

2.3 Physical Activity Success Stories



Indoor Walking Trails

the people

Maine School Administrative District #11 (MSAD #11) is made up of the Central Maine communities of South Gardiner, Gardiner, West Gardiner, Randolph, and Pittston. MSAD #11 employs approximately 300 teachers, staff, and administrators. District-wide, there are a total of 2,400 students. As part of the Coordinated School Health Program, a Wellness Team was formed with a mission to promote staff and student health.

the need

In the spring of 2002, a district-wide needs assessment was conducted as part of the Coordinated School Health Program requirements. The assessment revealed few opportunities for students and staff to be physically active. Moreover, greater than 70% of staff set goals related to physical activity during the previous year's staff incentive program. Clearly there was a need for a low-cost strategy to support staff and students in getting regular physical activity.

the idea

With nearly 3,000 staff and students and without a budget, it was critical for the Wellness Team to create an environment that would enable staff and students to be physically active at any time in their school buildings. The Wellness Team voted to build indoor walking trails in each school building to create more opportunities for physical activity throughout the day.

the idea at work

The Wellness Team, made up of teachers, administrators, a School Nurse, a Food Service Representative, and community members, created the idea for the indoor walking trails. The Team envisioned indoor routes that would be accessible whenever school buildings are open. The Team planned for a large map of the building to be placed at the entry point of each school with the walking route(s) clearly detailed. Trail markers would be placed at various points to clearly identify the route. The team further promoted good health by naming trails after types of fruit, along with posting nutritional information on various trail markers.



The Principals, the Physical Plant Manager, and the Superintendent approved the project. The Wellness Team mapped each building, using a measuring wheel. A grant from the Maine Cardiovascular Health Program made it possible to pay a local artist to create unique trail maps and trail markers. The artist used images of fruits and vegetables to denote certain routes within a building in order to clearly differentiate them. In the Laura E. Richards School, for example, the Strawberry Trail measures the first of two routes, which is 500 feet. Further, trail markers for the Strawberry Trail contain the image of a strawberry to clearly mark the route. Once the artwork was completed, construction of the trails began in the summer of 2003. The Wellness Team worked closely with the Physical Plant Manager to establish the best way to affix the trail markers and the maps to the walls. The Wellness Team went to each school building and met with the individual custodians to complete the trails, including posting maps and affixing trail markers.

the cost

The costs associated with the indoor walking trails are as follows:

- \$968—contracting the artist to make the trail maps and markers
- \$78—copying
- \$22—hardware
- \$102—wall sign mounting plates

the result

At every school, each of our 500 staff members can be physically active right at work. Regular walking groups are now using the trails at our schools. On any given day at MSAD #11, employees take advantage of the new walking paths. Barbara Evan, a Principal at TC Hamlin School, says, “I never thought of the school building as a place I could get exercise, but since we created the walking routes, I try to do one or two loops each day before school starts.” The District’s Wellness Team will be including the walking trails as a critical way for staff to meet their wellness goals. Matthew Houghton, the Principal at Laura E. Richards School, said, “When the cold weather hits, it gives me and my staff a chance to walk together. It is a great way to get to know people. We love our trail.”

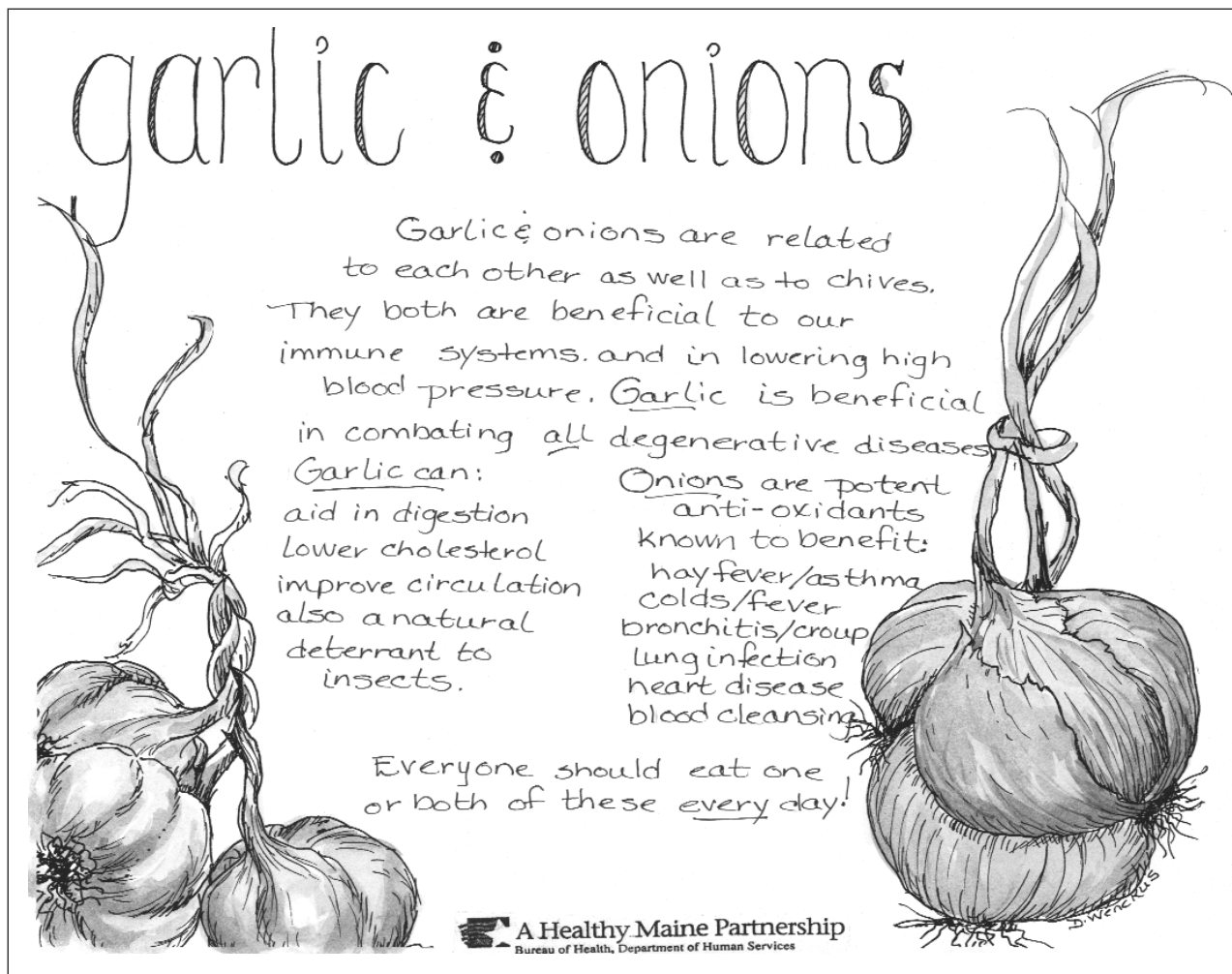
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Indoor Walking Trails (continued)

contact(s)

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Sample of MSAD #11 trail markers



garlic & onions

Garlic & onions are related to each other as well as to chives. They both are beneficial to our immune systems, and in lowering high blood pressure. Garlic is beneficial in combating all degenerative diseases.


Garlic can:

- aid in digestion
- lower cholesterol
- improve circulation
- also a natural deterrent to insects.

Onions are potent anti-oxidants known to benefit:

- hay fever/asthma
- colds/fever
- bronchitis/croup
- lung infection
- heart disease
- blood cleansing



Everyone should eat one or both of these every day!


 A Healthy Maine Partnership
Bureau of Health, Department of Human Services




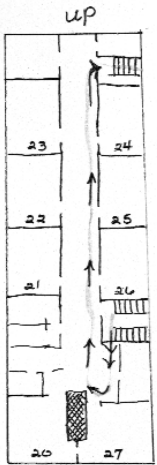
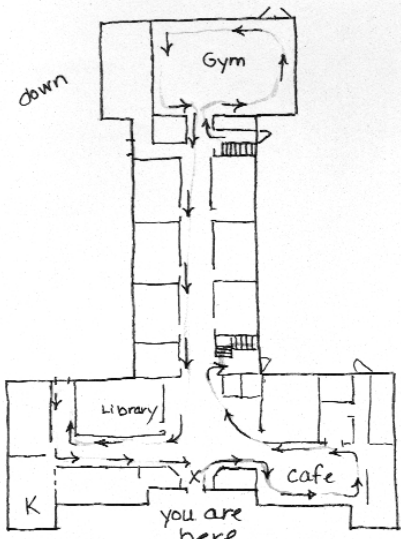
Sample of the trail map in one of MSAD #11 schools

LEARNER INDOOR WALKING TRAILS


 

 **FRUIT LOOP...** Entire trail - up and down stairs
Loops **5** laps = **1 MILE**

 **VEGGIE LOOP...** down-stairs loop ONLY!
6 laps = **1 mile**



Extra Loop..
outside
walk the sidewalk around the building
5 times around
is
a little more
than **1 MILE**

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Bureau of Health, Department of Human Services