

Harlem Valley Walks

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Harlem Valley Walks is a collaboration of the UAlbany Prevention Research Center, Parks and Trails New York and a local steering committee, working to help people in your community improve their health and well being by incorporating a regular walking program into their daily lives.

Research has shown that people who exercise regularly have better health than physically inactive people. Despite this, physical inactivity remains a major problem for New Yorkers. Activity levels are particularly low in rural communities like yours that may lack access to safe indoor places to walk during cold, winter months. **Harlem Valley Walks** provides you with the tools and information you need to make a regular walking program a part of your life throughout the year.

Program Goal

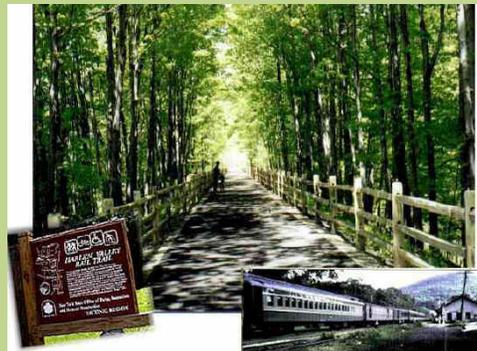
The U.S. Surgeon General recommends that everyone engage in 30 minutes of physical activity on most days. The goal of **Harlem Valley Walks** is to help you work toward achieving that recommended level to promote health.

It's never too late to start!

Program Information



With the **Harlem Valley Walks** program you will be able to walk indoors at the Webutuck High School after school hours from 4pm to 8pm Monday thru Friday during the cold weather (October 15th-April 15th), whenever school is in session.



The Harlem Valley Rail Trail. www.hvrt.org

Once the weather gets warmer, the program takes you outside to take advantage of the beautiful Harlem Valley Rail Trail and other nearby sites for walking. Activities will be planned along the rail trail to help you enjoy this program of regular physical activity. You will also receive newsletters and e-mails about upcoming events

About the program

The **Harlem Valley Walks** program offers these opportunities and tools to help meet this goal:

- ! Use of school hallways to walk during cold weather
- ! Organized walks on the trail and around town
- ! A guidebook to help you start and maintain a walking program
- ! A pedometer and logbook to help you track your progress
- ! Activities, educational materials, and incentives to help you meet your goals

Why Walk?

No matter how old you are, you can improve your health and well-being by walking on a regular basis.

In just a few short weeks, regular walking can:

- Give you more energy
- Lift your spirits
- Help you sleep better
- Relieve stress

Over the long-term regular walking can:

- Make you feel good about yourself
- Help control your weight, when combined with eating a balanced diet
- Strengthen your heart, bones and muscles
- Help your lungs work better
- Help control or prevent chronic illnesses such as diabetes, arthritis, and heart disease

How to register:

To register, please join us on Tuesday, October 14th 2008 at 6pm at the Webutuck Jr/Sr High School to kick-off the new indoor walking season **and to learn about proper footwear** for walking. For more information, please contact the program coordinator at (518) 408-2339.

Program Evaluation

Participants aged 30 and will be eligible to participate in a research study to evaluate the effectiveness of the program.

Participation in the research involves two key elements:

1. Monitoring your walking activity using a pedometer and logbook
2. Responding to self-administered questionnaire or telephone survey every 6 months.

Participation in the research portion of the program is completely voluntary. As a resident of the area you may join the Harlem Valley Walks program and use the schools and trails regardless of whether you choose to participate in the research or not.

For more information:

Please contact the program coordinator, Anna Zendell, MSW
Phone: (518) 408-2339
E-mail: AZendell@ualbany.edu
Address: Prevention Research Center, University at Albany
1 University Place Rm 116
Rensselaer, NY 12144

Or contact the Town of Amenia at (845) 373-8118.

About Harlem Valley Walks and the Prevention Research Center

The Prevention Research Center (PRC) at the University at Albany School of Public Health is funded through a grant from the U.S. Centers for Disease Control and Prevention. The Prevention Research Centers are a network of academic health centers, partner communities and public health practitioners that conduct community based participatory research to prevent disease and disability. PRCs help communities create and implement programs that encourage healthy living.

The mission of the UAlbany PRC is to work with communities to prevent chronic disease such as diabetes and heart disease. As part of these efforts, the UAlbany PRC has partnered with Parks and Trails New York, a not-for-profit organization that helps communities develop and promote multi-use recreational trails and greenways, and the **Harlem Valley Walks** Steering Committee to increase access and support for walking in rural communities. The **Harlem Valley Walks** program is supported by the Joint Recreation Committee of Amenia, Millerton and North East.

Core membership, Harlem Valley Walks Steering Committee

Cornell Cooperative Extension, Dutchess Cty
Good Neighbors, Sharon Hospital
Harlem Valley Rail Trail
Hudson River Health Care
North East Community Center
Office of Aging, Dutchess County
Department of Public Health, Dutchess Cty
Town of Amenia
Town of North East
Village of Millerton
Webutuck Central School District

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Harlem Valley Walks



Join the **Harlem Valley Walks program** today! Start walking more & feeling better!



Harlem Valley Walks is a program to help residents of the Harlem Valley start and maintain a regular program of walking. Are you thinking about getting more physically active? Find out how this program may help you reach your physical activity goals.