



## Health Information and Signage

Dear Communities,

Here is health information and signage messaging ideas to include around your community, on trail maps, brochures, and any educational materials.

### Walking Path Signage Examples

- Key guideline to physical activity: MOVE MORE and SIT LESS
- Benefits of Physical Activity: Lower risk of cardiovascular disease and stroke.
- Benefits of Physical Activity: Lower risk of type 2 diabetes.
- Benefits of Physical Activity: Lower risk of cancer of the bladder, breast, colon, endometrium, esophagus, kidney, lung, stomach.
- Benefits of Physical Activity: Lower risk of dementia and Alzheimer's disease.
- Benefits of Physical Activity: It's recommended for everyone to do at least 2 days per week of muscle strengthening activities.
- The only bad workout is the one that didn't happen. –Anonymous
- Great things begin with a few small steps. –Unknown
- Your body is built for walking. -Gary Yanker

### Pedestrian Safety Considerations

- Walk with a buddy - it not only makes the walk more enjoyable, but there is also safety in numbers.
- Always tell someone where you are going and what time you expect to return from walking.
- Wear bright colors or reflective clothing while walking to make it easier for cars to spot you.
- Carry water and a cell phone with you while you walk.
- Be aware of your surroundings: uneven surfaces, wildlife, etc.
- Be mindful wearing earbuds so you can hear noises of traffic, dogs barking, and bike traffic.

- Always walk facing oncoming traffic if you are walking by a roadway.
- When crossing the street, keep looking for vehicles as you cross.
- Change up your walking route.
- During the summer months, walk early in the morning or in the evening to avoid the extreme mid-day heat.

### Walking Tips

- Invest in good walking shoes. Quality walking shoes will help protect your feet and joints.
- Set realistic goals for yourself. By simply getting up and going out to walk - even for a few minutes, you have begun to improve your health.

### Walking With Your Pet

Our pets also need daily physical activity to stay healthy, and should be active at least 20 minutes three times a day to reduce the risk of being overweight, which can contribute to heart disease, diabetes, cancer and joint ailments. They can make the best walking buddies because they never turn you down, no matter the weather or time of day. If you would like to add a pet companion to your life, please consider adopting from one of our local area shelters. Here are some simple tips to walk your dog safely:

- Adjust your dog's collar to where they can't slip their head through. Slip two fingers to assure it's not too tight.
- Put your hand through the leash loop and wrap it around your hand for a better grip. Use a harness if your dog likes to pull.
- A harnesses for your dog is the safest option- it allows for better control, discourages pulling, and prevents strain on the dog's neck.
- Make sure to bring water along for your dog.
- Shorter and more frequent walks are better for older dogs and those with health issues such as arthritis.
- Be a responsible walker! Pick up waste produced by your dog and disposed of it properly.
- Leave your dog on leash when walking out in public. Dogs can be off leash and have the opportunity to socialize at the Bark Park.

## Move More, Sit Less!

Adults should get at least 150 minutes per week of moderate intensity aerobic activity, and 2 days per week of muscle-strengthening activities. Children should have 1 hour each day of moderate to vigorous physical activity each day.

Tip: Breaking exercise into small portions, like 10-15 minutes at a time makes it easy and fun!

### Benefits of Physical Activity:

- Lower risk of cardiovascular disease and stroke
- Lower risk of type 2 diabetes
- Lower risk of cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Lower risk of dementia and Alzheimer's disease
- Lower risk of falls
- Improves cognition
- Improves sleep
- Improves quality of life
- Improves bone health
- Reduces depression and anxiety
- Weight loss

For more information, visit: <http://health.gov/our-work/physical-activity>  
[health.gov/moveyourway](http://health.gov/moveyourway)

## Nutrition Resources

Nutrition and physical activity go hand in hand to create a healthy lifestyle. Listed below are resources that you may find useful:

### Nutrition Choose My Plate

- [choosemyplate.gov](http://choosemyplate.gov)

### American Dietetic Association

- [eatright.org](http://eatright.org)

### Nutrition.gov

- [nutrition.gov](http://nutrition.gov)

### New Mexico State University

- [aces.nmsu.edu/pubs/\\_e/](http://aces.nmsu.edu/pubs/_e/)

