

- Remember to dress in comfortable, moveable clothing when exercising.
- Wear comfortable shoes with good arch support to prevent injury when exercising.
- Dress for the weather to prevent overheating or pulling a muscle when it's cold outside.
- Warm up with dynamic stretching before intense physical exercise to prevent injury.
- Wear sunscreen, sunglasses, and maybe a hat if it's sunny outside.
- Carry a water bottle when you are exercising for more than half an hour.
- Get outside and have fun!

### Dressing for Exercise

- The American Heart Association recommends the average adult gets a weekly average of 2 1/2 hours - just 21 minutes a day - of moderate-intense aerobic activity OR 1 hour and 15 minutes of vigorous intensity aerobic activity AND two or more days a week of muscle strengthening activities working each of the main muscle groups.
- Exercising helps oxygen reach the brain and increases certain neurotransmitters, leading to greater concentration and improved memory.
- Staying physically active reduces stress level, and allows you to get better sleep at night.
- Getting adequate exercise can help keep you healthy and out of your health care provider's office. This can save you time and money!
- Regular exercise can help improve health by:
  - Controlling weight
  - Reducing risk of heart disease
  - Reducing risk of or controlling Type II Diabetes
  - Reducing risk of some cancers
  - Improving muscle and bone strength
  - Improving mood and mental health

### Exercising for Health

- Fruits** Eat 2 cups of fruit per day
- Vegetables** Eat 2 1/2 cups of veggies per day
- Protein** Eat 5 1/2 oz of protein per day
- Grains** Eat 6 oz of grains per day
- Dairy** Get 3 cups of dairy per day
- Oils** Get 5 teaspoons of oils per day



Exercise helps oxygen reach the brain to increase concentration and memory.

- For maximum energy, about half an hour before exercise eat a high carbohydrate snack, such as a banana with peanut butter.
- Eating protein before and after exercise helps the muscles recover.
- Avoid overeating after exercise. A 150 pound adult burns about 225 calories walking for an hour at the speed of a 20 minute mile - about the number of calories in a large banana with peanut butter.
- When exercising, you can lose up to 1/4 gallon (or 32 ounces) of fluid per hour through sweating and breathing.
- To prevent dehydration and muscle cramping, drink water throughout the day and aim to get about 2 cups of water within 4 hours of exercise.
- When exercising, the body requires adequate sodium. The American Heart Association (AHA) recommends getting no more than 2300 grams of sodium per day to maintain a healthy heart.

### Eating for Exercise

### Discover

Discover more about healthy living and engaging in the City of Hamilton:

- MSU Extension - Ravalli County** [msuextension.org/ravalli](http://msuextension.org/ravalli)
- Bike Walk Bitterroot** [bikewalkbitterroot.org](http://bikewalkbitterroot.org)
- Bitterroot Events** [bitterrootevents.net](http://bitterrootevents.net)
- Bitterroot Public Library** [bitterrootpubliclibrary.org](http://bitterrootpubliclibrary.org)
- Bitterroot National Forest** <http://www.fs.usda.gov/bitterroot/>
- Bitterroot Trail** [bitterroottrail.com](http://bitterroottrail.com)
- Bitterroot Valley Chamber of Commerce** [bitterrootchamber.com](http://bitterrootchamber.com)
- City of Hamilton** [cityofhamilton.net](http://cityofhamilton.net)
- Champion Trees National Register** [americanforests.org](http://americanforests.org)
- Hamilton Downtown Association** [hamiltondowntownassociation.org](http://hamiltondowntownassociation.org)
- Hamilton Farmers Market** [hamiltonfarmersmarket.org](http://hamiltonfarmersmarket.org)
- Marcus Daly Memorial Hospital** [mdmh.org](http://mdmh.org)
- National Register of Historical Places** [npgallery.nps.gov/nrhp](http://npgallery.nps.gov/nrhp)
- Ravalli County Museum & Historical Society** [ravallimuseum.org](http://ravallimuseum.org)
- Ravalli County Government** [ravalli.us](http://ravalli.us)
- Visit the Bitterroot Valley** [visitbitterrootvalley.com](http://visitbitterrootvalley.com)

#### FOR MORE INFORMATION

- BUPA Health Content Team. (2015). *Food for Exercise*. <http://www.bupa.co.uk/health-information/directory/ff/food-for-exercise>
- Centers for Disease Control and Prevention. (2015). *Physical Activity and Health: The Benefits of Physical Activity*. <https://www.cdc.gov/physicalactivity/basics/pa-health/>
- The American Heart Association. (2014). *American Heart Association Recommendations for Physical Activity in Adults*. [http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults\\_UCM\\_307976\\_Article.jsp#.WCdtqPkrLIX](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp#.WCdtqPkrLIX)
- United States Department of Agriculture. (2016). *What is MyPlate*. <https://www.choosemyplate.gov/MyPlate>
- U.S. Department of Health, Human Services and U.S. Department of Agriculture. (2015). *2015-2020 Dietary Guidelines for Americans*. 8th Edition. <http://health.gov/dietaryguidelines/2015/guidelines/>

**AUTHORS** Katelyn Andersen, Sarah Gray, Lindsey Manning

**CONTRIBUTORS** Montana State University Extension, Dale Mayer

**LAYOUT** MSU Extension Communications, Alexa D'Atri

**REVIEWERS** Dale Mayer

Developed in partnership with funding from Ravalli County Heman Grant

# Hamilton Walking Map



People who live in walkable communities are 2x more likely to get enough exercise than those who don't.

This map is designed to encourage visitors and residents to explore the city of Hamilton. The routes selected are based on points of interest, public parks and accessibility. Each route time is an estimate based on the average walking speed of 3.1 miles per hour.

**Take a walk around Hamilton.**

Routes:

<b>Hieronymus</b> 3.3 miles, 65 min	<b>Bitterroot</b> 4.9 miles, 95 min
<b>Stonegate</b> 1.6 miles, 35 min	<b>Daly</b> 3.4 miles, 75 min
<b>Bronc</b> 1.6 miles, 35 min	<b>Osprey</b> 2.2 miles, 45 min
<b>River</b> 3 miles, 60 min	--- walking path

1.75 inches = 0.25 miles



Hieronymus Park

Hamilton Dog Park

Fairgrounds

Hamilton High School

Bitterroot Aquatic Center

Marcus Daly Memorial Hospital

Hamilton Downtown

Vester Wilson Athletic Ctr.

American Legion Park

Claudia Driscoll Park

Bitterroot Public Library

River/Kiwanis Parks

Rocky Mountain Laboratories

Daly Elementary School

Steve Powell Park river access

connection to Bitterroot Trail