

## \* Trail smarts \*

To create a program that works for you, it is important to



Wear appropriate shoes and comfortable clothing.



Carry water and drink often, especially in the heat. Don't wait until you are thirsty.



Wear a helmet when cycling.



Have your bike checked at a bike shop for safe operation.



Remedy any bike-fit problems like an uncomfortable saddle — talk to your bike shop.



Find ways to vary your routine in case of bad weather and to maintain your interest.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Rx: Physical Activity Prescription

*Begin improving your health by:*

At least \_\_\_\_\_ minutes/day \_\_\_\_\_ times/week

Provider signature: \_\_\_\_\_

This brochure is partially funded by Pottstown Memorial Medical Center.



*“Walking or riding the trail is a great way for Pottstown folks to enjoy the riverfront and get healthy while doing it.”*

—RICHARD WHITTAKER, M.D., F.A.C.S.,  
POTTSTOWN MEMORIAL MEDICAL CENTER

# Tune Up on the Trail:

## *A Prescription for Fitness*

*Partnership for a Healthier Pottstown* is a local coalition led by Rails-to-Trails Conservancy and funded by the Pottstown Area Health & Wellness Foundation.



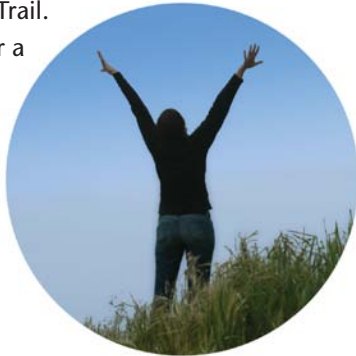


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## Steps in the right direction!

Deciding to put more motion in your life is a smart choice. And a great place to do it is the new Schuylkill River Trail connection to Berks County's Thun Trail. Ideal for walking, biking and other active pursuits, this mostly shaded path from Birdsboro through Pottstown's scenic Riverfront Park is part of the larger Schuylkill River Trail.

The goal of Partnership for a Healthier Pottstown is to inform people about the trail and suggest ways to use it for recreation and better health.



## Why be active?

- \* Add years to your life
- \* Lower stress and increase your energy level
- \* Improve sleep and brighten your mood
- \* Reduce risk of heart attack by half
- \* Lower blood pressure and cholesterol
- \* Build bones and help prevent osteoporosis
- \* Help you achieve/maintain desirable weight
- \* Improve muscle tone and keep joints flexible
- \* Reduce risk of Type II Diabetes
- \* Cut risk of colon and other cancers
- \* Lower risk of dementia

In the process you will feel better about yourself and your body.

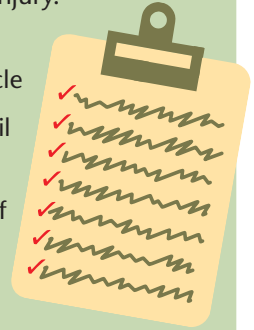


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## Tips for getting started

Make your trail time pleasurable. If you've been inactive, talk with your health care provider about an activity plan and ease into it. Trying to do too much too soon may end in discouragement or injury.

- \* Plan a regular time in your day to walk or cycle
- \* Join a club or find a trail buddy to make it fun
- \* Typically, 30 minutes of moderate activity are recommended five or more days a week
- \* Set small, measurable goals at first
- \* Record your activity and progress
- \* Take pride in your improving fitness



For more information and a map of the larger Schuylkill River Trail, visit [www.schuylkillriver.org](http://www.schuylkillriver.org).

To find out about other rail-trails, see [www.railstotrails.org](http://www.railstotrails.org).

