

Scottville Walks

Creating Active Communities

Presented By: Gena Nelson and Erin Barrett, CHES, TTS

Overview

- Funding
- Background Information
- Our Team
- Nuts and Bolts
- Challenges and Barriers
- Sustaining Success
- Questions



Michigan Health Endowment Fund

The Michigan Health Endowment Fund works to improve the health and wellness of Michigan residents and reduce the cost of healthcare, with a special focus on children and seniors.

MICHIGAN HEALTH
ENDOWMENT FUND

Background Information

- Age Well: Eat Healthy, Be Active
 - Innovative model
 - Healthy aging for 60 and up population
- Program Breakdown
 - Learning Kitchen [Increase fruit and vegetable intake]
 - Walk with Ease [Increase physical activity minutes]
 - Walking Audits [Identify barriers to pedestrian safety]
 - Walking Loops [Create walkable communities]

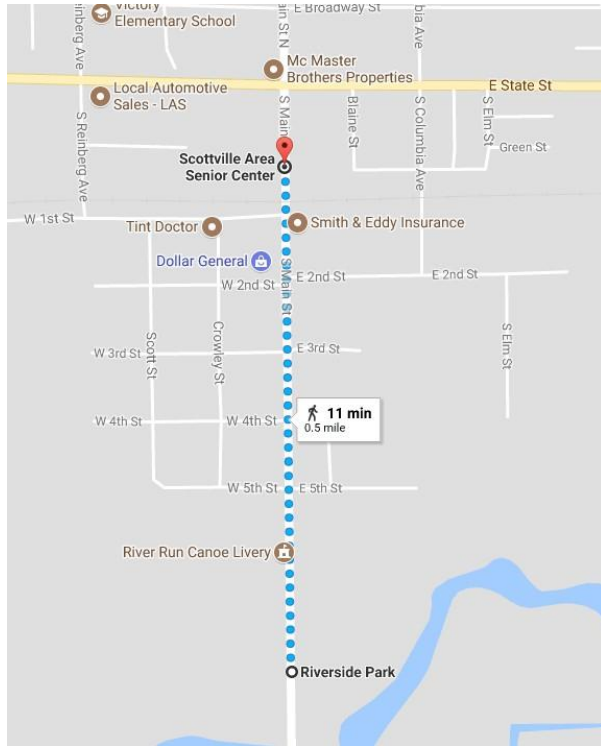
Our Team

- Scottville Walks Committee
- Scottville Area Senior Center
- Holden's Home Emporium Inc.
- City of Scottville
- Mason County Central
- LiveWell
- West Shore ESD - CTE Graphics
- Safety Decal

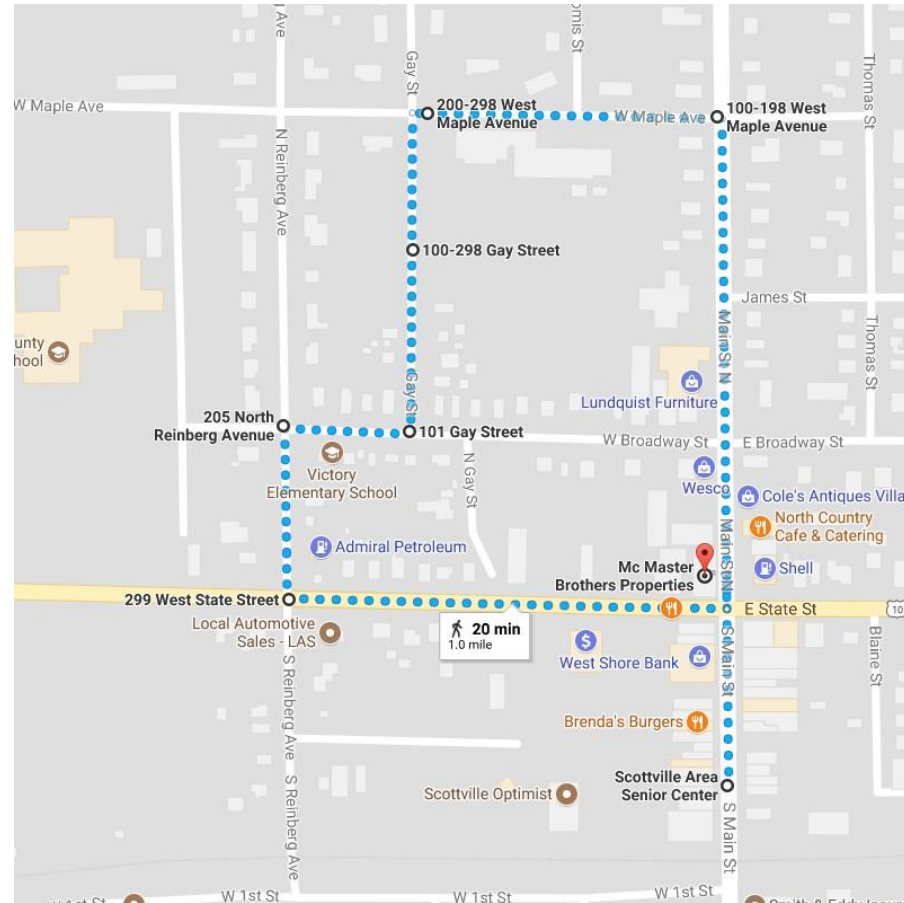


Walking Loops

Gold Path



Blue Path



Signage



- Created walking loops with input from Walk with Ease participants.
- Purchased anti-theft hardware.
- 18in (W) x 12in (H)

Kiosk

- Baldwin Design Works, LTD
- Frame size: 48" x 27" x 7"
- Don't forget to call Miss Dig!




Kiosk




Brochure


Collaborated with local graphic design students




Senior Center Path



Spartan Path/MCC track



Gold Path



Blue Path

MICHIGAN HEALTH ENDOWMENT FUND

District Health Department #10
Healthy People, Healthy Communities

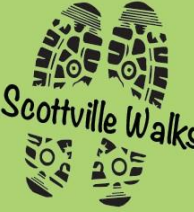
SA Senior Center

LIVE WELL
www.livewell4health.org

West Shore ESD
Career & Technical Education
Learning that works for Michigan



CTE Graphic Arts

Mason County Central Spartans




Scottville Walks


Haven't moved in a while?
Hop on a designated walking path and loop it!


Senior Center Loop .25 mi.



Gold Path 1.21 mi.



Blue Path 1.06 mi.



MCC Track and Spartan Path
.25 mi. each path
Undeveloped Path

Benefits of Walking

- It helps keep you and your entire family healthy in mind, as well as body, helping to boost positive moods and self-esteem.
- Fun and Interesting- You get to notice things along the way and meet people in your community
- Walking lightens the mood- Walking releases natural painkilling endorphins to the body
- Walking strengthens the muscles- It tones your legs and abdominal muscles and even your arm muscles if you pump them as you walk
- Walking improves circulation- It also wards off heart disease, brings up the heart rate, lowers blood pressure, and strengthens the heart.
- Walking helps you do more longer- Aerobic walking and resistance exercise programs may reduce incidence of disability in people older than 65.
- Walking can lead to weight loss- A brisk 30-minute walk burns 200 calories. Over time calories burned can lead to pounds dropped.

Walking Challenge

Name: _____
Phone: _____
Email: _____

SCOTTVILLE WALKS

Challenge Sheet



Rules:

- Cross off a shoe for every 15 minutes of walking you complete between **November 1 - November 7th**.
- There is no limit to how many shoes you cross off during the challenge week. Complete extra sheets as needed.
- Turn in challenge sheets by **November 13th** at the Scottville Senior Center or any MCC School Building. Challenge sheets can also be submitted via www.livewell4health.org *challenge sheets do not need to be completed to enter prize drawing*
- 3 winners will randomly be selected for **great prizes**.
- **Questions?** Contact Erin Barrett (231-902-8545) or Scottville Senior Center (231-757-4705).

Want Extra Points?

- Cross off an additional shoe every time you use the Gold or Blue Path (max. 5 shoes).
- Cross off an additional shoe if you post a picture of the Blue or Gold path signs on FB using the hashtag #livewell4health (max. 2 shoes).

Look for another challenge in the Spring!



Walking Challenge

When: Wednesday November 1st -
Tuesday November 7th

Where: Scottville Area



Who: Anyone who lives, works, or goes to school in the Scottville area.
(All ages welcome)

What: Grab a challenge sheet at a local Scottville merchant or download one at www.livewell4health.org and get walking!

Prizes: 1st Place- \$100 Gift certificate
2nd Place- \$25 Gift certificate
3rd Place- \$25 Gift certificate



District Health Department #10
Healthy People, Healthy Communities

MICHIGAN HEALTH
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Scottville
Area
Senior
Center

West Shore ESD
Career & Technical Education
Learning that works for Michigan
CTE™ Graphic Arts

LIVE WELL



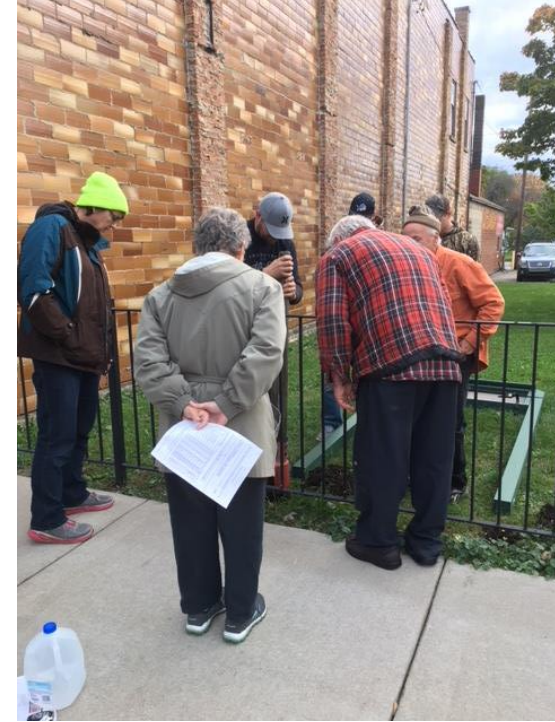
Mason County Central
Spartans

Challenges and Barriers

- Timeline
- Installation “unknowns”
- Limited budget

What Worked

- Community support
- Diverse committee
- In-kind donations



Sustaining Success



In partnership with
Scottville Walks & Spartan Paths
6:00p.m.—7:00p.m.
Let's Get Healthy Together As A
Community and Family!

We will have three kick off [Meet Up and Walk](#) nights, but then it is our hope that you [keep it going on Thursday evenings](#). Communities around us have designated evenings to have walks and have been very successful in feeling better and getting to meet others within their communities. We will have our kick off dates at Spartan Community Field, and have additional information for other pathways within our community and school areas to walk.

KICK OFF NIGHTS

Thursday, April 26th
Thursday, May 3rd
Thursday, May 10th

Mason County Central Schools COMMUNITY & SCHOOL SPRING CHALLENGE

6:00p.m.—7:00p.m.



Promoting Safe and Healthy Schools

All Ages Welcome
This Is A Community Event
Door Prize Entries
Please Remember
No Strollers, Bikes or Wheels
On Spartan Community Field



Budget

Kiosk	\$1,373.60
Signage	\$419.97
Brochure Holder	\$15.90
Signage Hardware	\$95.40
Kiosk Materials	\$14.62
Prizes	\$150
Kiosk Lock	\$5.80
MHEF Total:	\$2,075.29

Brochures (1,500)	\$630.00
Brochure Display Racks (10)	\$67.50
Spring Challenge Flyers (3,000)	\$660.00
Spring Challenge Prizes	\$250.00
Spring Challenge Health Snacks	\$200.00
Sign Post Installation (2 hours)	\$36.00
Donation of Time (24 hours)	\$240.00
In-Kind Total:	\$2,083.50

Questions?

Erin Barrett, CHES, TTS

231-902-8545

ebarrett@dhd10.org

Gena Nelson

glnelson1@yahoo.com

MICHIGAN HEALTH

ENDOWMENT FUND



Thank You!



***District Health
Department #10***
Healthy People, Healthy Communities

LIVE  WELL