

WALK YOUR WAY

BENEFITS OF WALKING



Spend time with friends and family

Raise your heart rate

Spend time outside



Reduce anxiety and increase creativity



OPPORTUNITIES TO WALK IN IOWA

Walk to Defeat ALS

The Walk to Defeat ALS is the #1 way to unite and fundraise for those living with ALS. Each year, fundraising through the Walk drives bold and urgent innovation as we march together toward a cure for ALS. [Click here](#) to find your local Walk!

IMT Des Moines Marathon

The IMT Des Moines Marathon advocates active participation in our own personal health and wellness by providing community running events and related activities. Join us this October! [Click here](#) for more information.