

PBIC Livable Communities Webinar Series

Prescription Trails: How Public Health Officials are Supporting Trails and Walking Programs



American
Public Health
Association

Attila Bality, National Park Service

Dr. Linda Macdonald, Albuquerque Prescription Trails

Russ Hirschler, Upper Valley Trails Alliance

Becky Lewandoski, Upper Valley Trails Alliance

Judy Corwin, The Corvallis Clinic

Nov. 13, 2 pm



Pedestrian and Bicycle Information Center



Today's Presentation

- ⇒ **Introduction and housekeeping**
- ⇒ **Audio issues?** Dial into the phone line instead of using “mic & speakers”
- ⇒ **PBIC Trainings and Webinars**
<http://www.walkinginfo.org>
- ⇒ **Registration and Archives at**
<http://walkinginfo.org/webinars>
- ⇒ **Questions at the end**



NM Prescription Trails Program



A program designed to give all health care providers tools to increase walking/wheelchair rolling on suggested routes, targeting and promoting healthy lifestyles for individuals, families and pets.



PTP Goals



Project Goal

- To help patients adopt regular walking as a life long activity



Training Goal

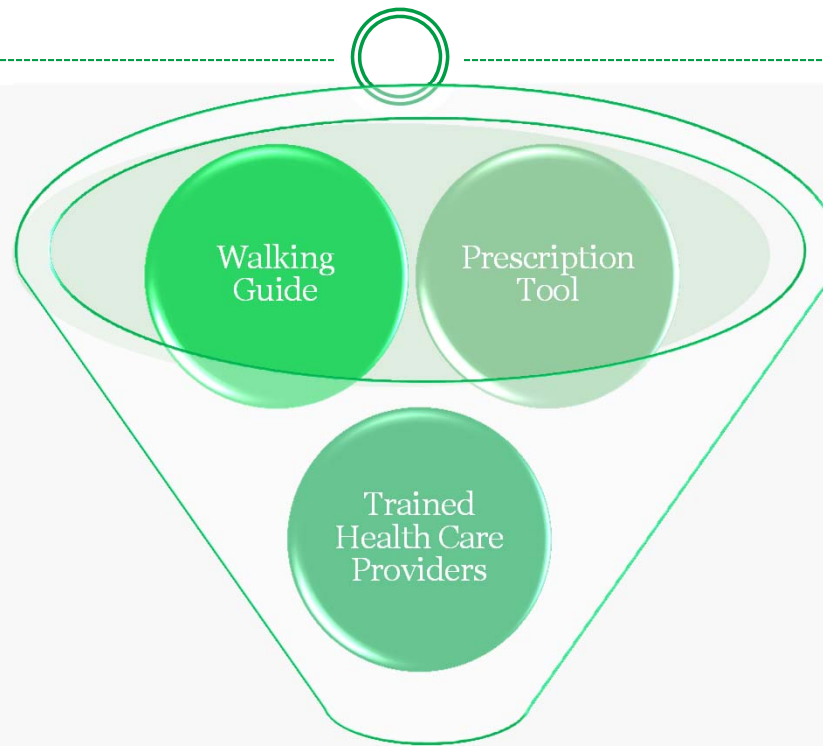
- To prepare health care providers to implement the project



Research Behind PTP



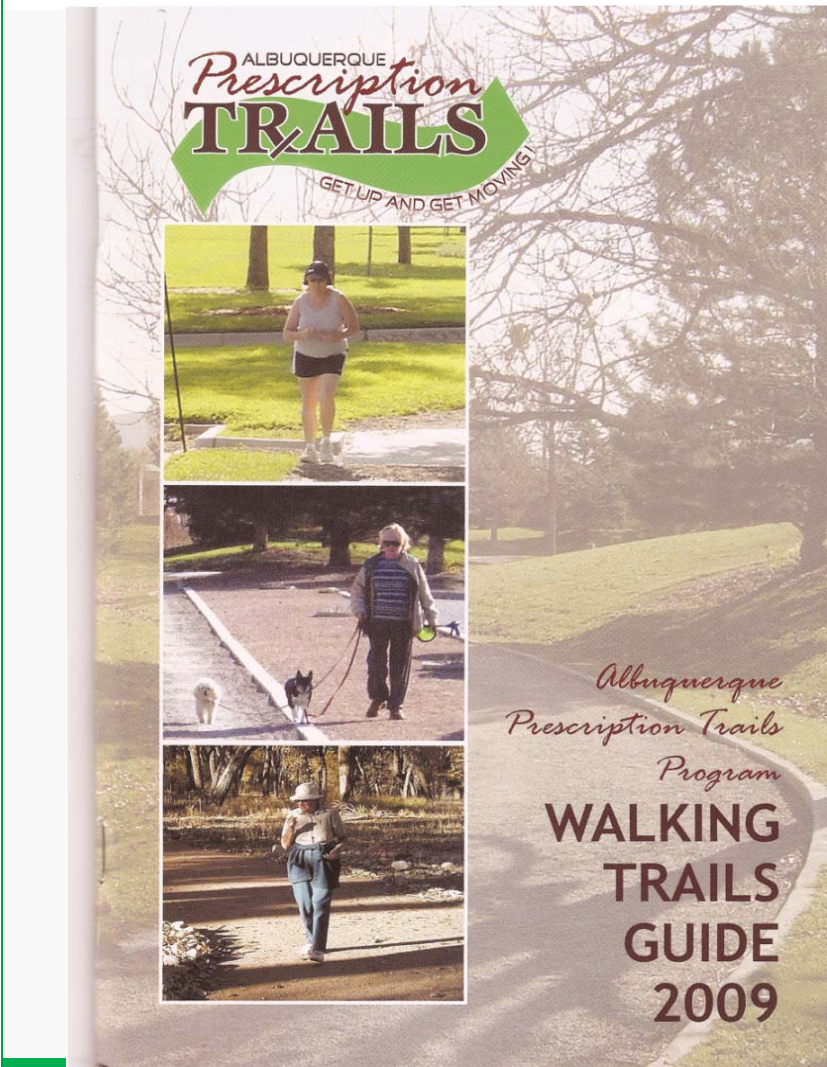
Project Overview



Collaborative Team Effort



Prescription Trails Local

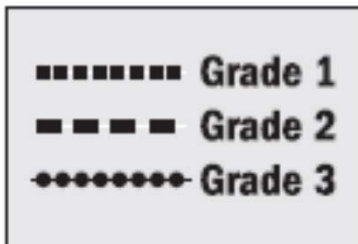


- Established:
Albuquerque, Santa Fe
and Las Cruces
- Expansion:
Rio Rancho, Roswell,
Alamogordo and
Socorro
- Prescriptiontrailsnm.org

Walking Guide



Tiguex paths:
all Grade 1



Grade 1 = Fully accessible to all users:

A flat, paved pathway located in or around a park that is suitable for wheelchairs.



Web Site



Prescription Trails

Get Up and Get Moving!

The Albuquerque Prescription Trails Pilot Program provides prescriptions for walking and wheelchair rolling and a walking guide that suggests routes in our community.


This guide will help you find some of the best park and trail walking paths in Albuquerque and Bernalillo County's South Valley.

Click to learn more about a Prescription Trail:

Contributors to the Walking Trails Maps and Guide

PTP Prescription



 **Increase Energy - Lower Stress** 

Prescription TRAILS *GET UP AND GET MOVING!* **R_x for Health: Get Up and Get Moving!**

Congratulations on deciding to increase your physical activity!
Below is the plan we discussed to start you on your way.

Date: _____

Start with: _____ Minutes _____ Days per week

Gradually increase to: _____ Minutes _____ Days per week

Where: _____

We will review this plan at your next visit.

Provider Signature

Sleep Better **Walk the Dog**

 **Enjoy the Outdoors** 



Adapting Project to Your Site



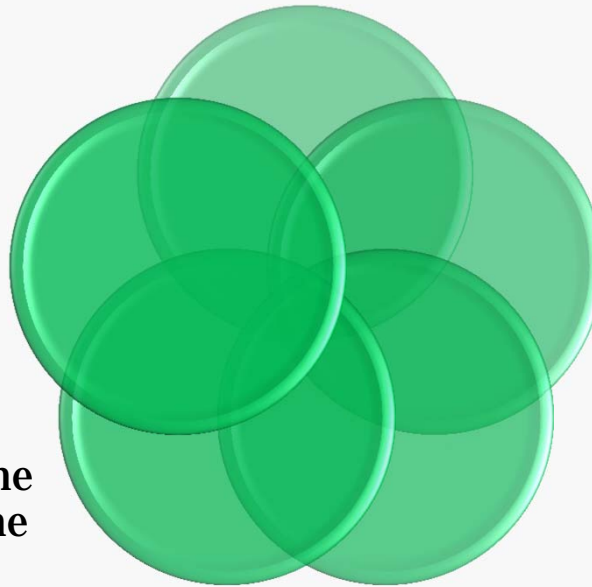
Appoint a Site Coordinator.

Follow up and follow through

Coordinate training for new providers as needed

Participate in the evaluation of the project as requested by NMHCTOD

Print prescriptions and walking guides



Prescription Trails Steps



- **Questions to ask before implementation**

1. What infrastructure exists?
2. Who will be on the implementation/evaluation team?
3. What is our funding Source for the program?
4. What is a successful program? 6 months? 1 year?
5. How to evaluate program?
6. How do we maintain the trails? 6 months? 1 year?
7. What park/trail maintenance is needed now?



Prescription Trails Evaluation form



PARK NAME & ZIP CODE	NOTES	SAMPLE QUESTIONS
parking		Is there a parking lot? Is parking on street?
major cross streets		Identify major cross streets. Helpful for people who may not know where smaller parks are located
SF Trails		Is there a bus stop nearby? (Probably within ¼ mile)
public facilities nearby		Community/rec/senior/ library/ etc. Police/Fire stations Restrooms, telephones, etc, business areas
safety/ visibility		We're looking for clear lines of sight along the paths. Would users feel comfortable? Is vegetation along trail being managed? Could someone hide in the vegetation?
loops/ distance		Loop routes are preferred. A loop can be a minimum of ¼ mile
path width (4' minimum)		6-8 feet preferred. Cannot accommodate 2 abreast with 4' easily.
grade (less than 5%)		Grades in excess of 5% can be considered, but not for universal access
cross-slope (less than 2%)		Difficult to measure. Think of a driveway cut—that's excessive cross-slope.
firm, stable, and slip-resistant surface		Concrete, asphalt, packed crusher fine are primary acceptable surfaces. Packed dirt suitable for Grade III.
attractions for kids		Is there a playground nearby?
benches, resting areas		
other notes		Comment on activity: Is trail/park obviously getting public use?
label aerial, draw loops on it		
Grade Definitions	Trails are identified and graded according to level of difficulty. Most are loops that go around a park.	
Grade 1 = Accessible to all users.	A flat, paved pathway located in or around a park that is suitable for wheelchairs and mobility impaired	
Grade 2 = Mostly accessible.	A paved or packed crusher fine pathway that may have minor grade changes, located in or around a park	
Grade 3 = Slightly challenging.	A paved, packed crusher fine or dirt pathway with variations in grade	



Technical Assistance



- Approval of logo use for printing
 - Must review all materials before printing for consistent messaging
 - Provide materials/masters for printing –
 - Exam rooms
 - Press releases
 - Exertion chart
 - Implementation binder with evaluation forms
 - Provider and consumer brochures
 - Provider training presentation



Prescription Trails in Your Community



- Expansion opportunities
- Simple modifications
- Market parks to new audience
- Engage health care community
- Increase public use of parks
- Promote health
- Low/no cost
- Enlist community volunteers



Contact Information



- Attila Bality
- National Park Service, RTCA
 - 505-346-2871 x213
 - Charm Lindblad, MHA
- Executive Director, NMHCTOD
 - 505-796-9121
 - www.nmtod.org
- www.prescriptiontrailsnm.org
 - Rxtrailsnm@aol.com



Walking Our Way to Better Health

Linda Macdonald, MD
Albuquerque, NM

Physical Inactivity & Health

“Given the numerous health benefits of physical activity, the hazards of being inactive are clear. Physical inactivity is a serious, nationwide problem. Its scope poses a public health challenge for reducing the national burden of unnecessary illness and premature death.”

Centers for Disease Control - www.cdc.gov

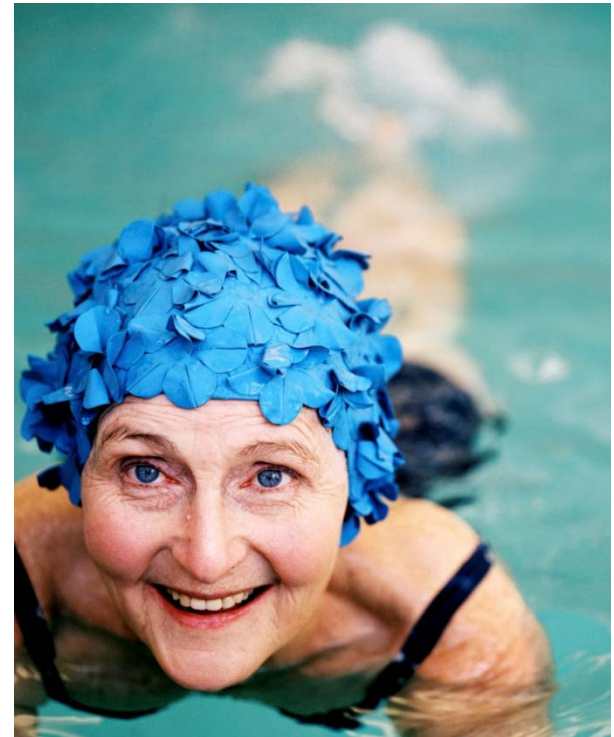
Benefits of Regular Physical Activity



- Increases the chance of living a longer and healthier life
- Decreases the risk of hypertension and dyslipidemia
- Decreases the risk of heart disease and stroke
- Decreases the risk of colon and breast cancer, and possibly lung and endometrial (uterine lining) cancer
- Helps prevent type 2 diabetes and metabolic syndrome
- Helps prevent osteoporosis
- Decreases the risk of falling in older adults
- Improves cognitive function in older adults
- Relieves symptoms of depression and anxiety and improves mood
- Prevents weight gain, promotes weight loss (when combined with a lower-calorie diet), and helps keep weight off after weight loss
- Improves heart-lung and muscle fitness
- Improves sleep

Benefits of Regular Physical Activity

- These benefits occur for:
 - Those who are currently healthy
 - Those at risk for chronic disease(s)
 - Those who have chronic disease(s)
 - Those with disabilities
 - The old
 - The young
 - Those who have never exercised
- The benefits of physical activity far outweigh the possibility of adverse outcomes



Moderate Intensity Physical Activity

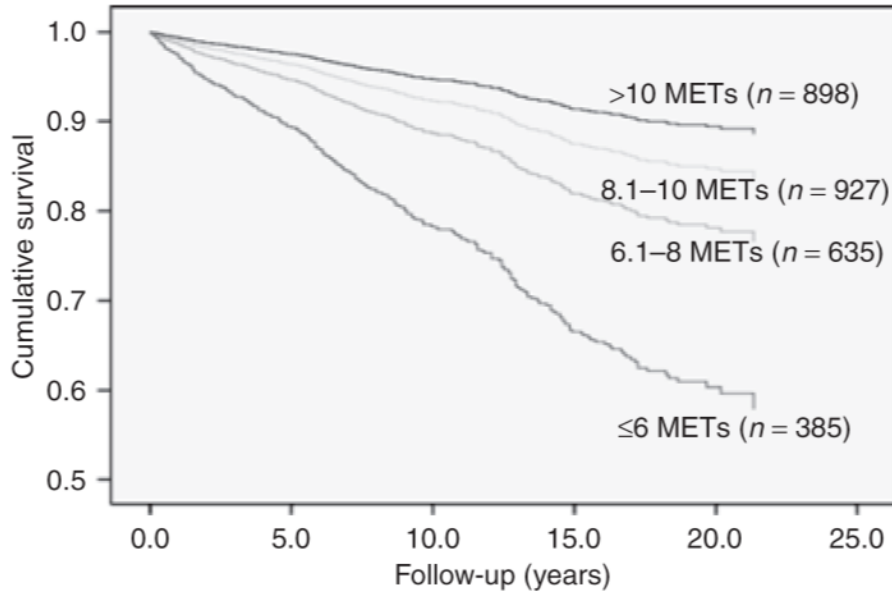
- Health benefits occur with moderate-intensity physical activity for at least 150 minutes/week
- Causes only light sweating or a slight or moderate increase in breathing or heart rate
 - Walking at a pace of 15-20 minutes/mile
 - Bicycling at a pace of 6 minutes/mile
 - Shooting baskets
 - Raking leaves
 - Water aerobics



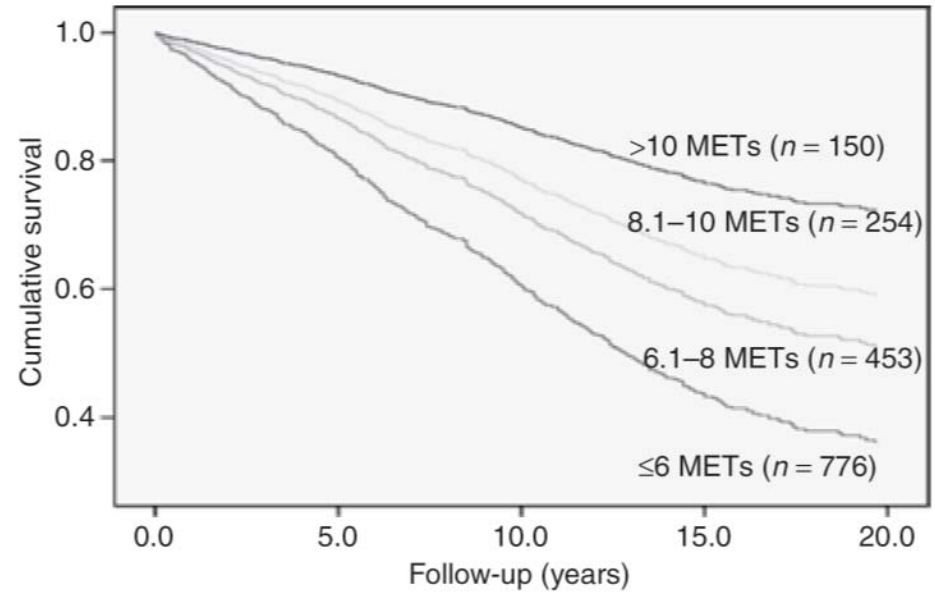
Physical Activity Data

- There is abundant data supporting the health benefits of physical activity

Cumulative Survival by Exercise Capacity



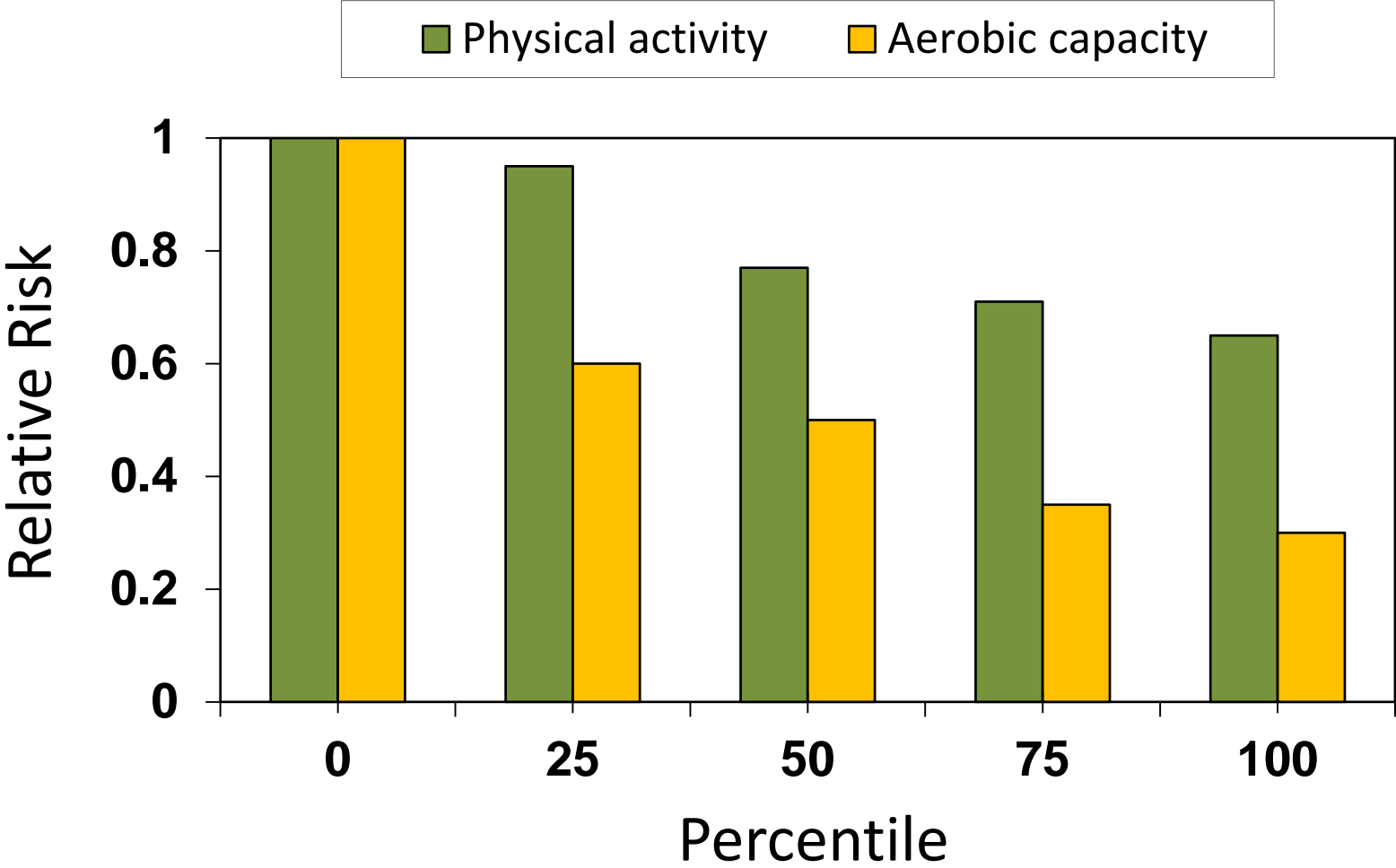
Men age 60 or less



Men over age 60

≤ 6.0 METs = Very low fitness
6.1-8.0 METS = Low fitness
8.1-10.0 METs = Moderate fitness
> 10.0 METs = High fitness

Risk of Coronary Heart Disease by Physical Activity & Aerobic Capacity



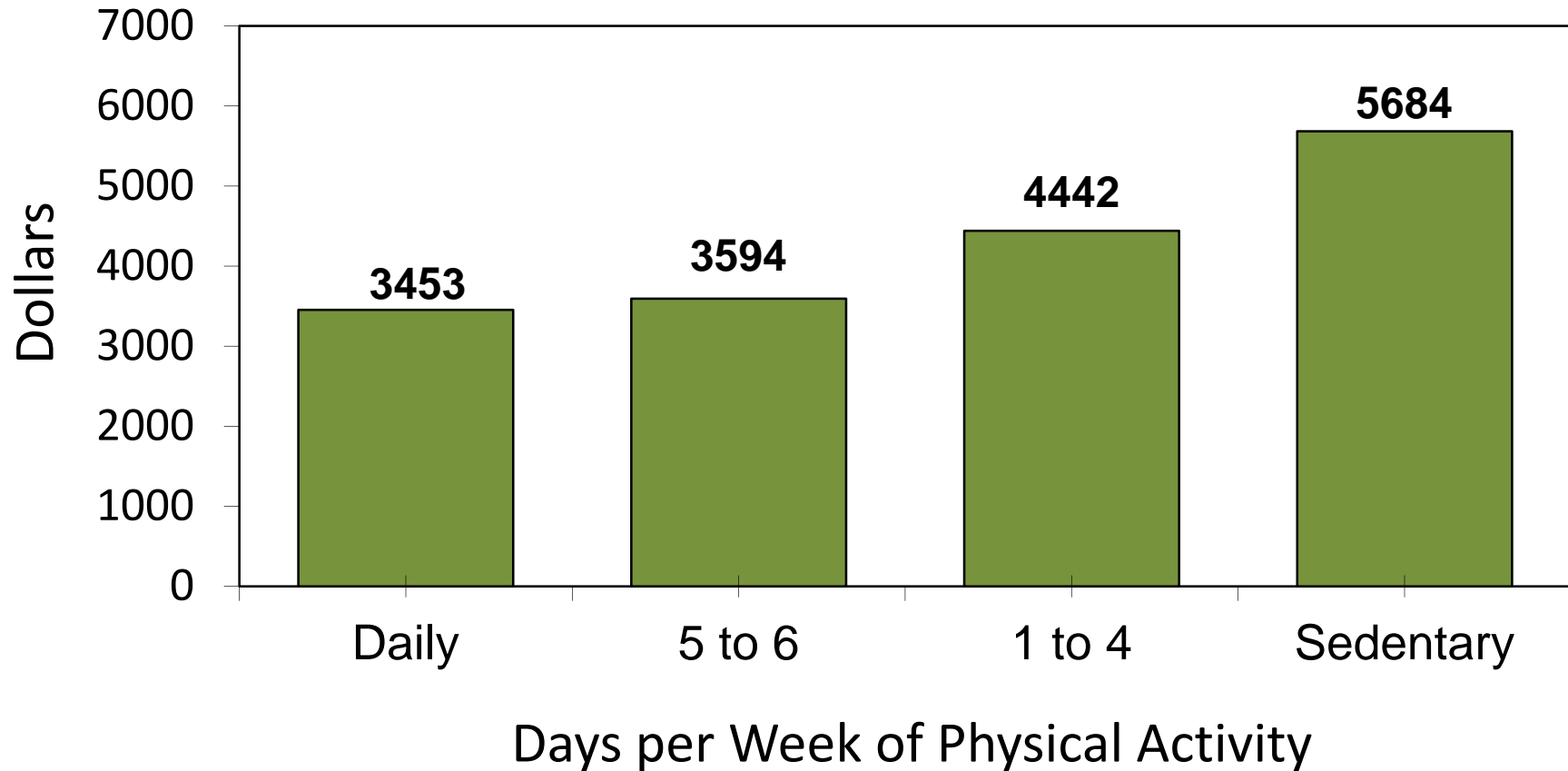
Franklin BA, McCullough PA. Mayo Clinic Proceedings. 2009

Walking Time vs. T.V. Time

- Each 1 hour per day increase in brisk walking is associated with a
 - 24% reduction in obesity
 - 34% reduction in diabetes
- Each 2 hour per day increase in T.V. time is associated with a:
 - 23% increase in obesity
 - 14% increase in diabetes



Per-Member Per-Year Subscriber Eligible Amount* for Levels of Physical Activity



* Final insurance payment plus subscriber liabilities

Lack of Physical Activity

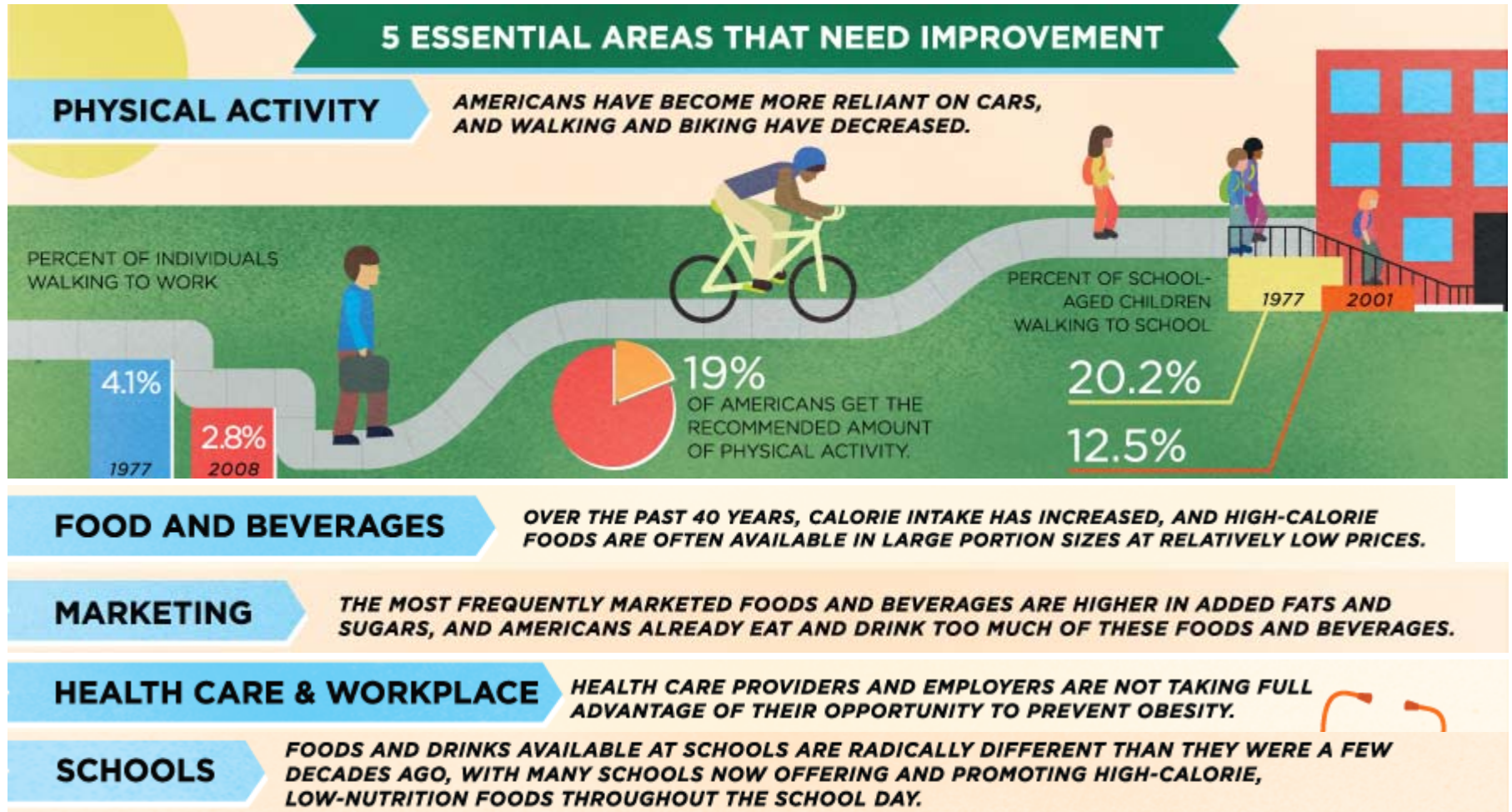
- Despite the known health benefits of regular physical activity and the availability of clear guidelines for physical activity, the majority of adults do not get sufficient physical activity for health benefits
 - 20.7% of adults met physical activity guidelines in 2010
 - 33% of adults reported no aerobic leisure time physical activity in 2010



Public Health Perspective

- Public health interventions have been used successfully to reduce the prevalence of infectious diseases and to reduce the prevalence of smoking
- Can public health interventions be applied to reduce the prevalence of inactivity, overweight/obesity, and chronic diseases?

Institute of Medicine: Obesity Prevention



5 SOLUTIONS FOR CHANGING OUR COMMUNITIES

INTEGRATE PHYSICAL ACTIVITY EVERY DAY IN EVERY WAY.

STRENGTHEN SCHOOLS AS THE HEART OF HEALTH.

MARKET WHAT MATTERS FOR A HEALTHY LIFE.

EAT WELL!

ON THEIR OWN, ANY ONE OF THESE FIVE SOLUTIONS MIGHT HELP SPEED UP PROGRESS IN PREVENTING OBESITY, BUT TOGETHER, THEIR EFFECT WOULD BE REINFORCED, AMPLIFIED, AND MAXIMIZED.

ACTIVATE EMPLOYERS AND HEALTH CARE PROFESSIONALS.

MAKE HEALTHY FOODS AVAILABLE EVERYWHERE.

ANYONE AND EVERYONE CAN BE A LEADER AND PLAY A PART IN IMPLEMENTING THESE FIVE SOLUTIONS. WHAT CAN YOU DO TO HELP SOLVE OUR OBESITY PROBLEM?

FOR SPECIFIC ACTION STEPS NECESSARY TO IMPLEMENT THESE SOLUTIONS, SEE THE IOM REPORT
ACCELERATING PROGRESS IN OBESITY PREVENTION: SOLVING THE WEIGHT OF THE NATION
IOM.EDU/ACCELERATINGOBESITYPREVENTION

SOURCES: FULL CITATIONS FOR REFERENCES CAN BE FOUND IN *ACCELERATING PROGRESS IN OBESITY PREVENTION: SOLVING THE WEIGHT OF THE NATION*



INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Advising the nation • Improving health

Integrate Physical Activity

“Communities, transportation officials, community planners, health professionals, and governments should make promotion of physical activity a priority by substantially increasing access to places and opportunities for such activity.”

Promote Walking

An easy way to integrate physical activity:

- It does not require specific skills
- It does not require specific equipment
- It can be done indoors or outdoors
- There is low risk of injury
- Brisk walking provides health benefits
- Benefits accrue with short bouts as long as the total accrued is at least 150 minutes/week



Environmental Barriers to Walking

Rank	Never Walkers	Occasional Walkers	Regular Walkers
1	No walk/jog trails – 65.7%	No walk/jog trails – 61.3%	No walk/jog trails – 56.0%
2	Don't see people exercising – 63.5%	Don't see people exercising – 56.2%	Don't see people exercising – 51.6%
3	Unattended dogs – 44.8%	Hills – 43.2%	Heavy traffic – 44.6%
4	Heavy traffic – 43.9%	Heavy traffic – 42.9%	Hills – 43.9%
5	No sidewalks – 43.4%	Unattended dogs – 42.2%	Unattended dogs – 39.9%

Never walkers were significantly more likely to report no walk/jog trails and not seeing other people exercising in their neighborhood than were regular walkers

Addressing Environmental Barriers

- The Prescription Trails walking guide (available as a booklet or online) identifies walking and wheelchair rolling routes that are both safe and accessible to patients and families



- Prescription Trails prescription pads are provided to health care practitioners to allow them to write tailored prescriptions for their patients

Albuquerque Walking Trails



- Outdoor trails in local parks
- In most zip codes
- Information provided:
 - Trail rating and distance
 - Location
 - Public transportation
 - Parking
 - Amenities
 - Public facilities



Why The Park?



- Green exercise (exercise in nature) results in a greater improvement in blood pressure, self-esteem, and mood compared to exercise without exposure to nature

Pretty J et al. Int J Environ Hlth Res, 2005



- Park walkers accumulate more minutes of moderate-to-vigorous physical activity compared to urban walkers walking for the same duration

Sellers CE et al. Preventive Medicine, 2012

Get Up and Get Moving!

- Patients are more likely to begin and continue a regular walking program when provided with a prescription by a medical practitioner
- Rx for Health allows the practitioner to tailor the exercise prescription to the patient's abilities and to recommend a gradual increase in exercise duration and frequency

Increase Energy - Lower Stress

Sleep Better

Walk the Dog

Enjoy the Outdoors

Prescription TRAILS Rx for Health: *Get Up and Get Moving!*

Congratulations on deciding to increase your physical activity!
Below is the plan we discussed to start you on your way.

Date: _____

Start with: _____ Minutes _____ Days per week

Gradually increase to: _____ Minutes _____ Days per week

Where: _____

We will review this plan at your next visit.

Provider Signature

Personal Barriers to Walking

Rank	Never Walkers	Occasional Walkers	Regular Walkers
1	No time – 26.4%	No time – 25.4%	Get enough exercise at work – 28.2%
2	Too tired – 23.0%	Get enough exercise at work – 23.3%	Not in good health – 15.6%
3	No energy – 22.0%	Not in good health – 18.2%	Too tired – 14.7%
4	No motivation – 21.0%	Too tired – 18.1%	Self conscious about looks – 11.3%
5	Not in good health – 18.4%	No motivation – 13.4%	No motivation – 10.5%
6			No time – 10.3%

Never walkers and occasional walkers were significantly more likely to report lack of time and not enough energy to exercise than were regular walkers

Addressing Personal Barriers

- Making time for exercise
 - Exercise in short bouts – 10 minutes three times/day
 - Use commute time for exercise
 - Walk or bike to work
 - Take the bus and get off a few stops early
 - Exercise instead of watching TV



Addressing Personal Barriers

- Finding energy for exercise
 - Exercise in short bouts
 - Start slowly and gradually build up duration and intensity
 - Remember that exercise can be invigorating



Summary

- Physical inactivity is a public health problem
- Promotion of walking for physical activity/ exercise can address this problem
- Barriers such as lack of walking trails, lack of time, and lack of energy must be addressed

PBIC Livable Communities Webinar Series

Programs that Create Healthy Communities

Russell Hirschler

russell.hirschler@uvtrails.org

Becky Lewandoski

becky.lewandoski@uvtrails.org

Upper Valley Trails Alliance



Pedestrian and Bicycle Information Center



Upper Valley Trails Alliance

- Non-profit founded in 1999.
- Mission – UVTA advocates for the use, maintenance and development of trails in the region. Through education, outreach & stewardship we:
 - connect people and places through a regional trail network.
 - lead a coalition of local trail groups and advocates.
 - promote active lifestyles through trail use in all seasons.



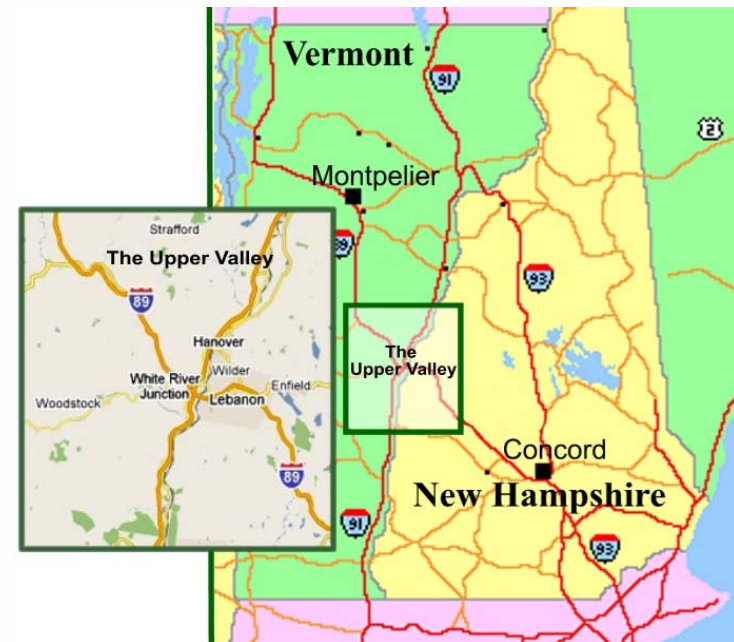
**UPPER VALLEY
TRAILS
ALLIANCE**

Upper Valley Trails Alliance

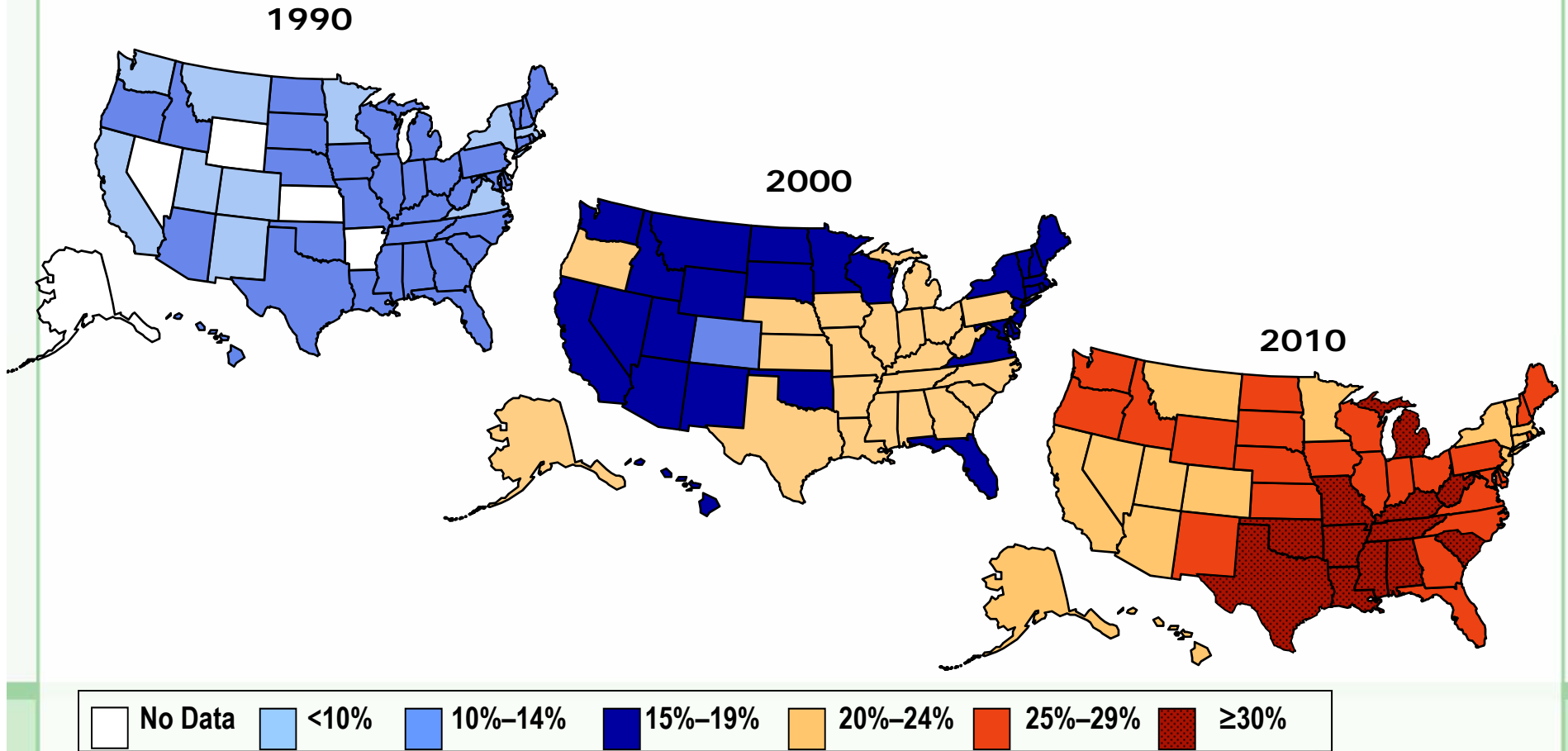
- Vision - An integrated Upper Valley trail system being used by all area residents and the Upper Valley Trails Alliance as the regional leader for trail development, information, and support.
- Impact - As the only organization taking a regional approach to trails, we strive to connect people and their communities via an Upper Valley Trails Network.

The Upper Valley Region

- The Upper Valley Trails Alliance works in a 40+ town region in VT and NH.
- Large majority of land in region is privately held.
- The region has limited trail and bike/pedestrian facilities in place .



Obesity Trends Among U.S. Adults



Obesity in our Region

- Obesity epidemic is growing in the US, especially in rural areas.
- NH had the highest adult obesity levels in all of New England.
- Nationally, 1 in 3 children are obese or overweight.
- NH Data suggests the number may be higher in the Upper Valley region.



Trails Contribute to Good Health

- A recent study* states that 5 minutes of outdoor physical activity will greatly improve mental health, mood, and self-esteem.
- Trails are available for use all year round and there frequently no costs— except to support the work of UVTA!
- Trails create a significant positive impact on individual and community health in our region.



*Jo Barton, Jules Pretty. What is the Best Dose of Nature and Green Exercise for Improving Mental Health? A Multi-Study Analysis. *Environmental Science & Technology*, 2010

Trails and Academic Achievement

- The Robert Wood Johnson Foundation¹ concluded that physically active and fit children tend to have better academic achievement.
- A study² concluded that 92% of students who had been in outdoor learning programs academically outperformed their peers in most subjects.



¹ Active Education: Physical Education, Physical Activity and Academic Performance, Summer 2009

² Closing the Achievement Gap, Lieberman and Hoody (1998)

Trails and Schools

- Developing trails in village centers and near schools provides easy access to outdoor learning and physical activity.



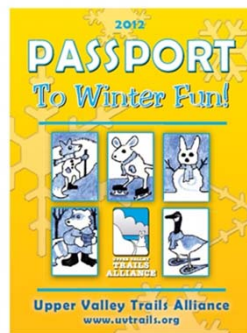
Active Living by Design

- Selected as an ALbD community in 2002.
- Created the Trails for Life Partnership
- One of very few ALbD communities in a rural setting.



Active Living by Design

- Trails organization becomes a health org?
- Limited capacity to truly implement change.
- Kept and refined most successful programs.



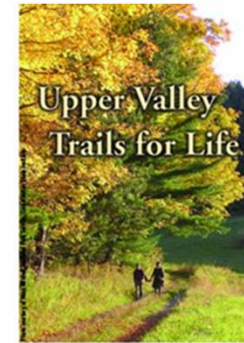
Organizational Transformation

- Renewed focus on trails and infrastructure
 - Expanded definition of a trail
 - Held bi-annual community forums of trails
 - Healthy Communities became a goal

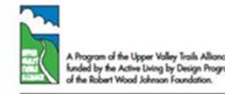


Prescription Walking

- Part of “Trails for Life”- ALbD Program
- **Goal:** Improve health and quality of life for residents through regular physical activity- especially on local trails
- **Method:** Posters and Brochures in waiting and exam rooms, including prescription section. Detailed Interviews between patient and physician. Medical school student coaches available
- **Benefits:** Lower rates of heart disease, hypertension, colon cancer, dementia. Reduces stress- Increases mood and energy



Trails and Health,
a Natural Connection





Upper Valley Loop Trail



- Part of founding vision of UVTA in 1999
- **Goal:** Create primary bike route that circumnavigates 4 major UV communities
- **Phase 1:** UVTA worked with steering committee for 2 years to design trail location and signage

Wolves on the Prowl

- Afterschool program in Quechee Vermont
- **Goal:** Get kids outside-hiking, exploring woods, **HAVING FUN!**
- Trail building helps develop teamwork, helps kids explore nature right outside their school door



Upper Valley HEAL Partnership



Eat Smart
Get Out
Be Active



Upper Valley Healthy Eating Active Living Partnership

- Upper Valley **H**ealthy **E**ating **A**ctive **L**iving partnership hosted and supported by the Children's Hospital at Dartmouth-Hitchcock
- Promotes 4-season physical activity and good nutrition.



StoryWalk®



PBIC Livable Communities Webinar Series



American
Public Health
Association



Pedestrian and Bicycle Information Center

Passport to Winter Fun

- Unique program encouraging children to be physically active in the outdoors.
- Last year, the program served 4000 kids in 29 area schools.
- Implementation

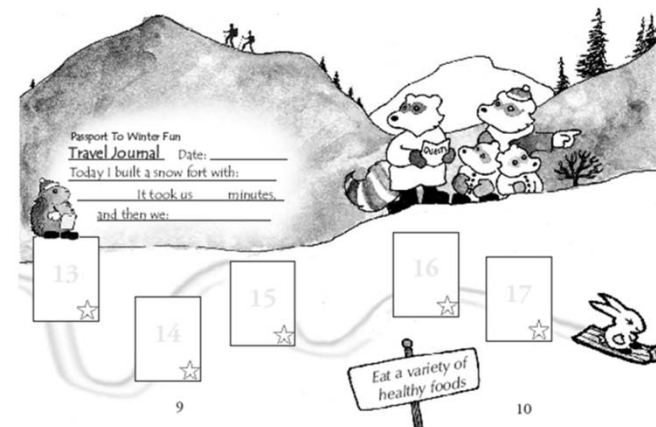




Passport to Winter Fun





- Modeled after a traveler's passport, but centered on a 30-day pathway through a winter landscape.
- For each day a child is physically active for 60 minutes or more, s/he fills in one block along the path.





Passport to Winter Fun



 **Passport To Winter Fun
2012 Prize Sheet** 

Choose a **different** prize as you reach 10, 20, and 30 steps in your Passport. To claim your prize, take your Passport to one of the following businesses and a representative will stamp it for you.

Prizes must be redeemed by March 31, 2012.

CCBA: FREE Youth Pass (12 & under) Pool, game room, and basketball. Bring a towel. Check Pool schedule. 603-448-6477 www.joinccba.org Lebanon, NH

Colby-Sawyer Hogan Sport Center: FREE Day Pass for 1 youth and 1 adult valid for pool, basketball, and climbing wall. Children under 12 must be accompanied by adult. 603-526-3600 www.colby-sawyer.edu/campus-life/hogan/ New London, NH

Dartmouth Cross Country Ski Center: 4 hrs cross country skiing for family up to 5 people OR free skate rental for family up to 5 people. 603-643-6534 www.dartmouth.edu/~doc/dxc/ Hanover, NH

Dartmouth Skiway: Bring a Grown Up Skiing! Buy a kids ticket, adult ticket is free. (Cannot be redeemed Feb 18-26) (603-795-2143) www.dartmouth.edu/~skiway

Dexter's Inn Trails by Norsk: FREE youth day pass to cross country skiing or snowshoeing trails. Includes a FREE hot chocolate. 603-763-5571 www.dextersnh.com/x-c-ski.html Sunapee, NH

Eastman Cross Country Ski Center: FREE youth day pass with rentals included. 603-863-4500 www.eastmannh.org/ski/index.html Grantham, NH

Hartford Municipal Arena: Get a FREE public skate pass for 2 to the Hartford Municipal Arena. 802-295-2863 or 802-295-5036 www.hartford-vt.org/content/publicparks White River Junction, VT

Strafford Nordic Center: Get a FREE Youth Day Pass WITH RENTALS 802.765.4309. www.straffordnordicskiing.com

Suicide Six Ski Area: 2 for 1. Buy 1 lift ticket at full price and receive the 2nd ticket FREE. Blackout dates are Feb 18 through and including Feb 26.

- Upon reaching 10, 20, and 30 days of activity, children can redeem incentive rewards courtesy of local businesses.



Passport to Winter Fun



- The incentive rewards aim to enhance the children's healthful activity
- When children reach 30 days of activity they receive a prize and are entered in a Grand Prize Raffle.





Passport to Winter Fun

Fabulous Family Star

★ ★ ★ Raffle! ★ ★ ★

*Reach Day 30 and fill in at least
20 Family Stars and you could win...*



**A THREE MONTH FAMILY MEMBERSHIP
To the UPPER VALLEY AQUATIC CENTER!**



Passport to Winter Fun



- Pre- and Post Intervention Data collection

Passport Front Flap

Please fill out this form and turn it in before
beginning your Passport.

Your Name: _____

Age: _____ Male Female

Today's Date: _____

Your School: _____

Your Teacher: _____

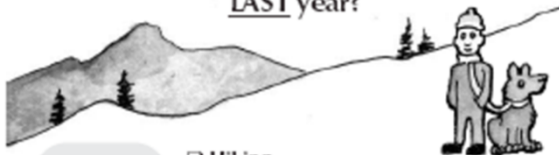





In the last 7 days, how many days were you physically active for at least one total hour?
 0 1 2 3 4 5 6 7

Did you do *any* of the activity with your family?
 Yes No

Please complete both sides of this form and place
in your school's drop box or mail it to:
Upper Valley Trails Alliance, Passport to Winter Fun
PO Box 1215, Norwich, VT 05055



OVER →

Which winter activities did you do
LAST year?

- Hiking
- Walking
- Snowshoeing
- Cross-country skiing
- Downhill skiing
- Snowboarding
- Ice skating or hockey
- Sledding or tubing
- Building a snow structure
- Geocaching
- Valley Quests
- Walking to or from school
- Indoor sport: _____

Check off
each activity
you did
LAST year!

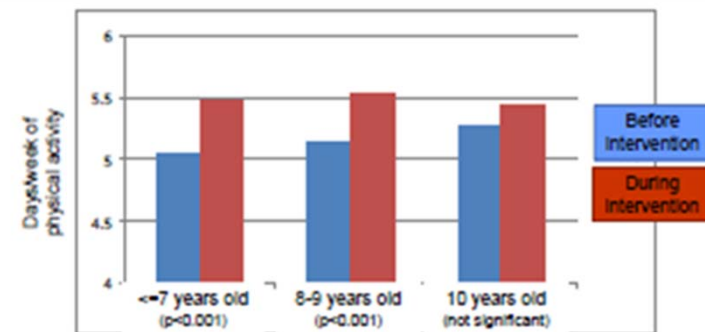





Passport to Winter Fun



- In 2011, data from all 28 participating Upper Valley schools showed that **79%** of the students who completed the program said they were more active after the program than before.
- Additionally, **95%** of the students who completed the program said at least half of their activity was outside.
- Students also increased their activity levels by **44 minutes** a week.





Passport to Winter Fun



- Goals: Increase Participation and Completion levels
- Change participant behaviors and create lifelong healthy habits



What does this all mean?



- Healthier communities and populations
- Greater community investment in trails and active transportation





Celebrating Nine Years!





Led by a Team of OBGYN Doctors

Walk with the Doc is a wellness program in which Corvallis Clinic OBGYN physicians lead a weekly walk for participants through the 2.6 mile Bald Hill Path in Corvallis, Oregon.





Oregon Outdoors, June through August

*45-minute walk passes Oak Creek as
seen from the walking trail*



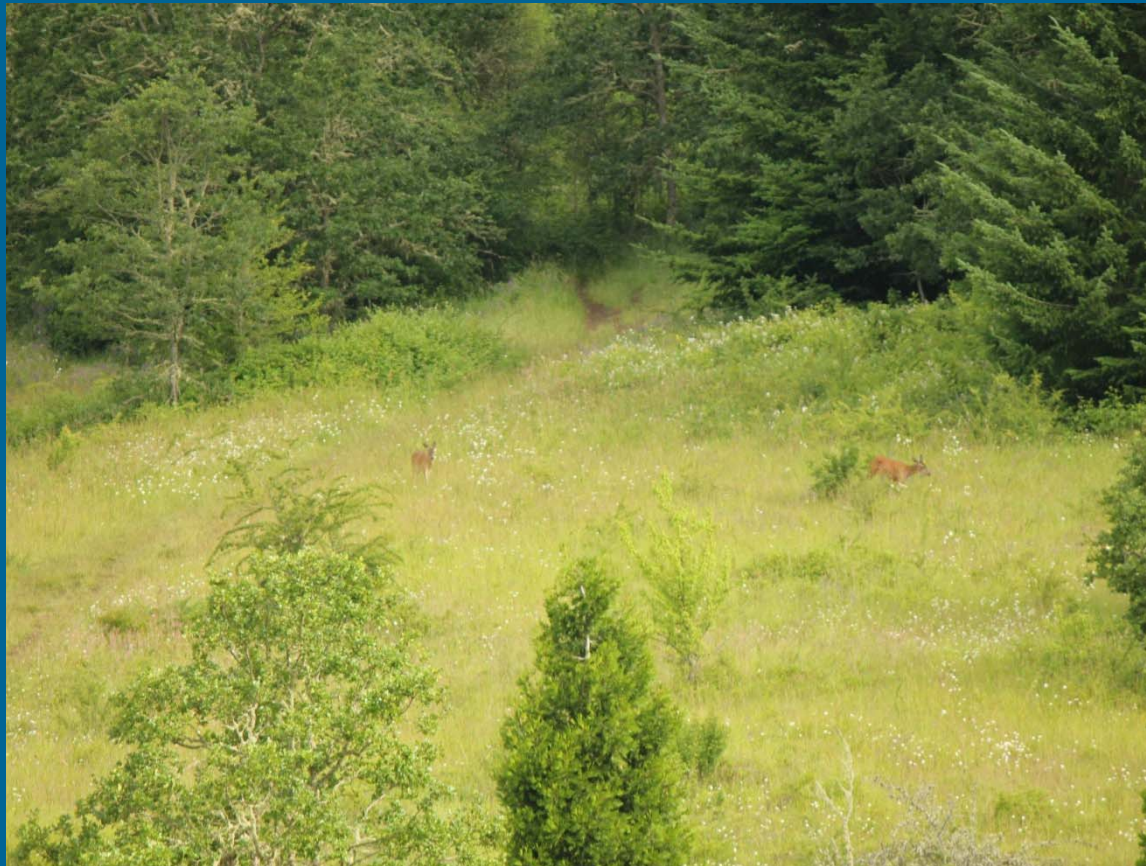
Physicians Model Wellness Behavior

While most walkers are women, children, pets and spouses are encouraged to participate.



Physicians Offer Advice

Physicians also use the opportunity to offer advice on good health for women.



Participants Enjoy the Outdoors

Participants see all kinds of critters, including coyotes, bobcats and deer. In the early summer, walkers can snack on the cherries along the path, and in August, the blackberries are ripe.



Walk began in 2003

Program started as a way to encourage pregnant patients and women who had just delivered to get exercise.



We've had a few cross-promotions with Benton County Health Dept. to promote the walk in the community through their August in Motion program. Project H.E.R. volunteers & recipients have also been regular attendees.



The doctor's office is outdoors on Wednesday mornings.

Hit the trail with our women's health specialists at The Corvallis Clinic's annual Walk with the Doc series.

What: Walk with the Doc

When: 7:30 - 8:30 a.m.
Every Wednesday through August 29

Where: Meet at the Oak Creek Drive entrance to Bald Hill Path, Corvallis

Cost: Free

Info: www.corvallisclinic.com
541-758-2747

Each time you participate you are entered to win a pair of walking shoes. So sign up soon. Who would have thought that visiting the doctor could be so much fun?

Walkers agree to participate at their own risk and hold The Corvallis Clinic harmless for any incident arising out of their participation. Please consult your physician if you feel you may have a medical condition that places you at risk for participating.

OB/GYN 541-754-1267

Find-a-Physician 541-757-3757



Small Groups, Repeat Participants

Once school is out, we typically have between 8-12 participants each week and several of the women have been walking since the program began.





Grande Finale

Each year we conclude with a finale, where all the providers come and that walk draws as many as 30 people. At the finale, we draw for a gift certificate for \$100 at a local sporting goods store.

Thank You!

⇒ **Archive at** <http://www.walkinginfo.org/webinars>

- Downloadable and streaming recording, transcript, presentation slides

⇒ **Questions?**

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Pedestrian and Bicycle Information Center