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

- MSU Extension – Ravalli County: msuextension.org/ravalli
- Bike Walk Bitterroot: bikewalkbitterroot.org
- Bitterroot Events: bitterrootevents.net
- Bitterroot Public Library: bitterrootpubliclibrary.org
- 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

Exercising for Health

- Controlling weight
- Reducing risk of heart disease
- Reducing risk of or controlling Type II Diabetes
- Improving muscle and bone strength
- Improving mood and mental health
- Maintaining a healthy heart.

Fruits
- Eat 2 cups of fruit per day

Vegetables
- Eat 2½ cups of veggies per day

Protein
- Eat 5½ 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

- Eat a variety of foods and beverages that are low in sodium and saturated fat.
- 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.
- 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.
- Exercise helps oxygen reach the brain and increase certain neurotransmitters, leading to greater concentration and improved memory.
- Exercise helps prevent the risk of a first or repeat stroke, type 2 diabetes, and depression.
- Exercise helps lower blood pressure and cholesterol levels.
- Exercise helps reduce the risk of breast, colon, and prostate cancers.
- Exercise helps prevent, delay, or reverse some age-related vision loss.
- For maximum energy, focus both on how you exercise and eat right.

Congratulations and enjoy your healthy years!

The American Heart Association recommends the average adult gets a weekly average of 2½ hours – just 21 minutes a day – of moderate-intense aerobic activity activities working each of the main muscle groups.

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Take a walk around Hamilton.

Routes:
- Hieronymus: 3.3 miles, 65 min
- Bitterroot: 4.9 miles, 95 min
- Stonegate: 1.6 miles, 35 min
- Daly: 3.4 miles, 75 min
- Bronc: 1.6 miles, 35 min
- Osprey: 2.2 miles, 45 min
- River: 3 miles, 60 min

1.75 inches = 0.25 miles

Routes:
- Fairgrounds
- Hamilton Dog Park
- Ibid
- Nichol Ln
- Montana Ave
- Bailey Ave
- Rocky Mountain Laboratories
- State St
- Main St
- River St
- Pine St
- Franklin Ave
- N 1
- S 1
- N 2
- S 2
- N 3
- S 3
- N 4
- S 4
- N 5
- S 5
- N 6
- S 6
- N 7
- S 7
- N 8
- S 8
- N 9
- S 9
- N 10
- S 10

Steve Powell Park river access

Routes:
- Take a walk around Hamilton.
- Hamilton Downtown
- American Legion Park
- Montana Ave
- Bailey Ave
- River/Kiwanis Parks
- Fairgrounds
- Hamilton Dog Park
- Ibid
- Nichol Ln
- Montana Ave
- Bailey Ave
- Rocky Mountain Laboratories
- State St
- Main St
- River St
- Pine St
- Franklin Ave
- N 1
- S 1
- N 2
- S 2
- N 3
- S 3
- N 4
- S 4
- N 5
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- N 7
- S 7
- N 8
- S 8
- N 9
- S 9
- N 10
- S 10

Steve Powell Park river access