



Patient Information



What is Northeast Oregon Rx Trails?

Research shows that being physically active can help you live a happier, healthier, and longer life. The purpose of Northeast Oregon Prescription Trails program is to help community members improve their health by using exercise as medicine, while accessing our beautiful parks and trails. We work with highly knowledgeable and qualified providers, who recognize that exercise can in many cases, be just as effective as medication.

Participating providers will write interested patients an exercise prescription, complete with a prescribed amount of physical activity. Providers will treat your exercise prescription just like any medication prescription, and will review your prescription with you regularly to make sure your “dosage” is effective and appropriate. Our website www.walkrxtrails.com can help you find parks and trails that work with your lifestyle and ability level, along with tons of great information on walking and physical activity.

Walking your way to wellness

Being physically active has been shown to: help with weight management, aid in the management of anxiety and depression, prevent and help to manage type 2 diabetes, serve as a protective factor for cancer and heart disease, lower high blood pressure, and much more! Walking can be a “one size fits all” form of physical activity because it is a no- cost, easy to access, and generally safe activity with a lower injury risk than higher intensity activities.

Your walking regimen can easily be adjusted through things like period of time walked, distance, and trail difficulty; taking into consideration your current fitness and ability level. Walking is a great way to jump back into physical activity or work more activity into a busy schedule. Walking for only 10 minutes at a time, several times per day, will still add up to health benefits!

Is it safe for me to begin walking?

According to the National Institute of Diabetes and Digestive and Kidney Diseases, you should check with your doctor before starting a walking program if: you feel physical symptoms while walking (chest or other pain, dizziness, shortness of breath, fainting, etc.), are over 40 and are inactive, have a chronic

condition (like heart problems, diabetes, high blood pressure, etc.).

Where do I start?

- 150-300 mins moderate or 75-150 mins vigorous intensity aerobic activity/week
- Spread it throughout the week
- Use the “talk test” to measure intensity
- Start slowly and build up over time

For important health benefits, moderate intensity aerobic activity for 150-300 minutes per week or vigorous intensity activity for 75-150 minutes per week is recommended, in addition to two days of muscle strengthening activity. This is the same for adults, older adults, and adults with chronic conditions /adults with disabilities (if they are able).

Even more health benefits can be gained by more activity, but you should focus on building up slowly over time, considering your current activity/ability level. You should spread your activity throughout the week to avoid doing too much at once.

You can measure whether your activity is moderate or vigorous by using the “talk test”. Vigorous intensity activity requires breaths in between every few words or makes a person unable to carry on conversation, while moderate intensity activity would allow a person to speak, but not sing. Someone who has a lower fitness level may feel that some activity is vigorous, while a person with a higher fitness level may feel that same activity to be moderate. Start slowly and work to build up your time and intensity level.

If you would like to read more about guidelines and benefits of exercise for children or people with specific medical conditions, guidelines on warm-ups/cool-downs, and how to reduce your risk of injury from exercise; the Physical activity Guidelines for Americans 2nd Edition can be found on the physical activity section of the CDC website: <https://www.cdc.gov/physicalactivity/basics/index.htm>

Department of Health and Human Services. “Physical Activity Guidelines for Americans, 2nd Edition.” Washington, DC: U.S., 2018. Office for Disease Prevention and Health Promotion. “Top 10 Things to Know About the Second Edition of the Physical Activity Guidelines for Americans.” health.gov, April 5, 2019. <https://health.gov/paguidelines/second-edition/10things/>. U.S. Department of Health and Human Services. Step It Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities. Washington, DC: U.S. Dept of Health and Human Services, Office of the Surgeon General; 2015. National Institutes of Health. “Walking: A Step in the Right Direction.” National Institute of Diabetes and Digestive and Kidney Diseases. Accessed August 19, 2019. <https://www.niddk.nih.gov/health-information/weight-management/walking-step-right-direction>

For local trails, walking safety tips, and additional resources visit www.walkrxtrails.com

