

CITY OF MUSCATINE



COMMUNICATIONS DIVISION
215 SYCAMORE STREET
MUSCATINE, IA 52761
PH. (563) 264-1550 Ext. 166

For more information contact:

Kevin Jenison
Communication Manager
Public Information Officer
Muscatine City Hall
(563) 264-1550
kjenison@muscataineiowa.gov

FOR IMMEDIATE RELEASE
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TAKE SMALL STEPS TOWARD BETTER HEALTH

Walk 30 minutes Wednesday in Muscatine for your part of the Healthiest State Walk

MUSCATINE, Iowa – You don't need to be a marathon runner to take care of your health. Small changes—like a daily walk or a healthier breakfast—can make a big difference in both mental and physical well-being.

Join thousands of Iowans for the 15th Annual Healthiest State Walk on Wednesday, October 1, a statewide effort to highlight the importance of living healthier, more active lives. Workplaces, schools, organizations, and communities across Iowa are encouraged to step outside for a 30-minute walk.

Here in Muscatine, the City of Muscatine invites everyone to take part in a community walk. City staff will gather at 12:15 p.m. at the Clam Man on the riverfront and walk together for 30 minutes.

If you can't make it to the riverfront walk, there are plenty of other ways to participate:

- Walk the Y Outdoor Trail at your own pace, starting at noon.
- Organize a walk with friends, family, or coworkers at a location that works for you.

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- Take a solo walk—every step counts!

Be sure to snap a photo of your walk and share it with the hashtag #HealthiestWalkMuscatine to join the community online.

Take the first step—literally—toward a healthier you!

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