



Are warm weather and beautiful beaches the keys to happiness? If Hawaii's residents are any indication, yes. For the third year in a row, Hawaii ranked first place in the Gallup-Healthways Well-Being Index. The state received a score of 70.2 - a score of 100 represents ideal well-being.

What about Hawaiians makes them the happiest? They were most likely to say they smiled or laughed a lot "yesterday" and the least likely to report daily worry or stress and to ever have been diagnosed with depression. In terms of physical health, Hawaiians good eating habits and lower smoking rates earned them the top spot for healthy behaviors in the nation. Hawaii also won the top spot on Gallup's poll last year, HealthPop reported.

ALOHA from the Garden Island Inn!

We have enjoyed a great start of 2012, with many happy guests visiting the paradise island of Kauai, and lodging with us. We are grateful for each and every guest who passes through our doors.

Our thoughts have a renewed focus on **HEALTH AND FITNESS** and remembering the importance of **REST AND RECOVERY** as building blocks to a robust healthy lifestyle. The Garden Island Inn is committed to providing the **ALOHA** spirit and hospitality to insure your rest after a day of sun, beach, and play. There are many sports and events to challenge and stimulate you on the Garden Island of Kauai.

Your visit here can be timed to join into kids' events, fun runs, triathlons, paddle board and cycling events, Polynesian festivals, art festivals, local sunshine markets, local craft markets, and more! Good health can begin with a walk on the beach, time spent with loved ones and resting your mind from thoughts of work.

Is it time to plan your trip? Awaken to the aphrodisiac of Hawaii, we are waiting

for you to come and play ... connect, rejuvenate and invigorate the body and the mind.

Again, many thanks for your business!

Steve & Lis Layne
and our extraordinary staff at the Garden Island Inn
Wayne, Joyce, Sheila, Germaine, Jan & Robin

Mahalo!!

new website: www.kalapakibeach.org



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