

# Mamakating Walks

## Mamakating Walks

**Mamakating 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. **Mamakating 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 **Mamakating 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 **Mamakating Walks** program you will be able to walk indoors at the Chase Elementary School after school hours from 4pm to 7:30pm Monday thru Friday during the cold weather (October 20th-April 15<sup>th</sup>), whenever school is in session.



### The Wurtsboro D & H Canal Trail.

Once the weather gets warmer, the program takes you outside to take advantage of the beautiful Wurtsboro D&H Canal 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 **Mamakating 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 for the program or join a local walking club please contact Anna at (518) 408-2339 or by e-mail at [azendell@uamail.albany.edu](mailto:azendell@uamail.albany.edu)

## Program Evaluation

Participants aged 30 and over are 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 Mamakating 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.  
Phone: (518) 408-2339  
E-mail: [azendell@uamail.albany.edu](mailto:azendell@uamail.albany.edu)  
Address: Prevention Research Center, University at Albany  
1 University Place, Room 116  
Rensselaer, NY 12144

Or, call the Town Supervisor's office at (845) 888-3049.

## About Mamakating 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 **Mamakating Walks** Steering Committee to increase access and support for walking in rural communities. The Mamakating Walks! program is supported by Supervisor Robert Fiore and the Town of Mamakating as well as the Chase Elementary School.

### Core membership, Mamakating Walks Steering Committee

Chase Elementary School  
Cornell Cooperative Extension, Sullivan County  
Office of Aging, Sullivan County  
Monticello Central School District  
Sullivan County Public Health Services  
Town of Mamakating

M  
A  
M  
A  
K  
A  
T  
I  
N  
G  
W  
A  
L  
K  
S

## MAMAKATING WALKS!



**Mamakating Walks** is a program designed to help residents of Mamakating 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.