



CRAWFORD HEALTH IMPROVEMENT COMMITTEE

Connecting with Community
Partners

WHO WE ARE

Our Mission:

To Promote healthy lifestyles for residents of all ages and abilities, through increased awareness and access to physical activity and healthy eating opportunities in Crawford County.

Our Members:

DHD#10

MSUE

Crawford COA

Grayling Hospital

Crawford Ausable Schools

Hansen Hills

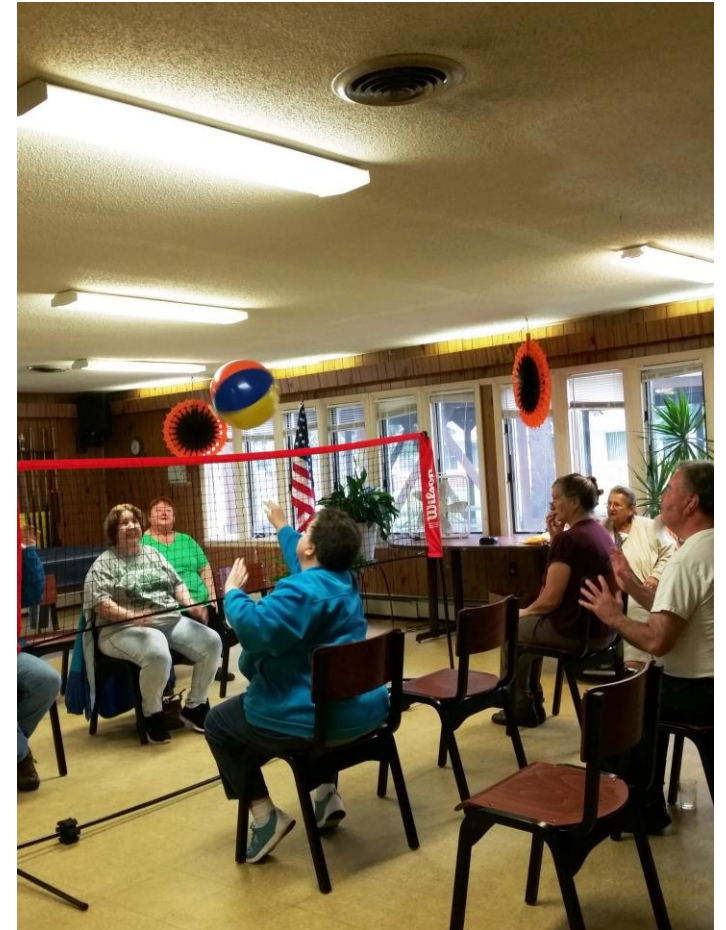
DHHS

PSE AT THE SENIOR CENTER

Cardio Drumming

Pickleball

Chair Volleyball



PSE AT THE SCHOOLS

Gaga Ball

PE Equipment

After Hours walking



**Looking for a way
to stay active this winter?**

FREE indoor walking

Grayling Elementary School

306 Plum Street

Monday - Friday, 4:00-5:30pm

Please wear clean, dry shoes.

Learn more about the importance of physical activity by visiting the Surgeon General's Call to Action to Promote Walking & Walkable Communities

<http://www.surgeongeneral.gov/library/calls/>

STEP IT UP!

Surgeon General's Call to Action to
Promote Walking and Walkable Communities

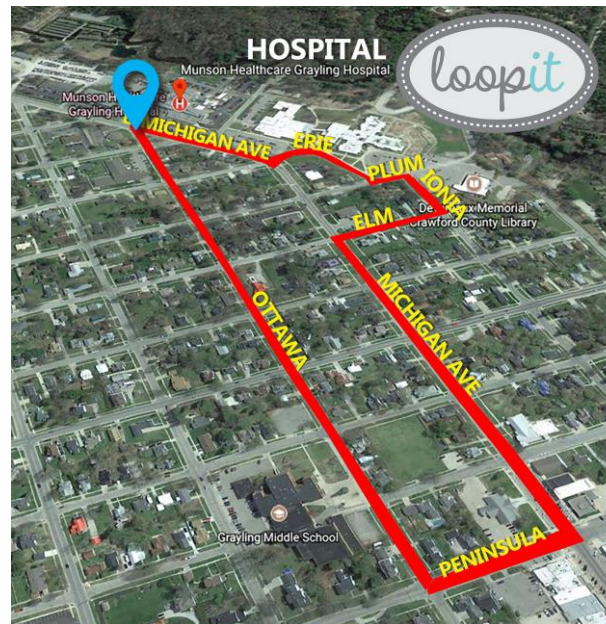


PSE IN THE COMMUNITY

1 Mile Walking Loops

Community Walking Challenge

Healthy messages



GET UP AND LOOP IT!



loop#1
Senior Center Loop



loop#2
Hanson Hills Loop



loop#3
Bike Path Loop



loop#4
Hospital Loop



Hey Grayling,
It's time to



Haven't moved in a while?
Hop on a designated
walking path and loop it!

This walking program is provided by the following organizations:



District Health Department #10
Healthy People. Healthy Communities.



MUNSON HEALTHCARE
Grayling Hospital




MICHIGAN STATE UNIVERSITY
EXTENSION



The City of GRAYLING
MICHIGAN





Map Kiosk Locations

Senior Center - 1.05 mile walking loop


Hanson Hills - .96 mile walking loop

Bike Path - 1 mile walking loop

Hospital - 1.23 mile walking loop

Benefits of Walking

- **Walking improves circulation.** It also wards off heart disease, brings up the heart rate, lowers blood pressure, and strengthens the heart.
- **Walking shores up your bones.** It can stop loss of bone mass for those with osteoporosis.
- **Walking leads to a longer life.** Research says those who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than non-walkers.
- **Walking lightens the mood.** Walking releases natural painkilling endorphins to the body - on of the emotional benefits of exercise.
- **Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.
- **Walking strengthens the muscles.** It tones your legs and abdominal muscles - and even your arm muscles if you pump them as you walk.
- **Walking improves sleep.** Research shows that women ages 50 to 75 who took one-hour morning walks were more likely to relieve insomnia than women who didn't walk.
- **Walking lowers Alzheimer's risk.** Research shows that men between ages 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walk less.
- **Walking helps you do more longer.** Aerobic walking and resistance exercise programs may reduce incidence of disability in people older than 65.



ONGOING COLLABORATION

Present:

- Promotion of Diabetes Prevention Program – 3 successful classes
- Promotion of PATH, Dining with Diabetes and other MSUE classes
- Promotion of Prescription for Health program – 59 participants

Future:

- Northern Market – how can we connect?
- Huron Pines – community garden
- Smoke Free Parks – working with the city





THANK YOU!

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