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

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

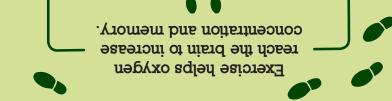
MSU Extension - Ravalli County msuextension.org/ravalli

Walking Map Hold your head high Move your shoulders naturally

# Hamilton Walking Map

#### Eating for Exercise

- 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 ¼ 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.



Get 5 teaspoons of oils per day

Get 3 cups of dairy per day

Eat 6 oz of grains per day

Eat 2 cups of fruit per day

Eat 5% oz of protein per day

Eat 2½ cups of veggies per day

**s**liO

Dairy

**B**nibrð

Protein

stinrA

Vegetables



## Txercising for Health

- The American Heart Association recommends the average adult gets a weekly average of 2½ hours - just 21 minutes a day - of moderateintense 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
- hiproving mood and mental health

### Dressing for Exercise

- Remember to dress in comfortable, moveable clothing when exercising.
- Mear 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.
- Inut even bne ebistuo teb •

#### FOR MORE INFORMATION

Discover

- BUPA Health Content Team. (2015). Food for Exercise. http://www.bupa.co.uk/health-information/directory/f/ 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
- 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



© 2016 The U.S. Department of Agriculture (USDA), Montana State University and Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59712.

Swing your arms freely

> Walk smoothly, rolling foot from heel to toe

stomach muscles

Gently tighten

Keep your back straight

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.

