



**LOOP IT!**

Crawford County



# HELLO!

*We are the Crawford Health  
Improvement Committee*

*- CHIC -*

# Crawford County at a glance:

- × 27% of adults report no leisure time physical activity
- × 40% of adults are overweight
- × 27% of adults are obese

Michigan Behavioral Risk Factor Surveillance System 2014



Senior Center Loop



Hanson Hills Loop



Bike Path Loop



Hospital Loop



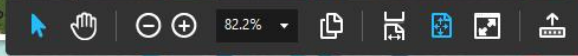
This walking program is provided by the following organizations:



Hey Grayling,  
It's time to



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



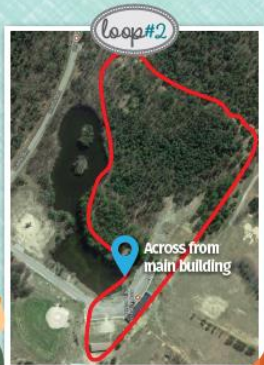


Senior Center - 1.05 mile walking loop

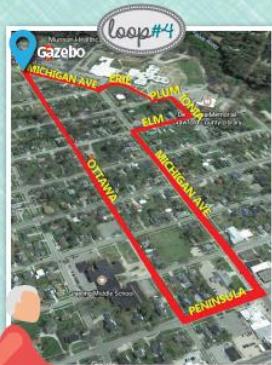
## Map Kiosk Locations



Bike Path - 1 mile walking loop



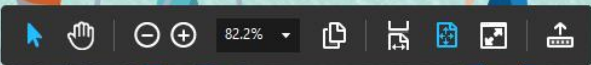
Hanson Hills - .96 mile walking loop



Hospital - 1.23 mile walking loop

## Benefits of Walking

- **Walking improves circulation.** It also wards off heart disease, brings up the heart rate, lowers blood pressure, and strengthens the heart.
- **Walking shores up your bones.** It can stop loss of bone mass for those with osteoporosis.
- **Walking leads to a longer life.** Research says those who exercise regularly in their fifties and sixties are 35% less likely to die over the next eight years than non-walkers.
- **Walking lightens the mood.** Walking releases natural painkilling endorphins to the body - on of the emotional benefits of exercise.
- **Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.
- **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 sleep.** Research shows that women ages 50 to 75 who took one-hour morning walks were more likely to relieve insomnia than women who didn't walk.
- **Walking lowers Alzheimer's risk.** Research shows that men between ages 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walk less.
- **Walking helps you do more longer.** Aerobic walking and resistance exercise programs may reduce incidence of disability in people older than 65.





**The  
LOOP IT  
Challenge**



# PAPER TRACKER

Cross off one **Loop It** for every 15 minutes you walk!



OR

Take a screen shot or print out your logs from your app.

Here are some examples of apps for tracking your activity:



Map My Walk



Map My Walk



My Fitness Pal



Pedometer



Google Fit



FitBit

Earn an extra entry into the prize drawing by mapping a 1-mile walking loop in your neighborhood.

Completed trackers & mapped loops must be turned in by **June 13**.

**Three winners** will be drawn on **June 15** and each will receive a **FREE Fit Bit**

Share photos of you "Looping It" on social media using #loopitgrayling

NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

# Walk & Bike to School Day






# Senior Center participants





**Walk with Ease**



A close-up photograph of a person's hands holding a lit sparkler. The sparkler is bright and glowing, with many sparks flying out. The person is wearing a dark, textured sweater. The background is dark and has a splattered, ink-like texture. The overall mood is celebratory and creative.

**We have sparked an idea that is catching on.  
Kalkaska and Cadillac have already created  
their own versions of the Loop It materials.**



# THANK YOU!

Cheryl Melroy, RD  
[cmelroy@mhc.net](mailto:cmelroy@mhc.net)