



Community Health Partners, the public health provider for Sioux County, and the Coalition for a Healthy Sioux County, invite everyone to join in the 5th annual statewide *Healthiest State Walk* on October 7. Community Health Partners is using the statewide walk to kick off October's breast cancer awareness month activities. Regular physical activity is linked to better health outcomes, including lower rates of breast cancer.

Fewer than 50% of Americans meet the minimum guidelines for moderate physical activity – walking is the easiest and most affordable way to correct this problem. Walking can also help prevent the onset and recurrence of breast cancer. Dr. Amy Krie, MD, with the Avera Cancer Institute states, "Several observational trials show us that women who exercise routinely and maintain their body weight are significantly less likely to develop breast cancer than women who are sedentary. At least 20 to 30 minutes of brisk exercise daily is recommended to each patient with a diagnosis of breast cancer as well as those at high risk for the development of breast cancer. . [A]fter a diagnosis of breast cancer, exercise reduced the risk of cancer recurring. This was seen even for women who just walked at an average pace for three to four hours a week."

You can do something to reduce cancer in in Sioux County! Commit to making regular exercise a daily part of your life, and encourage others to do the same.

Community health coalitions in Hull, Orange City, and Sioux Center will convene walkers and walk as a group at the following times:

Hull: October 6 - 10:20 a.m. Hull Christian School (NOTE: different date)

Orange City: October 7 - 12:00 p.m. from Windmill Park band shell
October 7 - 12:00 p.m. and 12:30 from Orange City Hospital Puddle Jumper Grill

Sioux Center: October 7 - 12:00 p.m. Children's Park

Join the fun and do something healthy for yourself!

For more information on the *Healthiest State Walk*, the walk closest to you, or on breast cancer prevention, please call Community Health Partners at 712 737-2971 or go to our website: www.siouxcountychp.org.