

# THE GOALS OF MONTANA TRAILS

Become a model walk prescription program that can be used by clinics throughout Montana

# Rx

Help patients recognize walking as an ideal component to improve health

Increase walking as a form of physical activity among residents throughout Montana.



## SEVEN BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Weight control
- Combat health conditions & diseases
- Improve mood
- Boost energy
- Promote better sleep
- Reduce arthritic conditions
- Enhance mental health

Source: Mayo Clinic

## THE CONNECTION BETWEEN INACTIVITY AND ILLNESS IS IRREFUTABLE.

“Chronic disease also has broader economic impact. Poor health and chronic disease reduce economic productivity by contributing to increased absenteeism, poor performance, and other losses. A Milken Institute analysis determined that treatment of the seven most common chronic diseases, coupled with productivity losses, cost the U.S. economy more than **\$1 TRILLION DOLLARS** annually. The same analysis estimates that modest reductions in unhealthy behaviors could prevent or delay **40 MILLION** cases of chronic illness per year.”

Source: Partnership to Fight Chronic Disease.com

## A COLLABORATIVE PROJECT

Contact us for more information



Founded in 2012, the mission of Bike Walk Montana is to make biking and walking safe and accessible for all.

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To join or learn more, go to [www.bikewalkmontana.org](http://www.bikewalkmontana.org)



## RECREATIONAL TRAILS PROGRAM

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# MONTANA TRAILS

NATURE'S PRESCRIPTION

# Rx



## WALK THE PATHWAY TO HEALTH



A program brought to you by:  
Bike Walk Montana and  
Recreational Trails Program



## **STARTING TO EXERCISE CERTAINLY ISN'T EASY AND CAN BE QUITE FRUSTRATING.**

It's easy to put off until another day.

By involving Medical Providers, individuals can learn specific steps to become healthier and fight the health risks associated with inactivity.

They can receive a written plan to lead them down a healthier pathway

With the designation of specific trails, individuals can learn where to walk and easily track how much they are doing.

## **MAKING MONTANA HEALTHIER, ONE STEP AT A TIME...**



# **WHY TRAILS Rx**

61% of Montanans are overweight or obese and this epidemic continues to grow.

Obesity leads to chronic conditions such as pulmonary disease, heart disease, diabetes, and cancer.

In Montana, these four diseases contribute to the death of approximately 57% of the population.

A lack of physical activity is one of the three primary behaviors leading to these diseases.

Reversing these trends calls for effective measures that encourage the integration of physical activity into people's daily lives.

Walking has become recognized as a simple, effective and successful method to achieve the daily physical activity requirements.

Engaging residents in increased physical activity utilizing local trails will become a life-long activity and it is FREE!

# **HOW THE PROGRAM WORKS**

- We work with a community to identify trails, and create maps and walking guides for individuals to use
- We assist with signage for the trails
- We assist the community in 'selling' the program to medical providers
- Medical Providers issue prescriptions using the Trails Rx Prescription Pad.
- The Medical Provider enters the prescription into medical records to be followed up on at next appointment.
- Individual follows the prescription, documenting exercise on the Walking Log

## **TYPES OF ENGAGEMENT**

**INDIVIDUALLY** Walk prescription with route maps facilitated by medical providers

**NEIGHBORHOOD WALKING GROUPS** coordinated by Care Coordinators, and/or other volunteers

**WALK BUDDY SYSTEM** coordinated and advertised by the Clinic's Care Coordinator, Trail Organizations, Parks and Rec. staff and other volunteers