa walkers! Iowa's plan to become the healthiest state in the nation within five years was announced in 2011 and the annual START SOMEWHERE WALK held here in Iowa is just one example of every Iowan can become healthier. The Gallup-Healthways Well-Being Index measured Iowa as the 16th healthiest state in 2011; which showed improvement from the 19th position in 2010. The Healthiest State Initiative focuses on areas that will help improve the state's well-being: efforts to promote consumption of fruits/ vegetables, smoking cessation initiatives, and programs to improve workplace well-being. For more information, visit www.iowahealthieststate.com. Pictured here are students & staff from Lincoln Elementary.

