



Be active and earn cool stuff!

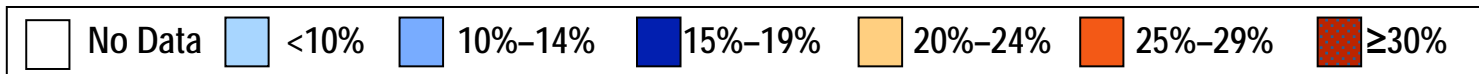
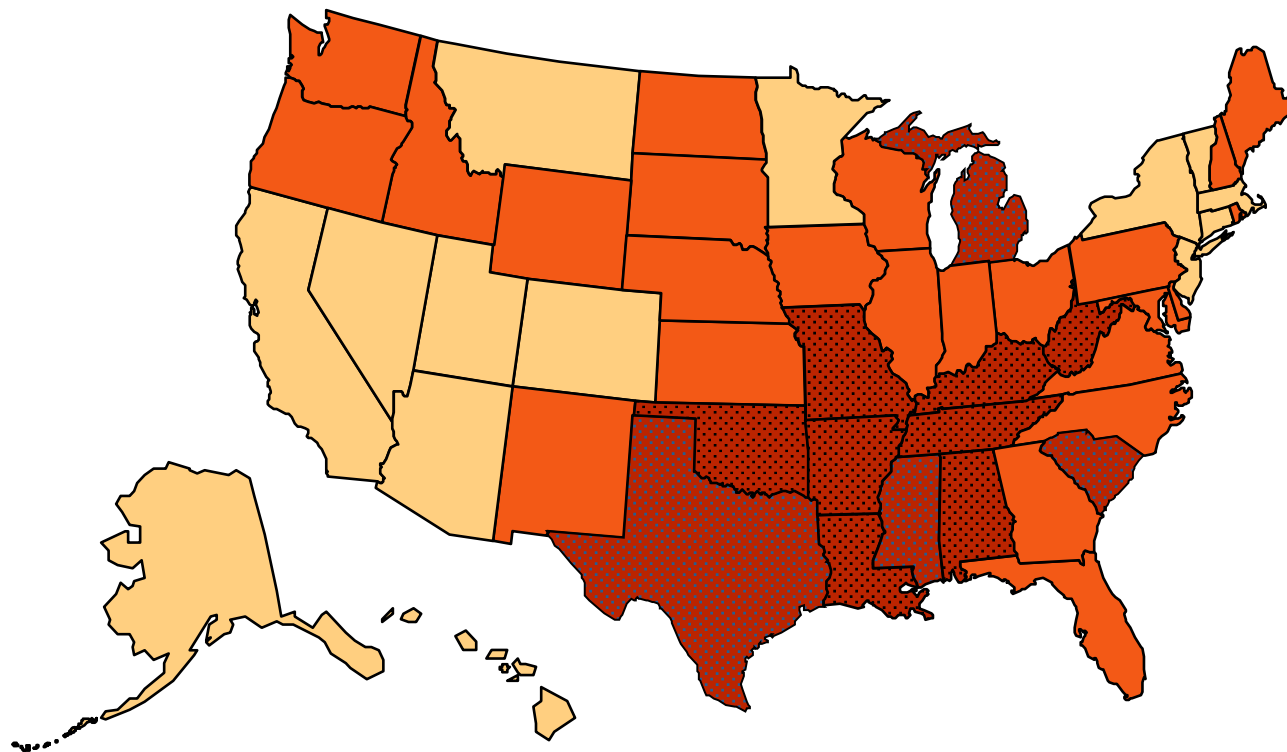


Obesity * Among U.S. Adults



BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)





Exercise is the best medicine!



- Reduces risk of heart disease by 40%
- Reduces incidence of diabetes by almost 50%
- Lowers risk of stroke by 27%
- Reduces incidence of high blood pressure by almost 50%
- Can reduce mortality and risk of recurrent breast cancer by almost 50%
- Can lower risk of colon cancer by over 60%
- Can reduce risk of developing Alzheimer's disease by one-third
- Can decrease depression as effectively as medications or behavioral therapy



Source:
Centers for Disease Control and Prevention – The Benefits of Physical Activity



A Healthy Challenge, A Historic Trail



- St. Luke's University Health Network (St. Luke's) and Delaware & Lehigh National Heritage Corridor (D&L) have partnered to bring the community a family fun initiative — Get Your Tail on the Trail!
- The “trail” is the nearly continuous 165-mile multi-use D&L Trail which stretches from Wilkes-Barre to Bristol, PA.
- The free program aims to help people of all ages and abilities to meet their personal fitness goals and experience the value of the local trails through day-to-day challenges, public events, and incentives

**Connect community
to nature!**





The map displays the Delaware & Lehigh National Heritage Corridor, a long, narrow region stretching from the Pocono Mountains in the north to Philadelphia in the south. The trail is highlighted in green and orange, following the path of the former Delaware and Lehigh canals. Major cities and towns shown include Wilkes-Barre, Hazleton, Allentown, and Philadelphia. The map also features various interstate and state highways, such as I-81, I-80, I-78, and I-95. A yellow box in the upper right corner contains the text 'D&L Trail = over 165 miles'.

**D&L Trail =
over 165 miles**

- **Wilkes-Barre to Philadelphia**
(Luzerne, Carbon, Lehigh, Northampton, and Bucks)



Get Your Tail on the Trail Programming --



It's FREE!

■ **Challenges**

- Encourage participants to get out and get active on a regular basis
- 165 Mile Challenge – May to November
- 30 in 30 Winter Challenge
- Move More in April Challenge

■ **Special Events**

- Bring community together, try new areas of trail and provide education
- Group walks, bike rides, snowshoeing
- Local exhibitors = nature centers, trail-related businesses, healthy food options

■ **Tail on the Trail-Approved Events**

- Held by partners, charities, communities
- Additional outdoor opportunities to log miles



In Your Community



“TOT Approved” events encourage participation in outdoor fitness throughout the region



Program Growth



- Initial 165 Mile Challenge held May to Nov 2013 attracted 2,000 participants
- 2018 = 5th Anniversary!
 - Over 5,000 participants
 - Surpassed 3,000,000 miles logged





Working with Minsi Council

- Earn “extra” points while completing BSA hiking and biking merit badge requirements as well as special walking “patch” requirements.





There is a special Get Your Tail on the Trail patch





What you Need to Do

- Go to TailontheTrail.org website
- Register your Troop Leader(s) and Scouts
- Identify your participants as Scouts
- Walk, Hike, Bike, Kayak
- Log your miles on website
- Earn free stuff!



Thank you!

5th Anniversary

Get Your Tail on the Trail!

tailonthetrail.org

The central graphic is a white rectangular box containing a celebratory logo. At the top, a blue banner reads '5th Anniversary'. Below it is a circular emblem with a maroon background. Inside the circle, a blue path winds through a landscape with a green tree on the left, a small white house on the right, and a white footprint at the bottom. The text 'Get Your Tail on the Trail!' is written in a white, curved font along the bottom edge of the circle. Below the circle, the website address 'tailonthetrail.org' is printed in a simple black font.